



Newtown Senior Center  
 Director Marilyn Place  
 14 Riverside Road  
 Sandy Hook, CT 06482  
 (203) 270-4310  
 July-Aug 2016

**NEWTOWN SENIOR CENTER NEWSLETTER**

**2016 ANNUAL SUMMER PICNIC AT HOLIDAY HILL  
 STATEWIDE SENIOR OUTING**



**MONDAY AUGUST 22nd  
 9:00 AM to 4:00 PM**



**\$32.00 pp PRE-PAID BY AUGUST 8th (no later)**

**9:00 TO 12:00**

**UNLIMITED BUFFET (ALL Day) INCLUDING:**

Donuts, assorted fresh fruit and cheese Danish, muffins, assorted bagels w/ cream cheese

**12:00 TO 2:00**

New England Clam Chowder, assorted fresh cheeses and crackers,  
 fresh vegetable Crudités w/ dip

**12:00 to 3:00**

Cherrystone Clams on the Half Shell w/ a variety of condiments

**11:30 to 3:30**

Chilled relish tray, Hummel Hot Dogs, grilled 1/4lb Burgers, Cheeseburgers, Chicken,  
 Italian Sausage w/ peppers & onions, Baked Beans, different kinds of Summer Salads,  
 Summer Squash, Three Cheese Penne Pasta, Corn on the Cob

**BUDWEISER BEER ON TAP**

Ice cream ...apple pie....watermelon....

**DANCING AND SINGING WITH VINNIE CARR**

**BINGO GAMES ALL DAY LONG WITH PRIZES AWARDED TO ALL WINNERS**

**BOCCI HORSESHOES 9 HOLE MINI GOLF SHUFFLEBOARD PING PONG**

**HEATED POOLS WITH LIFEGUARDS ON DUTY ALL DAY**

**DON'T FORGET YOUR SWIM SUIT!**

**TRANSPORTATION PROVIDED ..... DEPARTURE AT 8:00 AM**

**RAFFLE WITH GREAT PRIZES**

AVAILABLE ALL DAY, SODA, COFFEE, TEA, WATER, PUNCH, LEMONADE

**Plenty of tables with umbrellas, so much to do , the day goes by fast.....**

**There's even canoeing, boating, and kayaking for the more adventurous! !!!!**

We will be taking the Centers van for the handicapped along w/ HARTransit bus

**Sign-up today...they go fast!**

**PLEASE NOTE: THE CENTER WILL BE CLOSED THAT DAY....NO CLASSES**

Also...circle your calendar for Senior picnic @ Masonicare Sept 16 ..... more info to follow

**HAPPY 4TH OF JULY**

# Services

## SweetHART BUS Telephone Numbers:

For reservations (203) 748 2511  
Will call/cancellations /confirmation (203) 830 4399  
Comments/Questions (203) 744 4070

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### FISH MEDICAL DRIVERS

Transportation for medical appointments.  
Monday—Friday from 9:00 am-2:00 pm. Ambulatory disabled and/or seniors may call 1-800-794-0034.

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### Blood Pressure

2nd Thursday of every other month @ 1:30-2:30  
4th Wednesday of the month @ 1:00pm  
Get your blood pressure checked regularly.

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### CHOICES

Area Agency on Aging  
1-800-994-9422



Get answers to any Medicare problem or questions you may have—**FREE**.

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### Lunch Program

The Newtown Senior Center hosts a congregate meal program Mon, Tue & Thurs. A \$2.00 donation is encouraged. Call to reserve your meal at least 3 days in advance at (203) 270-4310. Great menu's! You can pick up a menu at the front desk.

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**Municipal Agent for the Elderly**  
(203) 270-4330

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### Newtown Meals on Wheels

Nutritional meals (regular and special) are delivered at reasonable cost. To inquire into becoming a meal recipient call Marilyn at 203-426-6340 or Janet at 203-270-1960.

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### Special Programs

When Special programs, events, speakers are scheduled regular classes are canceled, during the time of the special programs. Please check the newsletter . Any questions please ask staff.



## CODE OF CONDUCT

The Newtown Senior Center is a facility where people age 60 and older meet for the purpose of participating in social, recreational, educational and support service activities in order to enhance and enrich lives. Seniors have the right to expect their peers to act respectfully towards them and they have the responsibility to act respectfully towards their peers. Seniors must conduct themselves appropriately, treat each other with courtesy and respect, and cooperate at all times in order to create a positive environment and sense of community within the Senior Center facility. Any senior who chooses not to adhere to this Conduct will be deemed to be in violation of the policy. In any such occurrence, the Director of the Senior Center will make the determination of any action to be taken, to preclude recurrence.

