



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

NEWTOWN SENIOR CENTER NEWSLETTER

*Older Americans Month
2016 Theme "Blaze a Trail"*

May is the month of fresh beginnings, where perennials bloom once again, "Blazing a Trail" of color. Our members and all older adults are growing and an increasingly vital part of our community. Your contributions are varied, deeply rooted and included influential roles of volunteerisms. I acknowledge your perennial contributions and celebrate how many take charge of their health, get engaged with in the community and make a positive impact on the lives of others. While the Senior Center provides a wide variety of programming, we will use May 2016 to focus on the older adult in our community as leaders and inspiring others, how we support and learn from you and how we might follow their example to "Blaze a Trail" of our own. I encourage many to get involved take advantage of the many exciting programs, get involved stay motivated. For example, Literacy Week at Hawley School, Quilting for the Praxair Center, Iris Folding for the nursing home ect or just follow your passion, use your skills- keep the mind active. Remember: NSC... Where Silver is Golden Marilyn Place, Director

*Senior Citizen Senior Prom
Friday, May 20th 2016 4:00pm - 8:00pm
Newtown High School Cafeteria*

Newtown High School Cafeteria \$10 Per Person Checks made out to Newtown Parks & Recreation Tickets can be purchased before May 7th at the Newtown Senior Center or Newtown Parks & Recreation Office Enjoy an evening of dancing and mingling at Newtown's First Annual Senior Prom! A buffet dinner will be served. Prom King Prom Queen Photo Booth Dancing Buffett Dinner, Dessert ,Free 5x7 Photo. (Call (203) 270-4340 or (203) 270-4310 for more information) Brought to you by: Newtown Parks and Recreation, Newtown Senior Center Ben's Lighthouse and the Fusion Group.



Services

SweetHART BUS Telephone Numbers:

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

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.

Blood Pressure

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

CHOICES

Area Agency on Aging

1-800-994-9422

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

Lunch Program

The Newtown Senior Center hosts a congregate meal program Mon. through 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.

Municipal Agent for the Elderly

Ann Piccini (203) 270-4330

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.

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

Mohegan Sun Casino Day Trip Monday May 9th & Thursday July 14th \$32.00

Departure: 8:00am Includes: Transportation, Casino Bonus, \$15 Food Coupon, \$15 Free Bet Driver's Gratuity.

Warner Theatre presents "The Best Little Whorehouse in Texas" May 15 \$96.00

Lunch will be at San Marino restaurant in Waterbury, CT. After lunch we'll head over to Warner Theatre listed on the National Register of Historic Places that has been deemed the "finest surviving Modernistic theatre in CT."

Will & Anthony May 24th \$74.00

The essence of Broadway meets the music of old Italy @ Aqua Turf Club Plantsville CT

Family Style Menu: Garden Salad, Pasta, Chicken Parmesan & Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, Beverage.

Saint Clements Castle June 16th \$60.00

You'll enjoy a beautiful prepared and presented lunch in the Prince Edward Ballroom: Dine on Salad, Choice of Chicken Francaise with Lemon and capers or Tropical Mahi Mahi with a Mango Pepper Relish, Vegetable, Potato, Delicious Dessert and Coffee. Entrée choice in advance..

Only 16 Seats available..

One world observatory & The spirit of New York Luncheon Cruise June 22nd \$141.00

Depart from your area this morning en route to "New York City" upon arrival. You will board the Spirit of New York for a harbor luncheon cruise sit back and relax as you enjoy your meal on the water taking in the varied sights and sounds. Buffet items will include salads, fish, pork, chicken pasta and vegetables, as well as a variety of desserts.

The Boston Pops at Tanglewood with Special Guest "Seth MacFarlane" July 10th \$137.00 Enjoy lunch at the Cork N' Hearth, The Red Lion Inn or another fine local restaurant of your choice. Best known as the Oscar and Grammy nominated producer, actor, director, creator of "Family Guy" "Ted," and "American Dad," Seth MacFarlane is also a singer with a rich baritone voice and an infectious love of the Great American Songbook. MacFarlane joins Keith Lockhart and the Boston Pops in a swinging' symphonic serenade of classic songs from the '40s and '50s.

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..

