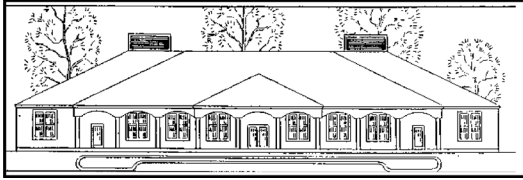


SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

PRSRT-STD
U.S Postage
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Shelton, CT
Permit No.77

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

INFO LINE (203) 924-2355

SEPTEMBER 2017



Volume No. 47 No. 09

Shelton Senior Center Staff Directory

Doreen Laucella, Director
Shauna Dumas, Assistant
Diane Gannon, Clerk
Virginia Rodriguez, Clerk
Mia Flores, Renters Rebate
Alicia Boos, Kitchen
Art Botsford, Custodian
Chris Wills, Custodian

Greetings From The Director

Summer has flown by! I hope everyone has enjoyed the beautiful weather this season. Our Dancing Under the Stars summer concert series has come to an end. A big thank you to all of our wonderful sponsors for providing the amazing entertainment for us to enjoy this summer. What a wonderful time we all had together with many laughs & lots of fun. We hope you all return next year!

I would like to personally invite you all to join us at our regularly scheduled Membership Meeting (2nd Friday) and/or Committee Meeting (2nd Tuesday) held each month. We welcome any input and suggestions! It takes all of us together to make a great Center. Please try to fit them into your schedule. Would love to see you there!

We are looking forward to the Fall.
We have lots of new activities ahead!!

Warm Regards,

Doreen



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 numbers 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 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. Guests tickets are \$5.00 more per member ticket price.

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 way.

RENTERS REBATE: Monday thru Friday 10:00am -2:00pm. Please call Center for more info.

SHELTON SENIOR CENTER NEWS

SENIOR HEALTH & WELLNESS FAIR: On Friday **September 29th from 9:00AM-12:00PM** SENATOR KEVIN KELLY AND STATE REPS JASON PERILLO AND BEN MCGORTY will be hosting the event. Vendors galore. Unlimited facts, freebies and food. State and local organizations will be here at the Center to provide health screenings and information about programs and services available to seniors. We hope you all join us at this informative and highly anticipated event here at our Center.

ONCE IN A LIFETIME TRIP! DON'T MISS OUT! Extension for deposits will be held until the new deadline of September 29th for the Alaskan Land & Sea Adventure set to sail in September 2018. \$250.00 is necessary to hold spot and is set to lowest price ever! See Center for details and brochure.

ATTENTION SHOPPERS!!! Our gift shop is stocked with the most incredible treasures. The Arts and Crafts ladies along with the Crochet and Knitters are so uniquely talented. They bring so many different ideas for purchase. Stop on by!

CLASSES & EVENTS

NEW! BOCCE: It has officially begun out back in our new Bocce pit. Looking for a teammate or would rather play alone? Please let us know and we will schedule you a day and time to play. Enjoy a low impact activity with some of our fun members. No knowledge of the game necessary.

POKER PLAYERS WANTED: Anyone interested in playing please call the Center.

POOL LESSONS: Please call Center.

LIVE ENTERTAINMENT - SENTIMENTAL JOURNEY: Sentimental Journey is back!! Beginning September 5th and every Tuesday from 12:30PM-2:30PM. Come and enjoy these talented and seasoned musicians play. Enjoy listening and or dancing!

MORNING WALKING CLUB: Enjoy quiet early **Friday mornings** around the Center grounds with the lovely Gina/Diane. Meet outside the Center at **8:00AM**. Sign up at the front desk.

SOCK HOP: On **September 8th from 12:00PM—3:00PM** we will be having our annual Sock Hop at the Center. Come and enjoy the 50's! Hot Dogs, Potato Chips, Rootbeer Floats, Coffee and Dessert will be served. Entertainment by DJ Rene Caisse. \$5.00 per member and \$10.00 per guest. Tickets on sale now.

BOOK CLUB: Starts back up again on **Friday, September 8th at 1:00 PM**. Discussion is led by Joan Pollack. Book selections are made in advance. All those interested in participating must be a Shelton Senior Center member. This month's book will be "The Kitchen House—A Novel" by Kathleen Grissom.

COMPUTER CLASS: A new session begins on **Monday, September 11th at 9:00AM**. There is a \$20.00 fee (new price) for the seven week class. Register at the main desk. Only 8 seats available!

