

SHELTON SENIOR CITIZENS CENTER



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81 WHEELER STREET, SHELTON CT
(203) 924-9324

INFO LINE (203) 924-2355

MARCH 2017



DOREEN LAUCELLA, DIRECTOR

Volume No. 47 No. 03

GREETINGS FROM THE DIRECTOR

My sincerest thanks to all of you for your endless support, cards, gifts, flowers and good wishes. I am so happy to have been hired as your Director and be able to continue our wonderful journey together! I will always give you 100% of my very best to each and everyone of you. And please remember as always, everyone here, myself included will all continue to be here to assist you in any way we can!

Over this last year we have been continuing to flourish and grow. We also have opened the doors to a wide variety of new classes, seminars and events. I look forward to what is ahead and keep this place thriving towards the happy environment desired by everyone. We are looking forward to a very busy Spring loaded with all types of new entertainment at various times of the day. Please understand that all events, classes and trips are limited and are on a first come first serve basis. Lately our events have been selling out quickly so please try to sign up early. Keep a look out in our newsletters for future happenings and registration dates. Friendly reminder: You must renew your memberships or delivery of newsletters to your residence will end this month. Looking forward to our future!

Warm Regards, Doreen

IMPORTANT INFORMATION

Reminder that all classes and programs are limited to a maximum number of participants. Once that number has been met a waiting list will be implemented at that time for all classes and programs.

SENIOR CENTER INFO LINE: Our Center has a special telephone number to call for daily announcements, cancellations, Center closing (due to weather) and information. The information available: cancellations or changes in any of the daily activities, details regarding a special function for that day and the daily lunch menu.

The number is: (203) 924-2355.

PARTY TICKET PURCHASE: When buying tickets for table-assigned parties all Members can pick up num-

bers at 9:00 AM for ticket sales at 9:30 AM. When purchasing Birthday or Monthly Dance tickets tables are then assigned. Please present your up-to-date Membership Card and your partner's Membership Card at sign up. (Two tickets may be purchased.) If you live out-of-town, you can have another member purchase your ticket with your Membership Card. Only on the first day of ticket sales do we follow the specified time for selling. Tickets will be sold up until the Wednesday (12:00 Noon) before the event. Checks payable to: Shelton Senior Center. Members may invite guests. Guest ticket prices vary per event.

TRIP REGISTRATION: On the day of registration, all members interested in the trip should come to the Center for registration at 9:30 AM. Each member may register them self and one (1) other member. Please have Membership Cards for both you and your partner; your check and meal selection if needed. Registration will be on a first come ~ first serve basis. After the initial Registration, you may register any time. Please Note: Trips must be paid for by check (no cash) made payable to the travel agency sponsoring the trip.

TRIP CANCELLATIONS: If you have to cancel your trip, please notify the Center. We will make every effort to reimburse your ticket from our "Wait List." Please do not transfer the ticket yourself or ask another member to do so – we will need the proper information for the replacement, registration and refund.

TRIP PARKING: When traveling with the Senior Center, please park in the Police/Senior parking lot if there are spaces available. If there are no available spaces, you may park in the outer and far end area of the Senior Center Lot. Thank you for your co-operation.

VALLEY TRANSIT TRANSPORTATION: All Shelton residents are able to receive rides from the Valley Transit to and from the Center for FREE on Mondays, Wednesdays and Fridays. Approximate arrival to Center is 10:00 AM and pick up is 3:00/4:00 PM. In order to utilize this service you must be a Shelton resident and contact them 24 hours the day before at 203-735-6408. Valley Transit also offers a Dial-A-Ride service for ALL Valley members daily for a charge of \$3.50* each individual way. *Price increase as of 2017*

RENTERS REBATE: Returning the beginning of April. Service is provided Monday thru Friday 10:00am -2:00pm. Please call Center for more info.

CLASSES & EVENTS

ELDER LAW SESSION: On **Wednesday, March 8th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic: "Asset Protection."

BOOK CLUB: On **Friday, March 10th at 1:00 PM.** The book discussion will be led by Joan Pollack. Book is "Winter Journey" by Diane Armstrong.