**MISSION STATEMENT** The mission and purpose is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. To enhance independence, support mental, physical and social well being.

**GOAL** The Center's goal is to function as a focal point for providing the most needed community services to older people by forming co-operative linkages with community agencies and organizations; to provide activities and services that will promote well being of every aspect of community life.

### NEWTOWN SENIOR CENTER PHILOSOPHY

**We believe:** Older adults are individuals of dignity and self-worth with ambitions, capabilities and creative capacities; older adults seek continued growth and development; older adults need both access to sources of information and help for personal and family problems as well as opportunities to learn from individuals coping with similar problems; older adults have the freedom to voice their input regarding the center programming.

**We will:** Create an atmosphere that acknowledges and affirms the dignity and self-worth of the older adult, maintaining a climate of respect , confidentiality, trust and support; create opportunities for older adults to apply their wisdom, experience, and insight , and to exercise their skills, assist other agencies and/or groups in serving older adults and provide opportunities for older adults to develop their potential as individuals with the context of the entire community. **We expect:** A welcoming reception for all who visit the Center; honest, courteous, and respect from all who participate in the Center and its activities; as well as adherence to the Code of Conduct and the rules and regulations of the Center.

# TIME TO TRAVEL WITH NSC IN 2016

**Celebrate Italia @ The Aqua Turf July 12 info at front desk  
MOHEGAN SUN Thursday July 14 & Tuesday Sept 13**

Bus departs at 8:00am \$32 pp

Includes: \$15 food coupon \$15 bet \$2.00 bus driver tip & Transportation



**Old Sturbridge Village Lunch & Cabaret Show July 27th \$89.00**

"Broadway Delivers- The Melody Makers" An afternoon of fun, fine dining & fabulous entertainment direct from the Heart of Broadway! This trip **does not** include tour of Sturbridge Village. Fabulous tunes by Gershwin, Porter, Bacharach, Kander & Ebb.....A Musical Getaway!!!!

Includes: Deluxe Motor coach Transportation, Sage Chicken or Boston Scrod with all the fixings, great Show at Old Sturbridge Village plus Drivers Gratuity..

**It's Showtime at the Log Cabin " Lobster Feast & Patsy Cline Tribute" Aug 25th \$100.00  
Travel to Holyoke, MA overlooking the Pioneer Valley in Western Ma.**

You'll be greeted w/ an hors d'oeuvre Welcome Tray & a complimentary glass of wine.

A lobster feast with all the fixings! Award winning Clam Chowder, Boiled Lobster, Barbeque Ribs and Chicken, Corn, Baked Potato, and Ice Cream Sundae. After lunch sit back & relax as Janice Dee pays tribute to PATSY CLINE with her "Walking After Midnight" Combo. You'll swear it's really Patsy!

**The Dupree's Wednesday Aug 31, \$60.00**

The Dupree's are known the world over for their romantic interpretations of the most beautiful love songs ever written. The Dupree's were discovered by George Paxton of Coed Records and former big band leader. Impressed with their smooth vocal quality, he had them record Jo Stafford's 1950's ballad "You Belong To Me" with Big Band arrangements. It was an instant national hit and the group's first Million Seller. The unmistakable sound was born and the hits kept coming:

**Only 16 seats available on van. Leaves center at 10:30**

**9/11 Memorial Museum Wednesday October 5<sup>th</sup> \$78.00**

The museum's power rests, first and foremost, in its location: The 110,000 square feet of exhibition space are within "the archaeological heart of the World Trade Center site." The museum takes visitors underground -- literally. It lies 70 feet below ground, so entering the museum involves descent from the light of the outside into dimly lit depths, which adds to the overall power and pathos of this hallowed ground. Includes Entry fee Prior to the Museum you will have free time to explore Mulberry Street where you can go to enjoy a wide variety of Restaurants for lunch. Call to Sign up...