CAPTEL: Having difficulty hearing on the phone? Stop by **Tuesday, September 12th at 10:30AM** and get your free telephone. No monthly charge and no cost to you. Now is the time to help those who are having difficulty. You have nothing to lose only to gain by hearing everything on the phone.

HEARING SCREENINGS: Dr. Willa Horowitz will be here on **Tuesday, September 12th from 12:00PM-2:00PM** offering FREE screenings to all people NOT wearing hearing aids. Only 12 spots available. Must call Center to make appointment.

ELDER LAW SESSION: On **Wednesday, September 13th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic "Home Care, Nursing Home, Assisted Living. What is the best choice and how to pay for it."

BLOCK PARTY: Celebrate our end of summer with a block party and enjoy a FREE evening of music and dancing at the Center on Thursday, **September 14th from 6:00PM-8:00PM**. Come and join us for a Cabaret Style evening. Light refreshments will be served but please feel free to bring your own! Enjoy the outdoor patio, dancing, socializing, and maybe a game of bocce or two! Instrumental music entertainment by Sentimental Journey.

COLLETTE TOURS: On **Wednesday, September 20th at 10:00AM** Collette will be here to present all the details about the Switzerland/Austria and Bavaria Trip from April 12-21 2018. Book early and save \$150.00!!

VETERANS SUPPORT SESSIONS: Ramon Agosto, Veteran Service Officer, will be here on **Wednesday, September 20th from 12:30PM-2:00PM** to assist with V.A. Benefits applications and any claims etc. Please bring identification of service. Ramon will be happy to answer any questions you may have.

MEDICARE MADE CLEAR: Come listen to the Ins and Outs of Medicare on **Thursday, September 21st at 9:00AM**. Tom Kilfoyle, Medicare Specialist from Crowe and Associates will be here to go over any concerns you may have with Medicare Part D.

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, September 22nd from 10:30AM-12:00PM** will be here for skin screening and medical needs. Medical Van WILL NOT be here. Presented by Maggie Sessa R.N.



ITALIAN FEST: Indulge in some Italian cuisine and music on **September 22nd from 12:00PM-3:00PM.** Lunch includes Antipasto, Penne ala Vodka, Meatballs and Sausage, Italian Bread then followed by Dessert and Coffee. Music entertainment by Craig Callestro. \$10.00 per member and \$15.00 per guest. Tickets on sale now.

BLOOD PRESSURE SCREENINGS: The Emergency Care Institute of Bridgeport Hospital will conduct Blood Pressure Screenings at the Senior Center on **Monday, September 25th 12:00-2:00PM.** All are welcome.

SOCIAL SECURITY BENEFITS: On **Tuesday, September 26th at 11:00AM and/or Thursday, September 28th at 6:00PM** Bob Anastas Inc, Advisor on S.S. Benefits will be here speaking on the topic, "Making you aware." Everything you need to know to make sure you are getting what is due to you.

MEDICINE SHOPPE: Free Diabetes Screening will be available on **Tuesday, September 26th at 1:00PM** given by Dipika from the Medicine Shoppe.

SHOPPING BUS SCHEDULE

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

September 6- Ansonia Stop&Shop or Shop Rite

September 13 - Adams-IGA

September 20- Ansonia Stop&Shop or Shop Rite

September 27 - Adams-IGA

LOOKING AHEAD...

MEDICARE WORKSHOP: On **October 4th at 10:30AM** the non-profit organization One Source For Senior Living Inc. will be here discussing Medicare Part C & D, unlocking Medicare benefits and Medicare supplements. Please save the date.

SHELTON ECHO HOSE AMBULANCE: On **Saturday, October 7th from 10:00AM-12:00PM** there will be a FREE hands on class for Seniors on "Community CPR, Choking and AED Practices". Light refreshments will be served. Limited class size. This will fill up fast! Please call Center to reserve your seat.

SMILE AWHILE: Enjoy a wonderful afternoon with us on **Friday, October 13th at 2:00PM.** This group of ladies puts all their hearts and souls in dancing & singing. Please help support their wonderful efforts. Donation price of \$2.00 member and \$7.00 guest. Limited seating. **Tickets go on sale September 15th.**

FOXWOODS CASINO: A Shelton Senior Center sponsored trip will be held on **Tuesday, October 17th.** Bus transportation, food and game vouchers included. Cost \$22.00 member & \$27.00 guest. **Registrations begin September 1st.**



CHORUS CONCERT: The Shelton Songsters will be here on **Friday, October 20th at 1:00PM.** This seasons concert theme, "The Colors of Our Lives." FREE.