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, March 17th from 10:30AM—12:00PM** will be here for blood pressure, diabetes screening and medical needs. *Medical Van WILL be here.* Presented by Maggie Sessa R.N.

AARP MEETING: On **Tuesday, March 21st at 1:30PM** AARP will be having Benedicts Home & Garden speak about Gardening and Farming.

PROBATE JUDGE: On **Wednesday, March 22nd at 10:30AM** Judge Anthony will be returning to discuss the topic "Probate Myths."

BLOOD PRESSURE SCREENING: The Emergency Care Institute of Bridgeport Hospital will conduct Blood Pressure Screenings at the Senior Center on **Monday, March 27th from 12:00-2:00PM.** All are welcome.

DR. SHARNOFF FOOT DOCTOR: Stop in on **Wednesday, March 29th at 10:00AM** for a discussion on Foot Care.

IRISH LUNCHEON: On **Friday, March 31st at 11:30AM** we will be having an Irish celebration! Lunch will be served with a choice of Corned Beef on Rye OR Fish Filet on a Roll with a side of potato soup, dessert and coffee. After lunch, Irish music entertainer Pierce Campbell will perform. Price: \$6.00 members and \$8.00 guests. Tickets are on sale now.

PAINT NIGHT: On **Thursday, April 6th at 6:00PM** the Giggling Pig Art Studio will be here for a special evening of painting on canvas and fun! No experience necessary! \$16.00 per member and \$18.00 per guest. Light refreshments will be served. Limited seats available for this popular trendy event! Painting selection chosen is by front desk. Tickets on sale now.

PHOTOGRAPHY CLASS: Begins on **Thursday, April 20th** with Perry DeGeorge. For more information or to register please see the front desk.

"THE COMEDY OF ERRORS": On **Friday, April 28th** The Valley Shakespeare Festival will be here in the afternoon debuting William Shakespeare's famous 400 year old comedy FREE for all our Seniors enjoyment. This hour or so long comedy is about a man and his servant who arrive in a town unaware that each has an identical twin already living there. The mix-up causes upset wives, upset creditors and one of the funniest afternoons you will spend at the Center. Limited seating available. Registrations going on now!

WALKING CLUB: Begins this April. An interest list with days and times being offered is at the front desk. Please stop in and sign up. More info coming soon.

CRIBBAGE, CHESS, BACKGAMMON & CASINO PLAYERS WANTED! Contact Gene at 203-218-9481.

SHOPPING BUS SCHEDULE

The bus picks up and returns to the Center after shopping. There is no charge for this service.

March 1 - Ansonia Stop & Shop or Shop Rite

March 8 - Adams-IGA

March 15 - Ansonia Stop & Shop or Shop Rite

March 22 - Adams-IGA

March 29 - Ansonia Stop & Shop or Shop Rite

UPCOMING TRIPS

WOMEN'S BASKETBALL 2017 TOURNAMENT SEMI FINAL GAMES AT MOHEGAN SUN: On **Sunday, March 5th** enjoy TWO AAC Tournament semi-final games played between the winners of the tournament's quarter-final games held the previous day. Cost: \$72.00 PP. Price includes transportation, tickets, food voucher and casino bonus along with driver's gratuity. Registrations going on now.

WOMEN'S BASKETBALL CHAMPIONSHIP OVER-NIGHT GETAWAY AT MOHEGAN SUN: **March 6-7th** Cost: \$229.00 PP Double, \$315.00 PP Single, \$214.00 PP Triple. Includes transportation round trip, hotel accommodations, ticket to AAC Final Game, 2 complimentary buffets, Free \$20.00 slot play, taxes, baggage handling and driver's gratuity. Registrations going on now.

