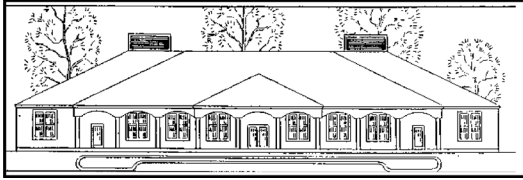


# SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

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

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

INFO LINE (203) 924-2355

MAY 2018



DOREEN LAUCELLA, DIRECTOR

Volume No. 48 No. 05

## Shelton Senior Center Staff Directory

Shauna Dumas, Assistant  
Diane Gannon, Clerk  
Virginia Rodriguez, Clerk  
Magdalena Thompson, Renters Rebate  
Art Botsford, Custodian  
Chris Wills, Custodian

## Greetings From The Director

I am pleased to announce we have a few new faces at the Center. First we have a new Rental Rebate Coordinator, Magdalena Thompson. She will be with us Monday—Friday 9:30am-1:30pm. We also have a few new additions to our kitchen staff, Sue Legen who now orchestrates all the happenings there. Sue along with her helpers Briggett Bliska and Dana Burrows will continue to whip up these fabulous meals you have each day. Please welcome all of them when you get a chance.

Last months Western Hoe-Down was a good ole time together!! We really dug our heels into the dance floor! Thank you to all the volunteers who helped make the event a huge success!

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 Monthly Dance tickets tables are then assigned. *Members must present Membership Card and may purchase one additional ticket at this time with that persons membership card present.* 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.

**EFFECTIVE JANUARY 1, 2018 NEW MEMBERSHIP DUES PRICING!** Shelton residents will remain at \$4.00 and all non-residents are now \$10.00 per calendar year, Jan-Dec. There will no longer be an Honorary Status in regards to memberships. All Honorary and Non Honorary must renew according to the New Membership Dues amounts. Please be clear if you are a non-resident and presently an Honorary Member. You must have renewed by March 1st. According to the new policy appointed in regards to no new non-resident members will be able to join the Center. You are grandfathered in as members as long as you paid the appropriate member dues by March 1, 2018. Memberships for all Shelton residents are ongoing throughout the calendar year.



## **ATTENTION SENIORS!!**

**FREE FACIALS:** Five lucky seniors will be selected to receive a free facial each month. Please place your name in bucket at front desk for a chance to win an opportunity to enjoy this relaxing & invigorating facial.

**SENIORS WANTED:** Looking for experienced Bridge players for Tuesdays at 10:00AM and Mah Jongg players for Tuesdays at 1:00PM. Please call Center if interested.

**BOX TOP COLLECTIONS:** We will be collecting again box tops for the Shelton School System. Please consider clipping those tops and donating here at the Center. All tops help raise money for our schools. They can be dropped off in the Box Top can in the hallway adjacent to the bathrooms. Thank you!

## **CLASSES, EVENTS & SERVICES**

**RENTERS REBATE: New Time!! Open daily from 9:30AM—1:30PM.** Please call Center and speak to Magdalena who will provide you with more info, can set up an appointment with you and/or answer any questions you may have.

**NEW! LOW IMPACT EXERCISE CLASS:** Beginning this month **every Wednesday and (3) Fridays a month at 12:30pm** the Center will be offering a new fitness class to those you may have some limitations in regards to exercising. This form of exercise is done in a chair. For all those interested in joining this class please sign up at front desk.

**GRIEF SUPPORT GROUP:** On **Thursdays at 12:30PM.** Doris Wills will be leading grief share seminars. If you need that little extra help to get through the day please stop by and meet this wonderful group who will be here weekly. Friendship, support and compassion is what you will find with this group. Members welcome.

**WALKING CLUB:** Held every Friday morning at the Center from **8:00AM—8:45AM.** Weather permitting. Please call our daily info line for updates. Those interested may sign up at the front desk. Please wear walking shoes and bring a water bottle.

**ELDER LAW SESSION:** On **Wednesday, May 9th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic, "A well kept secret to help those who served the country."

**MOTHERS DAY LUNCHEON:** On **Friday, May 11th** from **12:00PM-3:00PM** we will be celebrating all the mothers we have here at the Center. Musical entertainment by Bob Giannotti. Lunch will be a choice of an American Combo Sandwich or Italian Combo Sandwich with a side of pasta salad & chips and strawberry shortcake for dessert served with coffee and tea. Cost is \$10.00 per member and \$15.00 per guest. Tickets on sale until sold out.