**Oktoberfest Log Cabin, Holyoke. Ma Sunday Oct 23rd \$84.00**

Join us for a fun filled day of German Celebration. Outdoor Beer Garden & German Band. The Jolly Koperschmidts are a 6 piece Professional Bavarian Orchestra. Upon Arrival Mimosas, Bellini's & Assorted Juices Sweet Temptations Belgian Waffle Wedges, Maple Cinnamon Buns, French Toast, Pancakes w/ asst. Toppings Hearty Breakfast Pastries, Home Fried Potatoes, Bacon, Sausage, Eggs Benedict- Southern Style Omelette & Pasta Bar Chef Made to Order Omelette, Chef Made to Order Pasta, Assorted Toppings Salad Bar Fruit Salad, House Garden Salad, Pasta Salad, Shrimp Cocktail Luncheon Selections Chef's Selection of German Style Entrees: Bratwurst, Knockwurst, Jaeger schnitzel & German Potato Salad Dessert Ice-Cream Sundae Bar & Apple Strudel Beverage Service Coffee, Decaf & Assorted Teas. Enjoy a glass of Beer or Wine served on the NEW Outdoor Beer Garden!

**Big E Fair on CT DAY \$50.00 pp** As you enter the gates you can smell the food cooking, see tons of animals, and hear that unmistakable mix of laughter and screams and rides whipping through the air. And that's just the beginning. Every day of the Fair, there are more things to do than you could possibly imagine. A daily Mardi Gras parade, world-class circus, and 19th century village to explore are all included in the price of admission. Not to mention entertainers of all stripes, horse shows, and historical exhibits that the whole family can enjoy. This is the Fair you don't want to miss!



## SPECIAL UPCOMING EVENTS

### **SING SING SING.....Chorus w/ Ethel Mondays at 1:00**

Great songs , Show Tunes ...The Impossible Dream, Memory, Hello Dolly, Get Me to the Church on Time, Fiddler on the Roof, The King and I , The Sound of Music, My Fair Lady , The Music Man !! So many to choose from! So much Fun!!

### **CULTURAL HISTORY SERIES Special presentations by: Arthur Gottlieb LSCW, CSA**

July 20<sup>th</sup> Wed Long Island Sound 1:00

Aug 18<sup>th</sup> Thurs Margaret Burke White 1:00



### **CLASSES ARE CANCELED DURING PROGRAMS**

### **Lunch & Learn "Hearing Loss & Dementia are they linked?" Tue July 26<sup>th</sup> @12:00**

Hearing Aid Specialists of CT with Founder Carol Maksimow. Sign up at the front desk...

### **"A PATRIOTIC CELEBRATION" Cooking Demo July 1<sup>st</sup> @ 12:00**

Sponsored by Maplewood Senior Living, assisted living and memory care here in Newtown, CT Invites you to the Stars and Stripes celebration at the Newtown Senior Center! Please join us for the patriotic celebration on July 1<sup>st</sup>, just days before Independence Day, for cake made fresh from their expert culinary team. Sign up at the front desk...

**BEACH TIME ( Weather pending ) July 6<sup>th</sup> Short Beach \$\$ TBD @ 11:00** Aug 3<sup>rd</sup> Saint Mary's by the Sea @11:00 You will arrive at a beach for a long walk with the sounds and smell of the ocean ..Please bring a packed lunch to enjoy at the beach before your walk. Only 16 seats available

### **CRAFT OF THE MONTH " Painted Shells Class" w/ Toni July 7<sup>th</sup> Thursday Morning @ 10:00**

Create a beautiful reminder of your beach days with this project. Shells will be provided or bring your own. We will be painting the shells with acrylic paint in a pattern of stripes and dots or use a design of your own. The shells will be coated with polyurethane to preserve the paint. Samples will be available to guide your design. Sign up at the front desk...

**Bingo Time July 11<sup>th</sup>,25<sup>th</sup> August 8<sup>th</sup> @ 2:00** Sign up at the front desk...

**Lunch & Learn July 15<sup>th</sup> @12:00** with Randy at Masonicare. Enjoy the art history of Mendala

### **Branch Weaving w/ Toni Aug 4<sup>th</sup> Thursday @10:00**

This project will develop from your own design using branches and twigs, twine, beads, feathers and shells. We will use the twine to create a web-like pattern within a framework of twigs. Then we will embellish the web with objects from nature, feathers, beads and shells. Samples will be available to guide you on your design. Sign up at the front desk...