"BEER & BRATTS" OCTOBERFEST: A German inspired luncheon with entertainment on **Friday, October 27th at 12:00PM.** Menu includes "Senior" beer, bratwurst with onions and kraut on rolls, German potato salad, pretzels w/mustard, dessert and coffee. Entertainment by Accordion musician Dave Gdclowski. Cost: \$10.00 member and \$15.00 guest. **Tickets go on sale September 29th.**

UPCOMING TRIPS

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 now.

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. Register now.

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. Register now.

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 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, gratuity. Register now.

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 going on now.

FUTURE TRIPS

VILLA ROMA RESORT OKTOBERFEST: **October 3-4th** in 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 gratuity. Registrations going on now.

WASHINGTON D.C.: A four day getaway Columbus Day weekend that will be held **October 6-9th.** Itiner-

ary 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 going on now.

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 & gratuity. Registrations going on now.

OCTOBERFEST AT THE BROWNSTONE: Enjoy a traditional Bavarian style festival party presented by Ace in the Hole 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. Registrations going on now.

OKTOBERFEST AT KRUCKER'S RESORT: On **October 19th** travel to Pomona, New York for an Oktoberfest celebration. Includes lunch choices of pork loin, or sauerbraten, beef barley soup, and a german dessert. Free beer, wine and soft drinks all afternoon. Following lunch enjoy music, dancing and games. Upon departure you will be served a bratwurst sandwich and cucumber salad. Cost: \$111.00PP. Registrations going on now.

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. Register now.

GERMANFEST AT THE WILLIAMS INN: Depart to Williamstown, MA for a Germanfest celebration on **October 26th**. Cost: \$109.00PP. Includes transportation, Germanfest, visit to Yankee Candle, and gratuity. Registrations going on now.

WESTCHESTER BROADWAY THEATRE PRESENTS ANNIE GET YOUR GUN: Travel to Elmsford New York on **November 9th** to enjoy a matinee performance where lunch is included. Choice of entrée upon arrival. Cost: \$99.00 PP. Registrations going on now.

RADIO CITY CHRISTMAS SPECTACULAR: On **November 17th** depart to NYC. Upon arrival enjoy family style lunch at the famous Italian restaurant Carmine's. After lunch you will depart to Radio City Music Hall where you will enjoy the 2017 edition of the Christmas Spectacular. Cost: 198.00PP Register now.

THE AMISH CHRISTMAS GETAWAY FEATURING THE MIRACLE OF CHRISTMAS AT SIGHT AND SOUND: Enjoy this three day trip **December 6-**

8th. Itinerary can be viewed at the Center. Cost: \$475.00 PP Double, \$600.00 PP Single, \$450.00 PP Triple. Includes transportation, hotel, 4 meals, 2 Christmas Shows, admissions, taxes & gratuities. Registrations going on now.

TWIN RIVER CASINO & BILL HALEY & THE COMETS: Travel to Lincoln RI on **December 7th** to enjoy a casino bonus package that includes slot play and lunch buffet. After lunch you will be entertained by an American Rock/Roll Band. Cost: \$91.00 PP. Registrations going on now.

CHRISTMAS IN WHITE MOUNTAINS: Celebrate the magic of Christmas at the beautiful White Mountain Hotel and Resort **December 8th—10th** and enjoy the splendor on this 3 day 2 night tour. Cost: \$449.00 PP Double, \$429.00 PP Triple, \$559.00 PP Single. Includes meals, deluxe accommodations, activities, transportation and gratuity. Please see the Center for itinerary. Registrations going on now.

WESTCHESTER THEATRE PRESENTS THE GLENN MILLER ORCHESTRA: On **December 11th** enjoy lunch and all your favorite big band hits. Cost: \$99.00 PP. Includes transportation, lunch, show and gratuity. Registrations going on now.

BOARS HEAD FEAST AT THE WILLIAMS INN WITH BRIGHT NIGHTS: Enjoy a Christmas Festive groaning board buffet on **December 12th**. After enjoy Miss B. Haven Cabaret Troupe singing some of your favorites from 30's, 40's and 50's as well as holiday favorites. Then stop by Bright Nights holiday light display. Cost: \$117.00 PP. Includes transportation, BH procession, buffet, cabaret, Bright Nights and gratuity. Registrations going on now.