ST. PATRICK'S CELEBRATION AT GAVIN'S RESORT: On **Thursday, March 16th** depart to the Catskill region of New York for a very special Irish luncheon. Enjoy Irish soda bread, beef barley soup, and choice of Corned Beef & Cabbage, Baked Salmon, or Chicken Francaise served with apple pie a la mode for dessert. Gavin's St. Patrick's Day Show is one of the finest in the U.S. Irish/American entertainment. Sing a long to some Irish tunes, drink a glass of complimentary wine or beer and enjoy the show with Irish Step Dancers topping off the day. You also stop and visit the village of East Durham for some shopping. Cost: \$89.00 PP. Includes transportation, visit to East Durham, Irish luncheon & afternoon of Irish entertainment at Gavin's and one complimentary glass of beer or wine. Registrations going on now.

BROADWAY PRESENTS YOUR CHOICE OF "ON YOUR FEET" OR "CIRQUE DU SOLEIL—PARAMOUR": On **April 12th** you will depart to NYC for the show of your choosing. Upon arrival, everyone will enjoy lunch at the famous Italian restaurant Buca di Beppo. Family style meal includes salads, baked rigatoni, and chicken parm followed by homemade cheese-cake. Cost: \$209.00 PP and a minimum of one hundred

dollars deposit at time of registration. Includes transportation, orchestra/front mezzanine tickets, lunch and gratuities. Registrations going on now.

THE OUTER BANKS: April 18-25th depart on this eight day getaway to North Carolina. Cost: \$1524.00 PP Double, \$2124.00 PP Single, \$1474.00 PP Triple. More details on daily itineraries at the Center. Includes: Transportation, hotel, 15 meals, admissions and sight-seeing, taxes and baggage and gratuities. Registrations going on now.

WESTCHESTER THEATRE PRESENTS MAMA MIA: On **April 20th** travel to Elmsford, NY for a day of entertainment and fun. Enjoy a matinee performance of Mama Mia at the Westchester Broadway Theatre where lunch is included. Cost: \$99.00 PP. Includes: Transportation, gratuity, lunch and show. Registrations going on now.

ACE IN THE HOLE PRESENTS "THE RAT PACK": On **April 27th** depart to The Brownstone in Paterson, New Jersey. Lunch is served family style and includes Chicken Marsala, Sausage & Peppers, and Ziti Marinara, served with salad, vegetables and dessert. Enjoy two complimentary drinks, soda, coffee and tea. Relive those Hollywood golden days when Frank Sinatra, Dean Martin, and Sammy Davis, Jr. ruled the roost at such legendary venues, The Rat Pack is sure to entertain you at this tribute! In addition to the show there is also boutique shopping, door prizes and 50-50 drawing. Cost: \$109.00 PP. Includes Transportation and Festivities/Luncheon at the Brownstone. Registrations now.

WEST POINT DRESS PARADE AT HOTEL THAYER: JUST ADDED!!!! On Saturday, April 29th West Point Academy welcomes you to view the famous U.S. Military Academy Cadet Review. After watching the parade from the bleachers lunch will be served buffet style at The Thayer Hotel set on a hilltop overlooking the Hudson River. Following enjoy a guided tour of West Point. Cost: \$126.00 PP. **Registrations begin March 3rd.**

WARNER THEATRE PRESENTS FOLLIES: On **May 7th** you will depart to Waterbury CT to have lunch at the San Marino restaurant with a choice of veal parmigiana, stuffed sole or chicken marsala, served with all the trimmings. Then head to the Warner Theatre to enjoy a matinee performance of the musical Follies. Cost: \$98.00 PP. Includes transportation, lunch, show, and gratuity. Registrations going on now.

NEWPORT PLAYHOUSE & CABARET "LUNCH WITH MRS. BASKIN": On **May 25th** depart to Newport RI and enjoy a great buffet followed by the show Lunch with Mrs. Baskin. Cost: \$100.00 PP. Includes transportation, lunch buffet and show, and gratuity. Registrations going on now.

BOOTHBAY HARBOR SCENERY AND GREENERY TOUR IN MAINE: Enjoy this fun filled three day trip from **May 31st-June 2nd.** Please stop by the Center for itinerary. Cost: \$550.00 PP Double; \$650 PP Single; \$530.00 PP Triple. Registrations going on now.