It's Showtime at the Log Cabin " Lobster Feast & Patsy Cline Tribute" Aug 25th

\$100.00 Janice Dee, as she pays tribute to Patsy Cline. Backed by the "Shakin' All Over" Band. A lobster lunch with all the fixings! Your lunch includes Clam Chowder, Boiled Lobster, Barbeque Ribs and Chicken, Corn, Baked Potato, and Ice Cream Sundae. You'll be sure to have "Sweet Dreams" after this amazing You'd be "Crazy" to miss this show at the Log Cabin!



SPECIAL UPCOMING EVENTS

CULTURAL HISTORY SERIES Special presentations by: Arthur Gottlieb LSCW, CSA
May 11 Wednesday Chrysler Building 2:00 , July 20 Thursday Long Island Sound
1:00, June 16 Thursday Intrepid 1:00 , Aug 18 Thursday Margaret Burke White 1:00

CLASSES ARE CANCELED DURING PROGRAMS

LITERACY WEEK "Hawley Loves To Read " Thursday May 12th @ Hawley School TBA
Hawley Children will be reading to our Seniors also Seniors will have a chance to read to
Hawley Children. Only 16 Seats are available sign up for your spot Kindergarten: 9:30-
10:10 (4 readers needed) 1st Grade: 9:30-11:30 (anytime before lunch :) (3 readers need-
ed) 2nd Grade:11-12 (4 readers needed) 3rd Grade: 12:30-1:10 (3 readers needed) 4th
Grade: 10:30- 11 (3 readers needed) Only 16 Seats are available sign up.

LUNCH & LEARN Friday May 13th @ 12:00 Enjoy a spring time treat! Masonicare will
be at the senior center for an interactive cooking demo. Learn fun spring time recipes and
appetizers to fling into spring. These recipes are simple and easy! This Lunch and Learn is
free and there will be food for all! Call to sign up...

CRAFT OF THE MONTH Thursday May 19th @10:00 "The Native American
Talking Stick" The Native American Talking Stick was used by tribal councils
to keep order and to allow everyone to present their Sacred Point of View, their
truth. The sticks were decorated with Feathers, beads, animal fur, leather and
shells. \$2.00 For kit. Sign up.



SOUNDS OF SPRINGTIME Thursday May 19th @ 1:00 BILLY MICHAELS is back to
entertain you with tunes of today and yesterday! Sign-up for lunch! Enjoy an afternoon
of music! Inter-action advised! Sing and Dance! Bring a friend and a smile! Sing up..

AARP DRIVER SAFETY PROGRAM Friday June 3rd From 12:30-4:30

MUSIC BY BOB MELL Wednesday June 8 @ 1:00 Laughter with musical tunes with one
of New England's premier professional musical entertainers: Bob Mel. Yes, its real live mu-
sic entertainment! He sounds like between Rod Stewart and Barry Manilow...after the
show we will have an hour of bingo followed by some refreshments a must...Dancing en-
couraged...Fun for all !!! Call to reserve a spot. *Afternoon classes cancelled for this event*

BEACH TIME Friday June 10 You will arrive at a beach for a long walk with the sounds
and smell of the ocean .. Only 16 seats availableSign up at the front desk..

NEWTOWN COMPREHENSIVE FOOTCARE Friday June 17th at 12:00 Beth Tansey, Pa-
tient & Staff Coordinator Community Health Associates **YOUR FOOT AND DIABETES** The
lecture will highlight how the podiatrist examines the diabetic foot, as well as provide help-
ful tips for the prevention of problems. The discussion will cover the topics of Circulation,
Neuropathy, Proper Shoes, Skin and Toenail Problems, and the proper treatment of a cal-
lous or corn. Additionally, we will explain the importance of what not to use in treating
these conditions. The talk will cover the use of orthotics, the Threat of infection, and the
treatment of fungal infections. Sign up at the Front desk...

TIME FOR OVERNIGHT TRIPS WITH NSC IN 2016

Best of Bar Harbor

May 31-June 3 \$715.00 Double \$933.00 Single \$695.00 Triple

Please come to the front desk to receive information on this wonderful trip. Includes: Roundtrip Transportation, Hotel Accommodations, Admission whenever applicable, 6x Meals (3 Continental Breakfast & 3 Dinners) Acadia National Park Carriage Ride, Frenchman's Bay Boat Cruise, Lumberjack Show, Main Lobster Souvenir Hat, Taxes and Baggage Handling, Gratuities for Driver and Getaway Tours Tour Director.

