

# Attachment A

## MEMBERSHIP CATEGORIES

## 2nd DRAFT

	RESIDENT	NON-RESIDENT
2018 CURRENT MEMBERSHIP	\$20	\$25
2019 MEMBERSHIP		
CATEGORY	PER YEAR	
1. BASIC	\$20	\$25
2. LEISURE(ARTS/CRAFTS/SPEAKERS)	\$40	\$45
3. DELUXE (LEISURE/2PAID EXERCISE)	\$80	\$85
4. PREMIUM (ALL CLASSES)	\$120	\$125

- Consider "Snowbirds"
- 90+ GOLDEN MEMBERSHIP (FREE)
- All Newtown senior resident one month free trial....YES
- Senior couple (in same household) discount?
- Daily drop in \$5 per class

All Newtown senior residents are free non-active members.

1. Trips
2. Health Screenings (BP, eye, hearing, cholesterol etc)
3. AARP Safety Driving
4. AARP Tax Prep
5. Some week-end events(Bingo/football/card games)

\_\_\_ I met with senior members and w/ Curt in regards to a membership/fee tier for new senior center.

Based on the current #'s currently in budget (490 paid members & 950 members) (950 is the # from those who partake in AARP driving classes, taxes, trips, speakers etc.)

\_\_\_ Participation in instructor paid classes & programs:

500 people @ \$5/month or \$60/year = \$30,000

400 people @ \$5/month or \$60/year = \$24,000

300 people @ \$5/month or \$60/year = \$18,000

200 people @ \$5/month or \$60/year = \$12,000

100 people @ \$5/month or \$60/year = \$6,000

950 members pay \$5.00/year = \$4,750

Sub Committee should explore what is highlighted in red. Feedback on membership monies collected to go back into new programs, whereas the Center can be self-supporting in many programs for the first year.

Week-ends a program that should be at the new center is "What's Happening in Newtown for Seniors".

*measures & indicators*

# Attachment B

## People that were active between 10/01/2018 and 10/24/2018

<b>Age Range</b>	<b>Count</b>	<b>Percent</b>
Ages 55-59	2	1.2%
Ages 60-64	3	1.8%
Ages 65-69	28	16.9%
Ages 70-74	36	21.7%
Ages 75-79	32	19.3%
Ages 80-84	25	15.1%
Ages Below 55	1	0.6%
Ages Over 85	39	23.5%
<b>Totals</b>	<b>166</b>	<b>100%</b>

  

<b>City/Town</b>	<b>Count</b>	<b>Percent</b>
In Town	62	37.3%
Out of Town	104	62.7%
<b>Totals</b>	<b>166</b>	<b>100%</b>

  

<b>Gender</b>	<b>Count</b>	<b>Percent</b>
Female	145	87.3%
Male	21	12.70%
<b>Totals</b>	<b>166</b>	<b>100%</b>