TWIN RIVER CASINO: On **June 15th** you will depart to Lincoln, RI. Upon arrival you will receive a casino bonus package that includes a \$15 slot play and a complimentary lunch buffet. Mid afternoon you will get to enjoy the hit show "Four by Four," a tribute band singing the hits of The Beach Boys, The Beatles, The Bee Gees, and Motown all in one show! Cost: \$91.00 PP. Includes transportation, luncheon buffet, casino bonus and driver's gratuity. Registrations going on now.

TALL SHIPS IN BOSTON: Depart to Boston, MA on **June 19th** and see the Tall Ships Celebration in Boston Harbor. Enjoy lunch at one of Boston's many fine restaurants that will be chosen by Getaway Tours. After lunch you will board a Boston Harbor Cruise vessel to cruise the harbor. Cost: \$135.00 PP. Includes transportation, complete luncheon, Boston Harbor Cruise and driver's gratuity. Registrations going on now.

ONE WORLD OBSERVATORY: On **June 29th** you will depart for NYC! First stop will be the One-World Observatory— Freedom Tower. Ascend to the top of the tallest building in the western hemisphere. After enjoy lunch at Carmine's restaurant with family style platters that include Rigatoni & Broccoli and Chicken Parmigiana served complete with all the trimmings. Cost: \$119.00 PP. Includes transportation, admission to One World Observatory, lunch and gratuities. Registrations going on now.

COINS & CLAWS: Lobster and Casino on **July 6th!** Depart to Abbott's Lobster in the Rough in Noank, CT, voted as one of the best lobster shacks in New England. Lunch along the scenic Mystic River includes a choice of steamed lobster or herb roasted chicken with all the trimmings. Then head over to Mohegan Sun and receive a casino package. Includes transportation and gratuity. Cost is \$69.00PP. **Registrations begin March 10th.**

CAPE COD ADVENTURE IN PROVINCETOWN: On **July 13th** you will stop in Plymouth, MA where you will board a high-speed ferry to our P-Town destination. Enjoy the day on your own exploring all Provincetown has to offer. Cost: \$97.00 PP. Includes round trip transportation, round trip ferry to Provincetown and driver's gratuity. **Registrations begin March 10th.**

QUEBEC CITY TALL SHIPS REGATTA: Enjoy a fun filled trip to Canada from **July 18-21.** Itinerary can be viewed at the Center. Passport is required. Cost: \$609.00 PP Double; \$849.00 PP Single; \$594.00 PP Triple. Includes roundtrip transportation, hotel accommodations, admissions and sightseeing, 6 meals, taxes and baggage, gratuities. **Registrations begin March 10th.**

NEW YORK SUMMER SPECTACULAR WITH THE ROCKETTES: Depart to NYC on **Wednesday, July 19th.** Upon arrival enjoy a family style lunch at the famous Italian restaurant Carmine's. After lunch you will depart to Radio City Music Hall to see the New York

Summer Spectacular. Cost: TBA Includes transportation, lunch, admission and gratuities. **Registrations begin March 10th.**

BLOCK ISLAND: Visit the beaches, bluffs and bays while you visit beautiful RI on **July 25th**. Travel by ferry and then enjoy a narrated Island Tour. Then stop by the National Hotel for a complete luncheon with a choice of Herb Baked Salmon, Pan Fried Chicken or a Jumbo Crabcake served with all the trimmings. **Cost: \$131.00 PP.** Includes transportation, ferry, narrated island tour, luncheon and gratuity. **Registrations begin March 10th.**

SARATOGA: On **August 3rd** you are off to the races!! Enjoy an afternoon of "The Sport of Kings" at Saratoga New York. Cost: \$71.00 PP. Includes transportation, grandstand admission, reserved seating and gratuity. Registrations coming soon!

LAKE GEORGE & SARATOGA: Make happy memories and hopefully some extra money on this getaway from **August 23rd-25th**. Itinerary can be viewed at the Center. Cost: \$539.00 PP Double; \$707.00 PP Single; \$509.00 PP Triple. Price includes transportation, hotel, Saratoga Raceway reserved seating, Fort Ticonderoga admission, 5 meals, 1 Dinner Theatre Show, 1 Wine Tasting, taxes, baggage and gratuity. Registrations coming soon!