**BOOK CLUB:** On **Friday, May 11th at 1:00 PM** a discussion will be led by Joan Pollack. Book selections are made in advance. All those interested in participating must be a Shelton Senior Center member. This months book is "The Boys in the Beat" by Daniel Brown.

**FAMILY CARE NUTRITION WORKSHOP:** Family Care will be here to conduct an informative session on the "Do's and don'ts of Nutrition." on **Tuesday, May 15th at 10:30AM.** Refreshments will be served.

**AARP CHAPTER MEETING:** On **Tuesday, May 15th at 1:30PM** AARP will be having their monthly meeting with guest speaker Lisa Bissone. All seniors and present and/or future caregivers are invited. Refreshments will be served.

**TECHNOLOGY CLASSES:** Shelton High School Teen Tech Team will be here providing a free lesson once a month to our seniors at no charge. Interested in new technology but not sure how to use it effectively? Would you like to stay connected to your family and friends through the use of social media? If so, then you do not want to miss this! SHS will be conducting learning workshops for anyone interested in expanding their use of technology. This months session will be tailored to meet your needs and answer any questions you have about the latest and greatest technology. Please bring your smartphones and/or tablets and Ipads with you on **Wednesday, May 16th from 10:00AM-11:00AM.** Register at front desk, seats limited!

**CHAT WITH JOE:** On **Wednesday, May 16th at 10:30AM** come and join Joe, Operations Manager & Director at Echo Hose Ambulance. Learn everything there is to know about your local EMS services provided to you here in Shelton. Refreshments served.

**GRIFFIN HOSPITAL VALLEY PARISH NURSES:** On **Friday, May 18th 10:30AM—12:00PM** will be here for blood pressure and medical needs. Medical van today on premises. Presented by Maggie Sessa R.N.

**BLOOD PRESSURE SCREENINGS:** Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, May 21st 12:00-2:00PM.** All are welcome.

**VETERANS AFFAIRS:** Ramon Agosto will be here to discuss personal matters with you all on **Tuesday, May 22th from 12:30-2:00PM.**

**DR. SHARNOFF FOOT DOCTOR:** On **Wednesday, May 30th at 10:00AM** Dr. Sharnoff will be here to discuss foot care and answer any questions.

**VOLUNTEER BRUNCH:** Please save the date!!! **Friday, June 1st from 11:00AM-1:00PM.** A formal invitation will be sent to you in the mail please keep a look out!

**FATHER'S DAY POLISH EXTRAVAGANZA:** A good time awaits for everyone on **Friday, June 15th from 12:00PM-3:00PM.** Enjoy a polish lunch with

pierogis & kielbasa and kraut followed by dessert with coffee and tea. Price is \$10.00 per member and \$15.00 per guest. Music by Greg Calestro. **Tickets go on sale Friday, May 4th.**

### SHOPPING BUS SCHEDULE

The bus picks up and returns to the Center after shopping. There is no charge for this service. Please you **MUST** call the Center to reserve your spot, Valley Transit needs notice!

**May 2nd, 9th, 16th, 23rd, 30th**

Ansonia Stop & Shop or Shop Rite or Adams-IGA

### UPCOMING TRIPS

#### **WARNER THEATRE PRESENTS THE FULL MONTY:**

On **May 6th** depart for Waterbury for lunch at San Marino restaurant and enjoy a choice of Veal Parmigiana, Stuffed Sole or Chicken Marsala served with all the trimmings. After lunch head over to Warner Theatre in Torrington to enjoy a matinee performance of the musical, "The Full Monty." Cost: \$99.00 PP. Price includes transportation, lunch, show & drivers gratuity. Registrations going on now.

**JUST ADDED!! MOHEGAN SUN CASINO:** A Shelton Senior Center sponsored trip will be held on **Wednesday, May 9th.** Bus transportation, food and game vouchers included. Cost \$23.00 member & \$27.00 guest. **Registrations begin on April 13th.**

**NEWPORT PLAYHOUSE "REMEMBER ME":** On **May 24th** travel to Newport RI to this unique theatre that include a hearty lunch buffet. After lunch enjoy a comedy play followed by a cabaret. Cost: \$111.00 PP. Price includes transportation, lunch buffet, show and drivers gratuity. Registrations going on now.