Newtown Senior Center

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Flex & Fit 09:30a video exercise 2 11:30a Womens Discussion Group 12:00p Lunch 01:00p Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Flu Shot Clinics 09:00a Morning Meditation 10:00a Art in the Atrium 10:15a Chair Plates 10:30a Hot Topics 12:00p Lunch 12:45p Qi Gong 01:00p Tech Tuesdays 01:30p Poker 02:00p Tai Chi 03:00p Chair Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch 12:30p Bible Study Group 01:00p Seniors Rock painting 02:00p Game On 02:00p Keno	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch 01:00p Seniors Rock painting 02:00p Game On	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a Mah Jong 10:30a Cultural History Discussion 12:00p Lunch 01:00p Mandala Adult Coloring 01:00p Yoga 02:00p Barn Dancing 02:30p Strength training 03:00p GAMES 03:15p Ballroom Dance Lessons	12:00a Lunch and Learn 08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 10:45a Fitness Fury 11:00a sewing/quilting 12:00p Knitting 12:00p Lunch 01:00p Canasta 03:00p Chair Yoga	
7	8	9	10	11	12	13
08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Flex & Fit 09:30a video exercise 2 11:30a Womens Discussion Group 12:00p Lunch 01:00p Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Morning Meditation 10:00a Art in the Atrium 10:15a Chair Plates 10:30a Hot Topics 12:00p Lunch 12:45p Qi Gong 01:00p Tech Tuesdays 01:30p Poker 02:00p Tai Chi 03:00p Chair Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch 01:00p Seniors Rock painting 02:00p Game On 03:00p Book Club	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch 01:00p Seniors Rock painting 02:00p Game On	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a Mah Jong 10:30a Cultural History Discussion 12:00p Lunch 01:00p Mandala Adult Coloring 01:00p Yoga 02:00p Barn Dancing 02:30p Strength training 03:00p GAMES 03:15p Ballroom Dance Lessons	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 10:45a Fitness Fury 11:00a sewing/quilting 12:00p Knitting 12:00p Lunch 01:00p Canasta 03:00p Chair Yoga	
14	15	16	17	18	19	20
08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Flex & Fit 09:00a kayaking 09:30a video exercise 2 11:00a Womens Discussion Group 12:00p Chair Massage 12:00p Lunch 01:00p Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Morning Meditation 10:00a Art in the Atrium 10:15a Chair Plates 10:30a Hot Topics 12:00p Lunch 12:45p Qi Gong 01:00p Tech Tuesdays 01:30p Poker 02:00p Tai Chi 03:00p Chair Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch 12:30p Bible Study Group 01:00p Seniors Rock painting 02:00p Game On	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch 01:00p Seniors Rock painting 02:00p Game On	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a Mah Jong 10:30a Cultural History Discussion 12:00p Lunch 01:00p Mandala Adult Coloring 01:00p Yoga 02:00p Barn Dancing 02:30p Strength training 03:00p GAMES 03:15p Ballroom Dance Lessons	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 10:45a Fitness Fury 11:00a sewing/quilting 12:00p Knitting 12:00p Lunch 01:00p Canasta 03:00p Chair Yoga	
21	22	23	24	25	26	27
08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Flex & Fit 09:30a video exercise 2 11:00a Womens Discussion Group 12:00p Lunch	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Flu Shot Clinics 09:00a Morning Meditation 10:00a Art in the Atrium 10:15a Chair Plates 10:30a Hot Topics 12:00p Lunch 12:45p Qi Gong 01:00p Tech Tuesdays 01:30p Poker 02:00p Tai Chi 03:00p Chair Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a Mah Jong 10:30a Cultural History Discussion 12:00p Lunch	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 10:45a Fitness Fury 11:00a sewing/quilting 12:00p Knitting	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
01:00p Yoga	10:30a Hot Topics 12:00p Lunch 12:45p Qi Gong 01:00p Tech Tuesdays 01:30p Poker 02:00p Tai Chi	01:00p Blood Pressure 01:00p Seniors Rock painting 02:00p Game On	01:00p Mandala Adult Coloring 01:00p Yoga 02:00p Barn Dancing 02:30p Strength training 03:00p GAMES 03:15p Ballroom Dance Lessons	12:00p Lunch 01:00p Canasta 01:00p Hospice thru Music therapy 03:00p Chair Yoga		
28	29	30	31			
08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Flex & Fit 09:30a video exercise 2 11:00a Womens Discussion Group 12:00p Lunch 01:00p Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:00a Morning Meditation 10:00a Art in the Attium 10:15a Chair Pilates 10:30a Hot Topics 12:00p Lunch 12:45p Qi Gong 01:00p Tech Tuesdays 01:30p Poker 02:00p Tai Chi 03:00p Chair Yoga	08:00a Police Presence 08:00a Socializing/Just Visiting 09:00a Cards 09:30a video exercise 2 09:30a Zumba 10:45a Fitness Fury 12:00p Lunch 01:00p Seniors Rock painting 02:00p Game On				