### **AARP DRIVER SAFETY PROGRAM Friday August 19<sup>th</sup> & October 21<sup>st</sup> @12:30-4:30**

When you take the AARP Smart Driver you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

**Flu shots** from the Bethel VNA will be coming to our center Tuesday Sept 13,27 @ 9-12 Oct 11,2 10-2

**Lunch and learn and Bingo Aug 17** w/Elena community liaison @ Regional Hospice and Home care

**Movie & Popcorn July 29<sup>th</sup> The Revenant @1:00** A frontiersman on a fur trading expedition in the 1820s fights for survival after being mauled by a bear and left for dead by members of his own hunting team.



**August 26<sup>th</sup> Star Wars A force has been awakens @ 1:00** Three decades after the defeat of the Galactic Empire, a new threat arises. The First Order attempts to rule the galaxy and only a ragtag group of heroes can stop them, along with the help of the Resistance.

**Sign up at the front desk for all activities/programs.**

## TIME FOR OVERNIGHT TRIPS WITH NSC in 2016

**Mackinac Island July 12-19** \$1,527.00 PP Double \$1,737.00 PP Single \$1,477.00 PP Triple  
Includes: 14x Meals (7-Continental Breakfast 1 Lunch, 6 Dinners) Deluxe Motor coach Transportation, Hotel Accommodations, Taxes and Baggage Handling, Admissions wherever Applicable, Ferry to Mackinac Island , Gratuities for Driver and Getaway Tours Tour Director..

**Lake George & Saratoga August 10-12** \$539.00 Double \$707.00 Single \$509.00 Triple  
Please come to the front desk to receive information on this wonderful trip. Includes: Roundtrip Transportation, Hotel Accommodations, Admission whenever applicable, 6x Meals (2-Continental Breakfast 2 Lunch, 2 Dinners) Saratoga Racetrack, 2 sightseeing Cruises. Taxes and Baggage Handling  
Gratuities for Driver and Getaway Tours Tour Director.

**New Bushkill Inn Sept 19-22** \$549.00 Double \$639.00 Single \$539.00 Triple  
Includes: Roundtrip Transportation, Hotel Accommodations, Admission whenever applicable , 8 Meals (3 Continental Breakfast 2 Lunch, 3 Dinners) Visit to Mt Airy Casino, Performances both day & night, complimentary Cocktail Party. Taxes and Baggage Handling, Gratuities for Driver and Getaway Tours Tour Director.

### **Autumn in Lancaster including Samson Oct 19-21**

\$489.00 Double \$619.00 Single \$469.00 Triple  
Includes: Roundtrip Transportation, Hotel Accommodations, Admission whenever applicable , 4 Meals (2 Continental Breakfast ,2 Dinners) 2 Shows-Ditch Apple Dinner Theatre Show. Taxes and Baggage Handling, Gratuities for Driver and Getaway Tours Tour Director.

### **Two Nights in Atlantic City NJ Nov 13-15**

\$249.00 pp Double \$329.00 pp Single \$244.00 pp Triple  
Includes: Roundtrip Transportation, Hotel Accommodations, Taxes and Baggage Handling, \$25.00 Slot Play,(2)-\$15.00 Meal Credits at featured outlets, Evening Entertainment, Gratuities for Getaway Tours' Tour Director & Bus Driver



**Canada & New England** w/ Norwegian Cruise Line 8 days/7 nights Oct 8-15, 2016

**Hawaii** w/ Norwegian Cruise Line 8 days/7 nights Oct 29—Nov 5, 2016

**Florida & The Bahamas** on the Norwegian Breakaway 8 days/ 7 nights Feb 19 –26, 2017

**Panama Canal** on the Norwegian Pearl 11 days / 10 nights March 13 –23, 2017

All detailed flyers available at front desk.

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### **NEW ENGLAND COMMUNITY BARN DANCE THURSDAY SEPT 8 From 2-3 FOR 6 WEEKS**

Come join us for a Traditional Square & Folk Dancing– circle, square, & longways dances (think of a Virginia Reel or dances from a Jane Austen movie). No partner necessary. Dancing benefits the mind and body! A great way to connect w/ friends and make new ones. Dance instructors/callers are Patricia Campbell & Bob Livingston. Old time, French Canadian & Celtic music (occasional live music). Do-Si-Do form a square smile on your partner & swing "em there" Sign up is necessary. 203-270-4310 203-270-4310

# SOCIAL AND INTER-GENERATIONAL PROGRAMS

## **KNITTING w/ Jane** Fridays at 12 noon .

Jane volunteers for over 23 years sharing her expertise and her love of knitting! A great time to socialize and to begin and/or finish a project you always wanted to do. Fun group!