### FUTURE TRIPS

**DEEP SEA FISHING:** Depart to Plymouth, MA on **June 6th** to enjoy a chartered boat for the day for seven hours on the water fishing for Haddock, Pollack, and Mackerel. Bring your cooler so you can stock your freezer with your catch! Deck hands will be available to clean the fish you catch (\$1.00 per fish additional charge. Cost: \$129.00 PP. Price includes transportation, fishing boat charter & drivers gratuity. Registrations going on now.

**JUST ADDED!! HUDSON RIVER CRUISE "THE BEST OF ALBANY":** On **June 13th** visit the NY State Museum, enjoy lunch at the famous Italian Buca di Beppo for a family style luncheon and then board The Dutch Apple Cruise Boat for a 90 minute cruise on the Hudson River. Cost: \$112.00PP. Includes transportation, Museum ticket, Lunch, Cruise and Gratuity. Registrations going on now.

**THE BOSTON POPS AT TANGLEWOOD:** On **June 24th** embark to The Berkshires and enjoy lunch at one of the local restaurants in the Stockbridge area,

Cork N' Hearth or The Red Lion Inn. After lunch head to Tanglewood for an afternoon concert with special guest soloist Audra McDonald. Cost: \$140.00 PP. Price includes transportation, complete luncheon and drivers gratuity. Registrations going on now.

**COINS & CLAWS:** On **July 12th** head to Abbott's Lobster in the Rough in Noank, CT to enjoy a lunch of steamed lobster or herbed roasted chicken served with all the trimmings. After lunch you will depart to Mohegan Sun Casino and receive a casino bonus package including a food credit. Cost: \$75.00PP. Price includes transportation, lunch, casino bonus package, and drivers gratuity. Registrations going on now.

**BOSTON WHALE WATCH:** Depart to Boston Massachusetts on **July 19th** and enjoy lunch at one of the many fine restaurants before boarding the multi-level whale watch vessel for maximum viewing opportunities on this three hour excursion. Cost: \$131.00 PP. Price includes whale watch, lunch and drivers gratuity. Registrations going on now.

**ESSEX DINNER TRAIN & RIVERBOAT RIDE:** On **July 26th** enjoy a 3-course lunch aboard a 1920's Pullman train car. Choice of either chicken or beef entrée. Travel aboard the train to Deep River Landing and set sail for a riverboat cruise on the Connecticut River. Cost: \$95.00PP. Price includes transportation, luncheon, Steam Train & Riverboat Ride and drivers gratuity. Registrations going on now.

**SARATOGA:** Off to the races on **August 2nd.** Enjoy the afternoon watching thoroughbred racing and lunch is on your own. Cost: 75.00PP. Price includes transportation, grandstand admission, reserved seating and the drivers gratuity. Registrations going on now.

**ITS SHOWTIME AT THE DELANEY HOUSE:** Enjoy a Lobster Feast and Jeff Barnhart's Riverside Ramblers on **August 14th** at the Delaney House in Holyoke, MA. You will be greeted by hors d'oeuvres, complimentary glass of wine before your lobster feast which includes clam chowder, boiled lobster, bbq ribs and chicken served with corn and baked potato followed by dessert. After lunch sit back, relax and enjoy the show with musical selections ranging from Dixieland and Big Band Swing to Golden Standards. Cost: \$99.00. Price includes transportation, complete luncheon & show at the Log Cabin and drivers gratuity. Registrations going on now.

**CT SUN VS. SEATTLE STORM WNBA Basketball:** On **Friday July, 20th** depart to Mohegan Sun. Game time is 7:00PM. Arriving early to enjoy dinner and gaming before the game. Cost: \$42.00PP. Includes transportation, WNBA ticket, Food and Casino Voucher and gratuity. Registrations going on now.

**LAKE GEORGE & SARATOGA:** Make happy memories and hopefully some extra money on this getaway from **August 20th-22nd.** Itinerary can be viewed at the Center. Cost: \$489.00 PP Double; \$692.00 PP Single; \$469.00 PP Triple. Price includes transporta-

tion, hotel, Saratoga Raceway reserved seating, Fort Adirondack Experience admission, 5 meals, 1 Dinner Theatre Show, taxes, baggage and gratuity. Registrations going on now.

#### **WESTCHESTER BROADWAY THEATRE**

**“ANYTHING GOES”:** On **August 30th** travel to Elmsford, NY for a day of entertainment and fun at the theatre where lunch is included. Choice of entrée upon arrival. After lunch enjoy the show Cost: \$99.00 PP. Includes transportation, lunch and show at Westchester and drivers gratuity. Registrations going on now.