# Events for the week of:

## Sunday, October 14, 2018 - Friday, October 19, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/15/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Flex &amp; Fit 9:00 AM-10:00 AM Multipurpose Room;</p> <p>kayaking 9:00 AM-11:30 AM Van/Bus Trips;</p> <p>video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Womens Discussion Group 11:00 AM-12:00 PM Multipurpose Room;</p> <p>Chair Massage 12:00 PM-2:30 PM Exercise 1/Piano;</p>	<p>10/16/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Morning Meditation 9:00 AM-10:00 AM Exercise 1/Piano;</p> <p>Art in the Atrium 10:00 AM-12:00 PM Sun Room;</p> <p>Chair Pilates 10:15 AM-11:15 AM Exercise 1/Piano;</p> <p>Hot Topics 10:30 AM-11:30 AM Multipurpose Room;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p>	<p>10/17/2018</p> <p>mohegan sun trips 8:00 AM-6:00 PM Multipurpose Room;</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Zumba 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Fitness Fury 10:45 AM-11:30 AM Multipurpose Room;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p>	<p>10/18/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Mah Jong 9:30 AM-12:00 PM Exercise 1/Piano;</p> <p>Cultural History Discussion 10:30 AM-11:30 AM Exercise 1/Piano;</p> <p>SPANISH 10:30 AM-11:30 AM Exercise 2/Social;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p> <p>Mandalala Adult Coloring 1:00 PM-2:00 PM Multipurpose Room;</p>	<p>10/19/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Fitness Fury 10:45 AM-11:30 AM Multipurpose Room;</p> <p>sewing/quilting 11:00 AM-2:00 PM Sun Room;</p> <p>Knitting 12:00 PM-2:00 PM Exercise 1/Piano;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p>

<p>10/15/2018</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p> <p>Yoga 1:00 PM-2:00 PM Exercise 2/Social;</p>	<p>10/16/2018</p> <p>Qi Gong 12:45 PM-1:45 PM Exercise 2/Social;</p> <p>Tech Tuesdays 1:00 PM-2:00 PM Multipurpose Room;</p> <p>Poker 1:30 PM-4:00 PM Card Room;</p> <p>Tai Chi 2:00 PM-3:00 PM Exercise 2/Social;</p> <p>Chair Yoga 3:00 PM-4:00 PM Exercise 1/Piano;</p>	<p>10/17/2018</p> <p>Bible Study Group 12:30 PM-1:30 PM Card Room;</p> <p>Seniors Rock painting 1:00 PM-4:00 PM Exercise 2/Social;</p> <p>Game On 2:00 PM-4:00 PM Multipurpose Room;</p>	<p>10/18/2018</p> <p>Yoga 1:00 PM-2:00 PM Exercise 2/Social;</p> <p>Barr Dancing 2:00 PM-3:00 PM Multipurpose Room;</p> <p>Strength training 2:30 PM-3:30 PM Exercise 1/Piano;</p> <p>GAMES 3:00 PM-4:00 PM Exercise 2/Social;</p> <p>Ballroom Dance Lessons 3:15 PM-4:15 PM Multipurpose Room;</p>	<p>10/19/2018</p> <p>Canasta 1:00 PM-4:00 PM Multipurpose Room;</p> <p>Map &amp; Compass 1:00 PM-3:00 PM Multipurpose Room;</p> <p>Chair Yoga 3:00 PM-4:00 PM Exercise 1/Piano;</p>
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# Events for the week of:

## Sunday, October 14, 2018 - Friday, October 19, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/15/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Flex &amp; Fit 9:00 AM-10:00 AM Multipurpose Room;</p> <p>kayaking 9:00 AM-11:30 AM Van/Bus Trips;</p> <p>video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Womens Discussion Group 11:00 AM-12:00 PM Multipurpose Room;</p> <p>Chair Massage 12:00 PM-2:30 PM Exercise 1/Piano;</p>	<p>10/16/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Morning Meditation 9:00 AM-10:00 AM Exercise 1/Piano;</p> <p>Art in the Atrium 10:00 AM-12:00 PM Sun Room;</p> <p>Chair Pilates 10:15 AM-11:15 AM Exercise 1/Piano;</p> <p>Hot Topics 10:30 AM-11:30 AM Multipurpose Room;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p>	<p>10/17/2018</p> <p>mohegan sun trips 8:00 AM-6:00 PM Multipurpose Room;</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Morning Meditation 9:00 AM-10:00 AM Exercise 1/Piano;</p> <p>Art in the Atrium 10:00 AM-12:00 PM Sun Room;</p> <p>Chair Pilates 10:15 AM-11:15 AM Exercise 1/Piano;</p> <p>Hot Topics 10:30 AM-11:30 AM Multipurpose Room;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p>	<p>10/18/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Mah Jong 9:30 AM-12:00 PM Exercise 1/Piano;</p> <p>Cultural History Discussion 10:30 AM-11:30 AM Exercise 1/Piano;</p> <p>SPANISH 10:30 AM-11:30 AM Exercise 2/Social;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p> <p>Mandala Adult Coloring 1:00 PM-2:00 PM Multipurpose Room;</p>	<p>10/19/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Fitness Fury 10:45 AM-11:30 AM Multipurpose Room;</p> <p>sewing/quilting 11:00 AM-2:00 PM Sun Room;</p> <p>Knitting 12:00 PM-2:00 PM Exercise 1/Piano;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p>

# Events for the week of:

## Sunday, October 21, 2018 - Friday, October 26, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/22/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Flex &amp; Fit 9:00 AM-10:00 AM Multipurpose Room;</p> <p>Video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Womens Discussion Group 11:00 AM-12:00 PM Multipurpose Room;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p> <p>Yoga 1:00 PM-2:00 PM Exercise 2/Social;</p>	<p>10/23/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Flu Shot Clinics 9:00 AM-11:00 AM Multipurpose Room;</p> <p>Morning Meditation 9:00 AM-10:00 AM Exercise 1/Piano;</p> <p>Art in the Atrium 10:00 AM-12:00 PM Sun Room;</p> <p>Chair Pilates 10:15 AM-11:15 AM Exercise 1/Piano;</p> <p>Hot Topics 10:30 AM-11:30 AM Multipurpose Room;</p>	<p>10/24/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Zumba 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Fitness Fury 10:45 AM-11:30 AM Multipurpose Room;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p> <p>Blood Pressure 1:00 PM-2:00 PM Card Room;</p>	<p>10/25/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Mah Jong 9:30 AM-12:00 PM Exercise 1/Piano;</p> <p>Cultural History Discussion 10:30 AM-11:30 AM Exercise 1/Piano;</p> <p>SPANISH 10:30 AM-11:30 AM Exercise 2/Social;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p> <p>Mandala Adult Coloring 1:00 PM-2:00 PM Multipurpose Room;</p>	<p>10/26/2018</p> <p>Police Presence 8:00 AM-6:00 PM Office;</p> <p>Socializing/Just Visiting 8:00 AM-4:30 PM Center Wide;</p> <p>Cards 9:00 AM-4:00 PM Multipurpose Room;</p> <p>Video exercise 2 9:30 AM-10:30 AM Multipurpose Room;</p> <p>Fitness Fury 10:45 AM-11:30 AM Multipurpose Room;</p> <p>sewing/quilting 11:00 AM-2:00 PM Sun Room;</p> <p>Knitting 12:00 PM-2:00 PM Exercise 1/Piano;</p> <p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p>