## **ART LESSONS w/Lynn** Tuesdays 10AM All Medias Come enjoy



## **IRIS FOLD CARDS w/ Marianne** Tuesdays at 10am.

Iris folding is a technique where folded strips of colored or patterned paper are layered in a spiral pattern behind a aperture. It is called "Iris Folding" because it resembles the iris of a camera. We've been making cards for years and sending them to the troops, residents of Masonicare nursing home, local daycare, the annual Bazaar and for you ! Come and enjoy this creative craft and make a unique card.

## **SPANISH LESSONS w/ Louise** Thursdays at 10:30 ..... July 7,14,21,28 Aug 4,11,18,25 Sign up to reserve a spot GRACIAS!

## **BIBLE STUDY w/ Dennis** Wednesday from 2:30 - 3:30 .

Non denominational. Wonderful group...walk away peaceful and uplifted.

## **KENO w/ Joe** 1st Wednesday of the month at 2:00 Sponsored by Golden Opportunities

## **HOT TOPICS** Every Tuesday @ 10:30.

Members bring current events and interesting topics to the group for discussion. Open to all.

## **NSC BOOK CLUB** Taking a summer break.....will start back up in Sept.

## **MEN'S BREAKFAST CLUB** Meet the 1st Thursday of the month at 9:00am.

A nice way to start your day w/ some coffee/tea and/or egg sandwiches mixed with meeting new and old friends. \$2.00 pp for egg sandwich. Call to sign up.

## **INTER-GENERATIONAL FUN W/ CAC** Every 2nd Thursday from 10-11:30 am.

A themed craft activity. Every 4th Thursday 10-11:30 am. Volunteers (needed) to read a story.

**TECHNOLOGY TIPS AND TRICKS** Fridays at 2:30. "Seniors helping seniors". High school seniors volunteering to help one on one for those who may have problems with their own personal technology device. Questions about your I-Pad, cell phone, laptop, notebook or computer? Stop by, they'll give you tips and tricks and try to help answer your questions. Great opportunity.

**POTTERY CLASS** July 13,27....Aug 10,24 Three hours twice a month. Included in the class are instruction, tools, clay, glazes, and firing. \*\*Participants who create extra large pieces or more pieces than course plan allows will be charged for additional materials and firing .

**"NEW" Poker Group** Tuesdays @ 12:30 call to sign up....always room for more.

**LUNCH BUNCH :** July 8th Knapp's Landing, July 22 Capt. Cove, Aug 12 Port Jefferson

The van departs to a local restaurant in neighboring towns to explore and try out new places. Great fun! 16 seats only. Call to reserve a seat. Van leaves @ 12:00.



**EXERCISE****HEALTH****FITNESS**

**Flex, Fit, & Tone with MaryAnn**  
**Monday & Wednesday @ 10am (summertime in main room)**  
**Friday @ 10:30**

This is a conditioning class using weights, bands, and balls to strengthen and stretch your entire body. **Limited seating.**

**Yoga w/ Eileen** **Monday and Thursday at 1:00 pm**

Focus on stretching, strength, breathing and listening to your body in a peaceful state. Bring your mat and join Eileen. You'll thank yourself for it.

**Tai Chi w/ Sue** **Tuesday at 2:00 pm**

This class encourages balance, subtle flexibility, body awareness, improving stress reduction, balance and agility is the focus.

**Zumba Gold w/ MaryAnn** **Friday at 9:00 am**

No experience needed just love of music to motivate and move. Easy to follow fitness.

**Chair Pilates w/ Claudia** **Tuesday at 12:30 am**

Chair based fitness program which improves balance, and posture. Works spinal flexion, extension and side banding through different stretching positions. Increases strength and improves mood and energy with the fun and invigorating movements. **Class is limited to 18.** This is a new class and sign up is necessary to ensure a spot.