IT'S SHOWTIME AT THE LOG CABIN: Lobster feast and the Don Who Variety Show will be held at the Log Cabin in Holyoke, MA. on **August 29th**. Enjoy Hors d'oeuvres and a lobster feast menu featuring clam chowder, boiled lobster, bbq ribs and chicken served with corn and baked potato followed by a great dessert. After lunch sit back and relax and enjoy the show. Cost: \$99.00 PP. Includes transportation, luncheon, show and gratuity. Registrations coming soon!

9/11 MEMORIAL AND MUSEUM: On **September 6th** depart to NYC where you will visit the national tribute of remembrance and honor to those involved in 9/11/. Following the museum you will enjoy a late afternoon family style lunch at Carmine's. Cost: \$115.00 PP. Includes transportation, luncheon, admission to 9/11 Memorial & Museum and gratuities. Registrations coming soon!

NEWPORT PLAYHOUSE & CABARET RESTAURANT LOBSTERFEST MATINEE: On **September 12th** the play "Self-Help" will be shown at Newport's intimate theater. Also included is a lobster lunch buffet with all the fixings. \$107.00 PP. Includes transportation, lunch buffet and show, and gratuity. Registrations coming soon!

THE BIG E: Visit Connecticut Day that will be held on **September 20th**. Depart to New England's Great State Fair and enjoy the day on your own taking in all the attractions. Cost: \$53.00 PP. Includes transportation, admission and gratuity.

CAPE COD SCALLOP FESTIVAL & MYSTERY STOP TOUR: On **September 22nd** depart to East Falmouth, MA and the 48th Annual Festival held at Cape Cod Fairgrounds. Included with your admission ticket is a choice of a Scallop or Chicken dinner. After the festival you will depart to a mystery destination! Cost: \$114.00 PP. Includes transportation, admission, Scallop Fest dinner, mystery stop, and gratuity. Registrations coming soon!

THE INSPIRING INTREPID: Travel to The Big Apple—NYC on **September 28th**. Upon arrival enjoy lunch at the Heartland Brewery with a choice of NY Strip Steak or Chicken Marsala. Afterwards visit The Intrepid Sea, Air & Space Museum. Cost: \$115.00 PP. Includes transportation, lunch, admission and gratuity. Registrations coming soon!

VILLA ROMA RESORT OKTOBERFEST: **October 3-4th** enjoy this getaway in the beautiful Catskill Mountains. Itinerary can be viewed at the Center. Cost: \$257.00 PP Double, \$299.00 PP Single, \$247.00 PP Triple. Includes transportation, hotel, taxes and baggage, 3 meals, entertainment, and gratuities. Registrations coming soon!

WASHINGTON D.C.: A four day getaway Columbus Day weekend that will be held **October 6-9th**. Itinerary can be viewed at the Center. Cost: \$712.00 PP Double, \$998.00 Single, \$682.00 Triple. Includes transportation, hotel, 6 meals, admissions where applicable, local sightseeing guide, taxes and baggage, and gratuities. Registrations coming soon!

VERMONT FALL FOLIAGE TOUR: Depart on **October 12th** to the beautiful Green Mountain State. Multiple stops along the way on this wonderful Vermont Getaway. Cost: \$97.00 PP. Includes transportation, lunch at New England House, slice of pie a la mode at the Apple Barn and gratuity. Registrations coming soon!

OKTOBERFEST AT THE BROWNSTONE: Enjoy a traditional Bavarian style festival party presented by Ace in the Hold on **October 13th**. Lunch is included with family style knockwurst and roast chicken with all the fixings, two complimentary drinks and free soda. Cost: \$109.00 PP. Includes transportation, festivities and luncheon at the Brownstone and gratuity. Registrations coming soon!