**THE BEST OF STOCKBRIDGE, MA:** On **September 12th** travel to Stockbridge and visit Naumkeag, a marvelous estate renowned for its gardens, then enjoy lunch at The Red Lion Inn followed by visiting the Norman Rockwell Museum. Cost: \$137.00PP. Includes transportation, lunch, admissions and drivers gratuity. **Registrations begin on May 18th.**

**9/11 MEMORIAL AND MUSEUM:** On **September 6th** depart to NYC to visit the national tribute memorial of 9/11 followed by a family style lunch at the famous Carmines. Cost:\$114.00PP. Includes transportation, lunch, admissions and drivers/tour guide gratuities. **Registrations begin on May 18th.**

**THE BIG E:** On **September 19th** enjoy Connecticut Day at the Big E. Cost: \$55.00PP Includes transportation, admissions and drivers gratuity. **Registrations begin on May 18th.**

**ROCKING HORSE RANCH:** Back by popular demand!! Depart for a three night getaway to Highland, New York on **October 9th-12th**. All inclusive trip including all meals, activities, live entertainment, deluxe hotel accommodations and round trip transportation. More information at the Center. Cost is \$602.00 PP Double; \$702.00 PP Single; \$592.00 PP Triple. Registrations going on now.



#### **2018 MEMBERSHIP EXECUTIVE BOARD**


**SEATED L-R: GERRY JANOFSKY, RENE CAISSE, RON GODDARD. STANDING L-R: MARGE KEANE, ROBERT WOOD, BETTY GODDARD & DOREEN LAUCELLA, DIRECTOR. MISSING: CLAIRE ISIDOR.**