**Chair Yoga w/ Eileen** **Tuesday and Friday at 3:00 pm**

This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength and balance. Ends with meditation. You'll feel fabulous! **Class is limited to 18.**

**Strength Training w/ Claudia** **Thursday at 2:30 pm**

Come strengthen, shape and tone your whole body! Receive the individual attention that will help improve your ability to perform daily activities. You will learn proper form and technique when using handheld weights, bands, and balls. See improvement in your flexibility, balance, and posture as well. Weighted balls supplied by teacher. **Class is limited to 18.**

**Line Dancing w/ Sherri & Steve** **Wednesday at 1:30 pm**

For beginners and intermediate. Enjoy the Waltz, Cha-Cha, Tango, Swing, Rumba, Mambo, and many more. No partners necessary, this is line dancing. Great music and so much fun.

**Qi Gong w/ Susan** **Tuesday 12:45-1:45**

These easy-to-learn gentle postures and graceful flowing sequences are based on traditional Chinese exercise. Qi Gong improves balance by toning and strengthening the muscles of the lower body as well as the core, and building better bone-density by practicing rooted weight-bearing postures. The body mechanics of Qi Gong also improve flexibility and range of motion. The harmony of breath and movement relaxes and unifies mind & body for a complete exercise program that enhances confidence, co-ordination and optimal good health.

**Morning Meditation w/Trish** **Tuesday 9:00-10:00**

Whether you're a first timer or have been meditating for years, this is a great way to start the day. Look up meditation and you'll find phrases like Stress benefits cardiovascular & immune health Improves concentration Slows aging Increases happiness, health & self awareness There are many ways to meditate. I hope we can take some time to discuss meditative practices, then take some time to practice meditation. It is my desire that this program evolve with the participants into a class that meets everyone's needs.



NEWTOWN SENIOR CENTER  
14 RIVERSIDE ROAD  
SANDY HOOK, CT 06482

PRESORTED STANDARD  
U.S. Postage Paid  
Newtown, CT 06470  
Permit No. 1002

The Mission of the Newtown Senior Center is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. And enhance independence, support mental, physical and social well being.

**MEMBERSHIP DUES**  
**REMINDER.....IT IS THAT TIME AGAIN!**  
**SUPPORT YOUR CENTER.....WHERE SILVER IS GOLDEN !**

Registration fees for the fiscal year 2016-2017 are now due by July 1, 2016. Checks made payable to the Newtown Senior Center. Your membership puts you on our newsletter mailing list and entitles you to participate in our programs and activities. Membership is open to anyone 60 years old and/or 55 and disabled. You must come in and sign a new updated emergency contact sheet which will be considered your registration form. Membership is required to attend and participate in activities scheduled at the Newtown Senior Center. Members will receive a new membership card. We do not allow guests for paid teachers classes. There is a \$5 drop in fee.

**NOTE : If you have an e-mail address and prefer to receive your Newsletter via e-mail , include that with your registration. THANK-YOU**

Dues have increased this year by \$5 due to keeping the format of not charging per class.

Still the best bargain .....\$20pp resident .....\$25pp non-resident .....a year!

**THE CENTER WILL BE CLOSED**  
*Monday July 4th Independence Day*



# July 2016

MON	TUE	WED	THUR	FRI
				
4 <b>CLOSED</b>	5 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:45 Qi Gong 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga	6 10:00 Cards 10:00 Exercise 11:00 Beach Walk 12:00 Pizza Day\$2 1:30 Line Dancing 1:00 Wii Bowling 2:00 Keno 2:30 Bible study	7 9:00 Men's Breakfast 10:00 Craft(painted Shells) 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Games/Pinochle	1 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Cooking Demo 12:00 Knitters/Crochet 2:30 Technology Tips 3:00 Chair Yoga
11 10:00 Mah Jongg 10:00 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2:00 Bingo 2.30 Pinochle	12 9:00 Morning Meditation 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:45 Qi Gong 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga	13 10:00 Cards 10:00 Exercise 12:00 Pizza Day\$2 1:30 Line Dancing 1:00 Pottery Class 1:00 Wii Bowling 2:30 Bible study	14 Blood Pressure 1:30 10:00 Kids Crafts 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Games/Pinochle	15 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Lunch & Learn 12:00 Knitters/Crochet 2:30 Technology Tips 3:00 Chair Yoga
18 10:00 Mah Jongg 10:00 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	19 9:00 Morning Meditation 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:45 Qi Gong 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga	20 Wii Tournament 10:00 Cards 10:00 Exercise 12:00 Pizza Day\$2 1:00 Speaker 1:30 Line Dancing (Canceled) 1:00 Wii Bowling 2:30 Bible study	21 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Games/Pinochle	22 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Lunch Bunch 12:00 Knitters/Crochet 2:30 Technology Tips 3:00 Chair Yoga
25 10:00 Mah Jongg 10:00 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2:00 Bingo 2.30 Pinochle	26 Speaker @12 9:00 Morning Meditation 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:45 Qi Gong 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga	27 Blood Pressure1:00 10:00 Cards 10:00 Exercise 12:00 Pizza Day\$2 1:30 Line Dancing 1:00 Pottery Class 1:00 Wii Bowling 2:30 Bible study	28 10:00 Read to kids 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Games/Pinochle	29 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Knitters/Crochet 1:00 Movie & Popcorn 2:30 Technology Tips 3:00 Chair Yoga