JUST ANNOUNCED!!! ROCKING HORSE RANCH: Back by popular demand!! Depart for a three day two night getaway to Highland, New York on **October 22nd-24th**. All inclusive trip including all meals, activities, live entertainment, deluxe hotel accommodations and round trip transportation. More information at the Center. Cost is \$419.00 PP Double; \$479.00 PP Single; \$414 PP Triple. **Registrations begin March 17th.**





MARCH 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE CALL THE INFO LINE (203) 924-2355</p> <p>FOR DAILY ANNOUNCEMENTS, LUNCH MENU & CANCELLATIONS.</p> <p>VALLEY TRANSIT (203) 735-6408</p>	<p>STOP IN AND JOIN US FOR LUNCH!</p> <p>LUNCH SERVED FROM 11:45AM-12:15PM</p>	<p>1.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE 1:00: COUNTRY LINE DANCE</p>	<p>2.) 9 & 10:30: STRENGTH TRAIN 10:00: ORGAN WITH FRIENDS 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p> <p>4:00-8:00: AAA DRIVER SAFETY</p>	<p>3.) HAWAII REGISTER FOR WEST POINT DRESS PARADE TRIP 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO</p> <p>Sunday 5.) WOMENS B-BALL TOURNAMENT AT MOHEGAN</p>
<p>6.) WOMENS B-BALL CHAMPIONSHIP OVER- NIGHT AT MOHEGAN 9:30: COMPUTERS #5 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING</p>	<p>7.) 9 & 10:30: STRENGTH TRAIN 9:00: BRIDGE 9:30: CERAMICS 12:30: SENTIMENTAL JOURNEY MUSIC BAND & DANCING 12:30: LADIES POOL 12:30: PINOCHLE 12:30-2:30: MATTER OF BALANCE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET & KNITTING</p>	<p>8.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: ELDER LAW WITH ATTOR- NEY DRAZEN 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE</p>	<p>9.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p>	<p>10.) REGISTER FOR JULY TRIPS 9:30: CAMERA CLUB 9:30: EXECUTIVE MEETING 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 1:00: BOOK CLUB 1:00: BINGO</p>
<p>13.) 9:30: COMPUTERS #6 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING</p>	<p>14.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:30: SENTIMENTAL JOURNEY MUSIC BAND & DANCING 12:30: LADIES POOL 12:30: PINOCHLE 12:30-2:30: MATTER OF BALANCE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET & KNITTING</p> <p>4:00: COMMISSION MEETING</p>	<p>15.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 12:30: CHORUS 1:00: PINOCHLE 1:00: COUNTRY LINE DANCE</p>	<p>16.) GAVIN'S RESORT 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p>	<p>17.) REGISTER FOR ROCKING HORSE RANCH TRIP 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:30: VALLEY PARISHES NURSES 1:00: BINGO</p> 
<p>20.) 9:30: COMPUTERS #7 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BONUS BINGO SPONSORED BY APPLE REHAB/ SHELTON LAKES 1:00: PAINTING</p>	<p>21.) 9:00: BRIDGE 9:15: AARP DRIVER SAFETY 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:30: SENTIMENTAL JOURNEY MUSIC BAND & DANCING 12:30: LADIES POOL 12:30: PINOCHLE 12:30-2:30: MATTER OF BALANCE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET & KNITTING 1:30: AARP MEMBERSHIP MEETING</p>	<p>22.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: PROBATE MYTHS WITH JUDGE ANTHONY 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE</p>	<p>23.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p>	<p>24.) 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO</p>
<p>27.) 9:30 & 10:15: EXERCISE 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: BLOOD PRESSURE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: PAINTING</p>	<p>28.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:30: SENTIMENTAL JOURNEY MUSIC BAND & DANCING 12:30: LADIES POOL 12:30: PINOCHLE 12:30-2:30: MATTER OF BALANCE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET & KNITTING</p>	<p>29.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:00: DR. SHARNOFF FOOT CARE 10:30: BALLROOM AEROBICS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO SPONSORED BY VISITING ANGELS 1:00: COUNTRY LINE DANCE</p>	<p>30.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING * 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI *</p> <p>*ROOM LOCATION CHANGE (TBA)</p>	<p>31.) 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 11:30: IRISH LUNCHEON</p> <p>NO BINGO OR LUNCH SERVED TODAY</p>