# MAY 2018



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <p><b>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU &amp; CANCELLATIONS</b></p>  | <p>1.) 9 &amp; 10:30: STRENGTH TRAIN<br/>9:00: BRIDGE<br/>9:30: CERAMICS (OPEN STUDIO)<br/>12:00: CROCHET &amp; KNITTING<br/>12:30-2:30: SENTIMENTAL JOURNEY<br/>12:30: LADIES POOL<br/>12:30: PINOCHLE<br/>1:00: POOL LESSONS<br/>1:00: MAH JONGG</p>  | <p>2.) 9:15: ZUMBA GOLD<br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: QUILTING<br/>10:00: ARTS &amp; CRAFTS<br/>10:00: SCRABBLE<br/>10:30: BALLROOM AEROBICS<br/>10:30: BRIDGE LESSONS<br/>12:30: CHORUS<br/>12:30: LOW IMPACT EXERCISE<br/>1:00: PINOCHLE<br/>1:30: INTERMEDIATE LINE DANCE<br/><b>1:00: BINGO BONANZA SPONSORED- EXECUTIVE CARE</b></p>   | <p>3.) 9 &amp; 10:30: STRENGTH TRAIN<br/>10:00: ORGAN WITH FRIENDS<br/>10:00: SQUARE DANCING<br/>12:30: BEGINNER LINE DANCING<br/>12:30: GRIEF SUPPORT GROUP<br/>1:00: YOGA W/JILL<br/>1:00: BRIDGE<br/>1:00: PINOCHLE<br/>1:30: SWEATING TO THE OLDIES<br/>2:00: Wii BOWLING<br/>2:30: TAI CHI</p>   | <p>4.) 8:00: WALKING CLUB<br/>9:30: COMPUTER CLUB<br/><b>9:30: TICKETS ON SALE FOR FATHERS DAY EXTRAVAGANZA</b><br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: DOMINOES<br/>12:30: LOW IMPACT EXERCISE<br/>1:00: BINGO<br/>3:00: CARDIO LITE</p> <hr/> <p><b>Sunday</b><br/>6.) <b>THE FULL MONTY</b></p>   |
| <p>7.) 9:30 &amp; 10:15: EXERCISE<br/>9:30: COMPUTERS<br/>(NEW SESSION BEGINS TODAY)<br/>10:00: ARTS &amp; CRAFTS<br/>10:30: MOVE-IT W/ DARLENE<br/>12:00: CANASTA<br/>1:00: BILLIARD MIXER<br/>1:00: BALLROOM CARDIO<br/>1:00: BINGO<br/>1:00: PAINTING (OPEN STUDIO)</p>  | <p>8.) 9 &amp; 10:30: STRENGTH TRAIN<br/>9:00: BRIDGE<br/>9:30: CERAMICS (OPEN STUDIO)<br/>12:00: CROCHET &amp; KNITTING<br/>12:30-2:30: SENTIMENTAL JOURNEY<br/>12:30: LADIES POOL<br/>12:30: PINOCHLE<br/>1:00: POOL LESSONS<br/>1:00: MAH JONGG</p> <p><b>3:30: COMMISSION MEETING</b></p>   | <p>9.) <b>MOHEGAN SUN</b><br/>9:15: ZUMBA GOLD<br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: QUILTING<br/>10:00: ARTS &amp; CRAFTS<br/>10:00: SCRABBLE<br/>10:30: BALLROOM AEROBICS<br/><b>10:30: ELDER LAW WITH ATTORNEY DRAZEN</b><br/>10:30: BRIDGE LESSONS<br/>12:30: CHORUS<br/>12:30: LOW IMPACT EXERCISE<br/>1:00: PINOCHLE<br/>1:30: INTERMEDIATE LINE DANCE</p>  | <p>10.) 9 &amp; 10:30: STRENGTH TRAIN<br/>10:00: SQUARE DANCING<br/>12:30: BEGINNER LINE DANCING<br/>12:30: GRIEF SUPPORT GROUP<br/>1:00: YOGA W/JILL<br/>1:00: BRIDGE<br/>1:00: PINOCHLE<br/>1:30: SWEATING TO THE OLDIES<br/>2:00: Wii BOWLING<br/>2:30: TAI CHI</p>  | <p>11.) 8:00: WALKING CLUB<br/>9:30: CAMERA CLUB<br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: DOMINOES<br/><b>12:00: MOTHERS DAY LUNCHEON</b><br/>1:00: BOOK CLUB</p> <p>*NO LUNCH SERVED TODAY*</p>  |
| <p>14.) 9:30 &amp; 10:15: EXERCISE<br/>9:30: COMPUTERS<br/>10:00: ARTS &amp; CRAFTS<br/>10:30: MOVE-IT W/ DARLENE<br/>12:00: CANASTA<br/>1:00: BILLIARD MIXER<br/>1:00: BALLROOM CARDIO<br/>1:00: BINGO<br/>1:00: PAINTING (OPEN STUDIO)</p>  | <p>15.) 9 &amp; 10:30: STRENGTH TRAIN<br/>9:00: BRIDGE<br/>9:30: CERAMICS (OPEN STUDIO)<br/><b>10:30: FAMILY CARE NUTRITION</b><br/>12:00: CROCHET &amp; KNITTING<br/>12:30-2:30: SENTIMENTAL JOURNEY<br/>12:30: LADIES POOL<br/>12:30: PINOCHLE<br/>1:00: POOL LESSONS<br/>1:00: MAH JONGG<br/><b>1:30: AARP CHAPTER MEETING</b></p> | <p>16.) <b>9:00: FREE FACIALS (FOR THE 5 LUCKY WINNERS CHOSEN )</b><br/>9:15: ZUMBA GOLD<br/>9:30 &amp; 10:15: EXERCISE<br/><b>10:00: SHS TECHNOLOGY CLASS</b><br/>10:00: QUILTING<br/>10:00: ARTS &amp; CRAFTS<br/>10:00: SCRABBLE<br/><b>10:30:CHAT WITH JOE</b><br/>10:30: BALLROOM AEROBICS<br/>10:30: BRIDGE LESSONS<br/>12:30: CHORUS<br/>12:30: LOW IMPACT EXERCISE<br/>1:00: PINOCHLE<br/>1:00: BINGO<br/>1:30: INTERMEDIATE LINE DANCE</p> | <p>17.) 