# Aug 2016

MON	TUE	WED	THUR	FRI
<b>1</b> 10:00 Mah Jongg 10:00 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	<b>2</b> 9:00 Morning Meditation 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 12:45 Qi Gong 2:00 Tai Chi 3:00 Chair Yoga	<b>3</b> 10:00 Cards/Hand&foot 10:00 Exercise 11:00 Beach Walk 12:00 Pizza Day\$2 1:30 Line Dancing 1:00 Wii Bowling 2:00 Keno 2:30 Bible study	<b>4</b> 9:00 Men's Breakfast 10:00 Craft (Branch Weaving) 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Training 3:00 Games/Pinochle	<b>5</b> 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Knitters/Crochet 2:30 Technology Tips 3:00 Chair Yoga
<b>8</b> 10:00 Mah Jongg 10:00 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2:00 Bingo 2.30 Pinochle	<b>9</b> 9:00 Morning Meditation 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 2:00 Tai Chi 12:45 Qi Gong 3:00 Chair Yoga	<b>10</b> 10:00 Cards/Hand&foot 10:00 Exercise 12:00 Pizza Day\$2 1:00 Wii Bowling 1:00 Pottery Class 1:30 Line Dancing 2:30 Bible study 3:00 Book Club	<b>11</b> Blood Pressure 1:30 10:00 Crafts with Kids 10:30 Spanish 12:00 Lunch 1:00 BLOOD PRESSURE 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Training 3:00 Games/Pinochle	<b>12</b> 9:00 Mah Jongg 9:00 Zumba Gold 10:00 Port Jeff 10:30 Quilting/sewing 10:30 Exercise 12:00 Knitters/Crochet 2:30 Technology Tips 3:00 Chair Yoga
<b>15</b> 10:00 Mah Jongg 10:00 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	<b>16</b> 9:00 Morning Meditation 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 12:45 Qi Gong 2:00 Tai Chi 3:00 Chair Yoga	<b>17</b> 10:00 Cards/Hand&Foot 10:00 Exercise 12:00 Lunch & Learn Bingo 1:00 Wii Bowling 1:30 Line Dancing 1:00 Wii Bowling 2:30 Bible study	<b>18</b> 10:00 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga (Canceled) 1:30 Wii Bowling 1:00 Speaker 2:30 Strength T 3:00 Games/Pinochle	<b>19</b> 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Knitters/Crochet 12:30 AARP Driving 2:30 Technology Tips 3:00 Chair Yoga
<b>22</b> <b>CLOSED</b>  Holiday Hill Picnic  Don't miss out on a fun day for all!	<b>23</b> 9:00 Morning Meditation 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 12:45 Qi Gong 2:00 Tai Chi 3:00 Chair Yoga	<b>24</b> Blood Pressure 1:00 10:00 Cards/Hand&Foot 10:00 Exercise 12:00 Pizza Day\$2 1:00 Pottery Class 1:30 Line Dancing 1:00 Wii Bowling 2:30 Bible study	<b>25</b> 10:00 Read to Children 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Training 3:00 Games/Pinochle	<b>26</b> 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Knitters/Crochet 1:00 Movie & Popcorn 2:30 Technology Tips 3:00 Chair Yoga
<b>29</b> 10:00 Mah Jongg 10:00 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	<b>30</b> 10:00 Iris Folding 10:00 Art 10:30 Hot Topics 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 12:45 Qi Gong 2:00 Tai Chi 3:00 Chair Yoga	<b>31</b> 10:00 Cards/Hand&Foot 10:00 Exercise 12:00 Pizza Day \$2 1:30 Line Dancing 1:00 Wii Bowling 2:30 Bible study		