10/22/2018	<p>Lunch 12:00 PM-1:00 PM Multipurpose Room;</p> <p>Qi Gong 12:45 PM-1:45 PM Exercise 2/Social;</p> <p>Tech Tuesdays 1:00 PM-2:00 PM Multipurpose Room;</p> <p>Poker 1:30 PM-4:00 PM Card Room;</p> <p>Tai Chi 2:00 PM-3:00 PM Exercise 2/Social;</p> <p>Chair Yoga 3:00 PM-4:00 PM Exercise 1/Piano;</p>	10/23/2018	<p>Seniors Rock painting 1:00 PM-4:00 PM Exercise 2/Social;</p> <p>Game On 2:00 PM-4:00 PM Multipurpose Room;</p>	10/24/2018	<p>Yoga 1:00 PM-2:00 PM Exercise 2/Social;</p> <p>Barn Dancing 2:00 PM-3:00 PM Multipurpose Room;</p> <p>Strength training 2:30 PM-3:30 PM Exercise 1/Piano;</p> <p>GAMES 3:00 PM-4:00 PM Exercise 2/Social;</p> <p>Ballroom Dance Lessons 3:15 PM-4:15 PM Multipurpose Room;</p>	10/25/2018	<p>Canasta 1:00 PM-4:00 PM Multipurpose Room;</p> <p>Hospice thru Music therapy 1:00 PM-3:00 PM Multipurpose Room;</p> <p>Chair Yoga 3:00 PM-4:00 PM Exercise 1/Piano;</p>
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# PROGRAMS - 2018

SEPT      OCTOBER

TYPE	TITLE	ROOM	X per week	TIME	DAY	PAID OR VOLUNTEER	ATTEN DANCE	ATTENDA NCE
EXERCISE, HEALTH & FITNESS	Video exercise	multi-purpose room	3	9:30	M-W-F	VOLUNTEER	21	12
EXERCISE, HEALTH & FITNESS	Yoga	exercise 2	2	1:00	M & THU	PAID	15	25
EXERCISE, HEALTH & FITNESS	Chair Yoga	exercise 1	2	3:00	T & F	PAID	11	23
EXERCISE, HEALTH & FITNESS	Tai Chi	exercise 2	1	2:00	Tuesday	PAID	8	11
EXERCISE, HEALTH & FITNESS	Qi Gong	exercise 2	1	12:45	Tuesday	PAID	6	9
EXERCISE, HEALTH & FITNESS	Morning Meditation	exercise 1	1	9:00	Tuesday	PAID	9	10
EXERCISE, HEALTH & FITNESS	Chair Pilates	exercise 1	1	10:15	Tuesday	PAID	11	18
EXERCISE, HEALTH & FITNESS	Strength Training	exercise 1	1	2:30	Thursday	PAID	7	7
EXERCISE, HEALTH & FITNESS	Flex, Fit & Tone	multi-purpose room	1	9:00	Monday	PAID	19	27
EXERCISE, HEALTH & FITNESS	Fitness Fury	multi-purpose room	2	10:45	W & F	PAID	28	28
EXERCISE, HEALTH & FITNESS	Zumba Gold	multi-purpose room	1	9:30	Friday	PAID	9	18
EXERCISE, HEALTH & FITNESS	Chair Massage	exercise 1	1 x month		Monday	VOLUNTEER	10	18
<b>Total</b>			<b>17</b>				<b>154</b>	<b>206</b>
DANCE	Ballroom Dance	multi-purpose room	1	3:15	Thursday	PAID	3	4
DANCE	Barn Dance	multi-purpose room	1	2:00	Thursday	PAID	10	13
<b>Total</b>			<b>2</b>				<b>13</b>	<b>17</b>
TECHNOLOGY	Tech Tuesday's	multi-purpose room	1	1:00	Tuesday	VOLUNTEER	2	1
<b>Total</b>			<b>1</b>				<b>2</b>	<b>1</b>
ARTS & CULTURE	Art	exercise 2 & 3 season	1	10:00	Tuesday	PAID	8	9
ARTS & CULTURE	Knitting	exercise 1	1	12:00	Friday	VOLUNTEER	13	12
ARTS & CULTURE	Crafts	exercise 2 & 3 season	2	10:00	M & F	VOLUNTEER	4	10
ARTS & CULTURE	Rock Painting	exercise 2 & 3 season	1	1:00	Wed	VOLUNTEER	6	6
ARTS & CULTURE	Quilting/sewing	exercise 2 & 3 season	1	11:00	F	VOLUNTEER	4	4
<b>Total</b>			<b>6</b>				<b>35</b>	<b>41</b>
ARTS & CULTURE	Book Club	Exercise 1	1 x month	3:00	Wed	VOLUNTEER	6	8
ARTS & CULTURE	Movie & Popcorn	Multi-purpose room	1 x month	1:00	Wed	SOCIAL	10	10
<b>Total</b>			<b>2</b>				<b>16</b>	<b>18</b>
LANGUAGE	Spanish	Exercise 2	1	10:30	Thursday	PAID	13	11
<b>Total</b>			<b>1</b>				<b>13</b>	<b>11</b>