Mackinac Island

July 12-19 \$1,527.00 Double \$1,737.00 Single \$1,477.00 Triple Passports are required

for this tour.. Please come to the front desk to receive information on this wonderful trip. Includes: Roundtrip Transportation, Hotel Accommodations, Admission whenever applicable, 14xMeals (7 Continental Breakfast 1 Lunch, 6Dinners) Ferry to Mackinac Island, Niagara Falls, Carriage Tour, the Henry Ford Museum, the Rock 'N Roll hall of fame Taxes and Baggage Handling, 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

Please come to the front desk to receive information on this wonderful trip. Includes: Roundtrip Transportation, Hotel Accommodations, Admission whenever applicable, 8x 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

Please come to the front desk to receive information on this wonderful trip. Includes: Roundtrip Transportation, Hotel Accommodations, Admission whenever applicable, 4x 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.



SOCIAL AND INTER-GENERATIONAL PROGRAMS

KNITTING W/ JANE Meets every Friday at 12 noon . Jane has volunteered for over 23 years sharing her expertise and her love of knitting! A great time to socialize and to begin or finish a project you always wanted to do. Fun group!

IRIS FOLD CARDS W/ MARIANNE Every Tuesday 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 10:30May 5,12,19,26 June ,9,16,23,30.
Sign up to reserve a spot GRACIAS!

BIBLE STUDY W/ DENNIS Wednesday at 2:30 - 3:30 . Non denominational. Wonderful group...walk away peaceful and uplifted.

KENO 1st Wednesday of the month at 2:00 w/ Joe from Golden Opportunities.....always room for one more!

HOT TOPICS Every Tuesday @ 10:30. Members bring current events and interesting topics to the group for discussion. Open to all.

NSC BOOK CLUB 2nd Wednesday of each month @ 3:00.

May 11.....The Boys in the Boat : Nine Americans and their Epic Quest...By Daniel James Brown

June 8.....Digging to America.. By Anne Tyler

MEN'S BREAKFAST CLUB Meet the 1st Thursday of the month at 9:00am. What a nice way to start your day w/ some coffee/tea and /or egg sandwiches mixed with meeting new or 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 activity w/ the children making crafts. Every 4th Thursday from 10-11:30 am. Volunteers read a story to a group of children at the Senior Center.

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

POTTERY CLASS May 4th,18th 1 - 4 p.m. June 1st, 15th Class meets for three hours twice a month at the Newtown Senior Center. 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 will be gathering Tuesdays 12-3 call sign up..

ART LESSONS w/Lynn Tuesdays 10AM All Medias come enjoy

LUNCH BUNCH May 20th Cracker Barrel , June 3rd Knaps Landing , June 24th Lake House

The van departs to a local restaurant &/or neighboring town to explore and try out new places. Great fun! 16 seats only. Call to reserve a seat. Van will Leave at 12:00 Prompt



EXERCISE

HEALTH

FITNESS



Flex, Fit, and Tone with Marianne

Monday-Wednesday @ 9 & 10:30 Friday @ 10:30

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

Yoga with 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 with 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 with Marianne

Friday at 9:00 am

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

Chair Pilates with 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 with 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 with 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 with Margo

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.

There is a variety of Fitness classes offered daily/weekly to Senior Center members. There are no drop ins.

All classes are *limited* to a certain number due to room size capacity.

Please note there are other classes and programs offered and at times some classes are cancelled due to special events.



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.



ANNUAL MOTHER'S DAY TEA PARTY & BINGO
Friday May 6th 12:30—3:30



Join us as we celebrate Mother's Day! Wear your "fanciest" hat (if you like) and enjoy an afternoon of bingo and a specialty "High Tea" menu with a variety of classic teas. In real china cups! We welcome all the Grandmothers, Mothers and those who love Mom! Please call to reserve a spot, so we know how much to prepare and set-up for. This has always been so popular to celebrate and to let you know how special you are! All classes will be cancelled due to this event. Come and enjoy this special