9 &amp; 10:30: STRENGTH TRAIN<br/>10:00: SQUARE DANCING<br/>12:30: BEGINNER LINE DANCING<br/>12:30: GRIEF SUPPORT GROUP<br/>1:00: YOGA W/JILL<br/>1:00: BRIDGE<br/>1:00: PINOCHLE<br/>1:30: SWEATING TO THE OLDIES<br/>2:00: Wii BOWLING<br/>2:30: TAI CHI</p>  | <p>18.) 8:00: WALKING CLUB<br/><b>9:30: REGISTRATIONS BEGIN FOR SEPTEMBER TRIPS</b><br/>9:30: COMPUTER CLUB<br/><b>9:30: EXECUTIVE MEETING</b><br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: DOMINOES<br/><b>10:15: MEMBERSHIP MEETING</b><br/><b>10:30: VALLEY PARISH NURSES</b><br/>12:30: LOW IMPACT EXERCISE<br/>1:00: BINGO<br/>3:00: CARDIO LITE</p> |
| <p>21.) 9:30 &amp; 10:15: EXERCISE<br/>9:30: COMPUTERS<br/>10:00: ARTS &amp; CRAFTS<br/>10:30: MOVE-IT W/ DARLENE<br/>12:00: CANASTA<br/><b>12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON</b><br/>1:00: BILLIARD MIXER<br/>1:00: BALLROOM CARDIO<br/><b>1:00: BONUS BINGO SPONSORED- SHELTON LAKES/ APPLE REHAB CENTER</b><br/>1:00: PAINTING (OPEN STUDIO)</p> | <p>22.) 9 &amp; 10:30: STRENGTH TRAIN<br/>9:00: BRIDGE<br/><b>9:15: AARP DRIVER SAFETY</b><br/>9:30: CERAMICS (OPEN STUDIO)<br/>12:00: CROCHET &amp; KNITTING<br/>12:30-2:30: SENTIMENTAL JOURNEY<br/>12:30: LADIES POOL<br/>12:30: PINOCHLE<br/><b>12:30: VETERAN AFFAIRS</b><br/>1:00: POOL LESSONS<br/>1:00: MAH JONGG</p>         | <p>23.) 9:15: ZUMBA GOLD<br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: QUILTING<br/>10:00: ARTS &amp; CRAFTS<br/>10:00: SCRABBLE<br/>10:30: BALLROOM AEROBICS<br/>10:30: BRIDGE LESSONS<br/>12:30: CHORUS<br/>12:30: LOW IMPACT EXERCISE<br/>1:00: PINOCHLE<br/>1:00: BINGO<br/>1:30: INTERMEDIATE LINE DANCE</p>   | <p>24.) <b>NEWPORT</b><br/>9 &amp; 10:30: STRENGTH TRAIN<br/>10:00: SQUARE DANCING<br/>12:30: BEGINNER LINE DANCING<br/>12:30: GRIEF SUPPORT GROUP<br/>1:00: YOGA W/JILL<br/>1:00: BRIDGE<br/>1:00: PINOCHLE<br/>1:30: SWEATING TO THE OLDIES<br/>2:00: Wii BOWLING<br/>2:30: TAI CHI</p>  | <p>25.) 8:00: WALKING CLUB<br/>9:30: CAMERA CLUB<br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: DOMINOES<br/>12:30: LOW IMPACT EXERCISE<br/>1:00: BINGO<br/>3:00: CARDIO LITE</p>   |
| <p>28.)</p> <p><b>CLOSED</b></p>    | <p>29.) 9 &amp; 10:30: STRENGTH TRAIN<br/>9:00: BRIDGE<br/><b>9:15: AARP DRIVER SAFETY</b><br/>9:30: CERAMICS (OPEN STUDIO)<br/>12:00: CROCHET &amp; KNITTING<br/>12:30-2:30: SENTIMENTAL JOURNEY<br/>12:30: LADIES POOL<br/>12:30: PINOCHLE<br/>1:00: POOL LESSONS<br/>1:00: MAH JONGG</p>   | <p>30.) 9:15: ZUMBA GOLD<br/>9:30 &amp; 10:15: EXERCISE<br/>10:00: QUILTING<br/>10:00: ARTS &amp; CRAFTS<br/>10:00: SCRABBLE<br/><b>10:00: DR. SHARNOFF FOOT CARE</b><br/>10:30: BALLROOM AEROBICS<br/>10:30: BRIDGE LESSONS<br/>12:30: CHORUS<br/>12:30: LOW IMPACT EXERCISE<br/>1:00: PINOCHLE<br/>1:00: BINGO<br/>1:30: INTERMEDIATE LINE DANCE</p>  | <p>31.) 9 &amp; 10:30: STRENGTH TRAIN<br/>10:00: SQUARE DANCING<br/>12:30: BEGINNER LINE DANCING<br/>12:30: GRIEF SUPPORT GROUP<br/>1:00: YOGA W/JILL<br/>1:00: BRIDGE<br/>1:00: PINOCHLE<br/>1:30: SWEATING TO THE OLDIES<br/>2:00: Wii BOWLING<br/>2:30: TAI CHI</p>  | <p><b>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</b></p>    |