HOLIDAY TRAIN SHOW AT NY BOTANICAL GARDENS: On **December 14th** enjoy lunch at Ann & Tonys followed by the show. Cost: \$102.00 PP. Registrations going on now.

JUST ADDED!! UCONN VS. OKLAHOMA SOONERS: On **Tuesday, December 19th** depart to Mohegan Sun to enjoy lunch and gaming tables before the game. Cost: TBA Please contact Center for when registrations are set to begin.

POLYNESIAN CHRISTMAS WITH BRIGHT NIGHTS: On **December 19th** depart to the Hu Ke Lua Restaurant and Dinner Theater. Choice of Prime Rib or Chicken and Broccoli Fried Rice. Following lunch enjoy a "Polynesian Christmas" show. Then stop by the Holyoke Mall to shop and finally stop by Bright Nights light display. Cost: \$80.00 PP. Includes transportation, luncheon, Polynesian show, admissions to Bright Nights and gratuity. Registrations going on now!

GRAND ALASKAN CRUISE AND TOUR: On September 1st 2018 depart on this 12 day trip to Alaska. Itinerary at Center. Deposits being taken now!!! \$250.00 deposit will hold your spot.



SEPTEMBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY ANNOUNCEMENTS, LUNCH MENU & CANCELLATIONS.</p>	<p>STOP IN AND JOIN US FOR LUNCH!</p> <p>LUNCH SERVED FROM 11:45AM-12:15PM</p>		<p>1.) 8:00: WALKING CLUB 9:30: FOXWOODS REGISTRATIONS BEGIN TODAY 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO TBD: BOCCE</p>
<p>4.)</p> <p>CLOSED</p> 	<p>5.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>6.) 9/11 MEMORIAL 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- EXECUTIVE CARE 1:00: COUNTRY LINE DANCE TBD: BOCCE</p>	<p>7.) 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>8.) 8:00: WALKING CLUB 9:15: EXECUTIVE MEETING 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 12:00: SOCK HOP 1:00: BOOK CLUB TBD: BOCCE</p> <p>* NO LUNCH SERVED TODAY * * NO BINGO TODAY *</p>
<p>11.) 9:00: COMPUTERS #1 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 TBD: BOCCE</p>	<p>12.) NEWPORT 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 10:30: CAPTEL 12:00: CROCHET & KNITTING 12:00: DR. HOROWITZ—HEARING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p> <p>4:00: COMMISSION MEETING</p>	<p>13.) 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 ATTORNEY DRAZEN 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE TBD: BOCCE</p>	<p>14.) 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>6:00: BLOCK PARTY</p>	<p>15.) 8:00: WALKING CLUB 9:30: SMILE-A-WHILE TICKETS GO ON SALE 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO TBD: BOCCE</p>
<p>18.) 9:00: COMPUTERS #2 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 1:00: PAINTING TBD: BOCCE</p>	<p>19.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:15: AARP DRIVER SAFETY 9:30: CERAMICS 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:30: AARP CHAPTER MEETING</p>	<p>20.) THE BIG E 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:00: COLLETTE TOURS 10:30: BALLROOM AEROBICS 12:30: CHORUS 12:30: VETERANS SUPPORT 1:00: PINOCHLE 1:00: BINGO SPONSORED- RAVEIS REAL ESTATE 1:00: COUNTRY LINE DANCE TBD: BOCCE</p>	<p>21.) 9:00: MEDICARE MADE CLEAR 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>22.) CAPE COD 8:00: WALKING CLUB 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 12:00: ITALIAN FEST 1:00: BINGO TBD: BOCCE</p> <p>* NO LUNCH SERVED TODAY * * NO BINGO TODAY *</p>
<p>25.) 9:00: COMPUTERS #3 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: BINGO 1:00: PAINTING TBD: BOCCE</p>	<p>26.) 9:00: BRIDGE 9 & 10:30: STRENGTH TRAIN 9:30: CERAMICS 11:00: MEDICARE MEETING 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: MEDICINE SHOPPE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>27.) 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 1:00: COUNTRY LINE DANCE TBD: BOCCE</p>	<p>28.) INTREPID 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>6:00: MEDICARE MEETING</p>	<p>29.) 8:00: WALKING CLUB 9:00-12:00 HEALTH FAIR 9:30: BEER & BRATTS TICKETS GO ON SALE 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 1:00: BINGO TBD: BOCCE</p>