DISCUSSION GROUPS	Hot Topics	Billiard Room	1	10:30 Tuesday	VOLUNTEER	8	14
DISCUSSION GROUPS	Chicken Soup for the Soul	Multi-purpose	1	11:00 Monday	VOLUNTEER	8	13
<b>Total</b>			2				
DISCUSSION GROUPS	Men's Breakfast	Multi-purpose	1 x month	9:00 Thursday	VOLUNTEER	3	3
DISCUSSION GROUPS	Cultural/History	Exercise 1	2 x month	10:30 Thursday	PAID	13	12
DISCUSSION GROUPS	Bible Study	Game room	2 x month	12:30 Wed	VOLUNTEER	4	4
<b>Total</b>			3			36	46
GAMES & RECREATION	Bingo	Multi-purpose	2 x month	1:00 Wed	VOLUNTEER	8	8
GAMES & RECREATION	Keno	Exercise 1	1 x month	2:00 Wed	VOLUNTEER	8	8
GAMES & RECREATION	Poker	Game room	1	1:30 Tuesday	SOCIAL	6	6
GAMES & RECREATION	Canasta	Multi-purpose	2	1:30 W & F	SOCIAL	6	6
GAMES & RECREATION	Cards	Multi-purpose	5	9:00-2 M-F	SOCIAL	12	12
GAMES & RECREATION	Game On	Multi-purpose	1	3:00 Wed	SOCIAL	6	6
GAMES & RECREATION	Password etc.	Game room	1	3:00 Thursday	SOCIAL	6	6
GAMES & RECREATION	Puzzles	Coat room	5	10:00-4 M-F	SOCIAL	4	4
GAMES & RECREATION	Mah Jong	Exercise 2	1	10:00 Thursday	SOCIAL	4	4
GAMES & RECREATION	Wii bowling	Multi-purpose	1	1:00 Tuesday	SOCIAL	2	2
<b>Total</b>			17			62	62
NUTRITION	Meal-site Cafe'	Multi-purpose	4	Noon M-THU	PAID	22	24
NUTRITION	Lunch & Learns/Speakers	Multi-purpose	3	Noon Friday	HALF PV	43	28
<b>Total</b>			7			65	52
<b>TOTAL</b>						396	454
INTER-GENERATIONAL	CAC	Multi-purpose	3 x month	10:00 Thursday	VOLUNTEER	4	4
SOCIAL TRIPS	Bus	off-site	1 x month		SOCIAL	30	30
	Van	off-site	2 to 3 x month		SOCIAL	16	19
SERVICES	Blood Pressure	Multi-purpose	2 x month		N/A	10	12

N/A		32
VOLUNTEER		24
VOLUNTEER		290
VOLUNTEER		12

SERVICES	Flu Clinic's	Multi-purpose	2 x month	
SERVICES	AARP Driving Safety	Exercise 2	6 x year	
SERVICES	AARP Tax assistance	Exercise 2	1 x year	
SERVICES	Fall Prevention	Exercise 2	2 x year	
<b>Total programs a week</b>			<b>56</b>	
Total programs 2 x month			6	
Total Programs 1x month			6	