THE CENTER WILL BE CLOSED Memorial Day Monday May 30th



MAY 2016

MON	TUE	WED	THUR	FRI
2 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle 9 Mohegan Sun 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle 16 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle 23 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle 30 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	3 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga 10 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga 17 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga 24 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga 31 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:00 Lunch 12:30 Chair Pilates 12:30 Poker 2:00 Tai Chi 3:00 Chair Yoga	4 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:30 Line Dancing 1:00 Pottery Class 1:00 Wii Bowling 2:00 Keno 2:30 Bible study 11 Speaker @ 2:00 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:30 Line Dancing 2:30 Bible study 3:00 Book Club 18 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:00 Pottery Class 1:30 Line Dancing 1:00 Wii Bowling 2:30 Bible study	5 9:00 Men's Breakfast 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga Canceled 1:30 Wii Bowling 2:30 Strength Train 3:00 Games/Pinochle 12 10:00 Crafts with Kids 10:30 Spanish 12:00 Lunch 1:00 BLOOD PRESSURE 1:00 Yoga 1:30 Wii Bowling 2:00 Speaker 2:30 Strength T 3:00 Games/Pinochle Hawley School Reading Trip 19 10:00 Cards 10:00 CRAFT 10:30 Spanish 12:00 Lunch 1:00 Yoga Canceled 1:00 Wii Bowling 2:30 Strength T 3:00 Games/Pinochle Billy Michaels @1:00 26 10:00 Read to Children 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:00 Wii Bowling 1:00 BLOOD PRESSURE 2:30 Strength Train 3:00 Games/Pinochle	6 MOTHERS DAY TEA ALL CLASSES CANCELED 13 Lunch Bunch 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Lunch and Learn 12:00 Knitters/Crochet 2:30 Technology Tips 3:00 Chair Yoga 20 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 Senior Prom 27 Life Line Screening All Day.. ALL CLASSES CANCELED CRAFT OF THE MONTH "American Native Talking Stick" easy to do! Thursday May 19th @ 10:00 am Call to sign up



JUNE 2016

MON	TUE	WED	THUR	FRI	
		1 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:00 Pottery 1:30 Line Dancing 2:00 Keno 2:30 Bible study	2 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Cards/Games	3 AARP DRIVING 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 3:00 Chair Yoga	
	6 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	7 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:30 Chair Pilates 12:00 Lunch 12:30 Poker 1:00 Wii Bowling 2:00 Tai Chi 3:00 Chair Yoga	8 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:00 Bob Mell 1:30 Line Dancing Canceled 2:30 Bible study 3:00 Book Club	9 10:00 Crafts / Children 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Cards/Games	10 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 A walk on the beach. 12:00 Knitters/Crochet 2:30 Technology 3:00 Chair Yoga
	13 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	14 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:30 Chair Pilates 12:30 Poker 12:00 Lunch 1:00 Wii Bowling 2:00 Tai Chi	15 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:00 Pottery 1:30 Line Dancing 2:30 Bible study	16 Speaker 1:00 10:30 Spanish 12:00 Lunch 1:00 BLOOD PRESSURE 1:00 Yoga Canceled 1:30 Wii Bowling 2:30 Strength T 3:00 Cards/Pinochle	17 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 3:00 Chair Yoga
20 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	21 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:30 Chair Pilates 12:30 Poker 12:00 Lunch 1:00 Wii Bowling 2:00 Tai Chi	22 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:30 Line Dancing 2:30 Bible study	23 10:00 Read/Kids 10:30 Cards 10:30 Spanish 12:00 Lunch 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Cards/Pinochle	24 9:00 Mah Jongg 9:00 Zumba Gold 10:30 Quilting/sewing 10:30 Exercise 12:00 Lunch Bunch 12:00 Knitters/Crochet 1:00 Cards/Pinochle 2:30 Technology	
27 9:00 Exercise 10:00 Mah Jongg 10:30 Exercise 12:00 Lunch 1:00 Chorus 1:00 Yoga 2.30 Pinochle	28 10:00 Iris Folding 10:00 Art 10:30 Current Events 12:30 Chair Pilates 12:30 Poker 12:00 Lunch 1:00 Wii Bowling 2:00 Tai Chi	29 9:00 Exercise 10:00 Cards 10:30 Exercise 12:00 Lunch 1:00 Pottery 1:30 Line Dancing 2:30 Bible study	30 10:30 Spanish 12:00 Lunch 1:00 BLOOD PRESSURE 1:00 Yoga 1:30 Wii Bowling 2:30 Strength Train 3:00 Cards/Pinochle	On warm afternoons we will be exploring our lists of Ice Cream Venues! 	