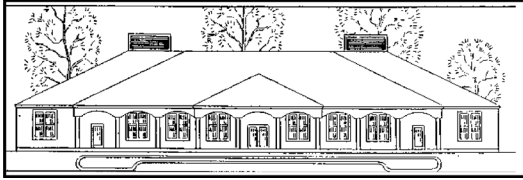


# SHELTON SENIOR CITIZENS CENTER



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**

**JUNE 2018**



**DOREEN LAUCELLA, DIRECTOR**

**Volume No. 48 No. 06**

## 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

We finally are getting the warmth we longed for all Winter...and its hot, hot, hot at the Center! So many things happening this month, please follow your newsletter carefully so you don't miss a thing!

The Mother's Day Luncheon was a big success especially because of all the wonderful participants. It was a great celebration for all our Moms!

Looking forward to a fun filled summer!  
Stay tuned and stay cool!

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.



### **PAID FITNESS REGISTRATIONS IN JULY**

Registrations will continue to be done in paper form which will be picked up at the Center and you will be returning them to the Center during the following specific timeframe. Registration and medical forms can be found at the front desk in the beginning of July.

Priority registrations (for all those *presently* in the class) may do so July 16th—July 19th.

Open registrations (for all *new* participants) will take place July 23rd 12:00PM-1:00PM OR until classes fill.

\* *No classes the week of July 30th.* \*

New sessions begin the week of August 6th.

No registrations will be accepted without your renewal for 2018 membership.

*Membership must be done prior to registration!!!!*

Classes are set to begin in August.

The paid fitness classes and fees for registrations are as follows:

#### **CLASS SCHEDULES & FEES**

##### **Strength Training Class**

Tuesdays & Thursdays

(The Center will be open at 8:45am on these days)

9:00-10:00 am OR

10:30-11:30 am

6 month fee

Shelton Residents: \$25.00 & Non-Residents: \$50.00

##### **Move it with Darlene Class**

Mondays

10:30am-11:30am

6 month fee

Shelton Residents: \$12.50 & Non-Residents: \$25.00

##### **Zumba Gold**

Wednesdays

9:15am-10:15am

6 month fee

Shelton Residents: \$25.00 & Non-Residents: \$50.00

**Friendly reminder: You MUST have submitted at the time of registration your renewed membership card number, completed medical form (new registrants only) and check made payable to "City of Shelton."**

**\*WE ARE NOT RESPONSIBLE FOR ANYTHING NOT HANDED IN AND COMPLETED CORRECTLY.**

**REGISTRATIONS WILL BE DECLINED**

**AUTOMATICALLY AND PUT IN A REJECTED FILE AT THE FRONT DESK. YOU WILL NOT BE**

**NOTIFIED. PLEASE CHECK FILE IF CONCERNED.\***

### **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.

**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!

**SENIORS WANTED:** Looking for Cribbage, Chess and Mah Jong players. Please call Center.

### **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:** Is 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.

**VOLUNTEER BRUNCH:** On **Friday, June 1st from 11:00AM-1:00PM** we will be celebrating all our wonderful volunteers here at the Center. An invitation has been sent to those in the mail and an RSVP is needed prior to attend. Please contact the front desk with your RSVP by 5/25 and pick up your ticket. Entertainment for the brunch will be DJ Connections.

**ELDER LAW SESSION:** On **Wednesday, June 6th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic, "New Power of Attorney Law. More Power Involved."

**BOOK CLUB:** On **Friday, June 8th 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 Handmade Tale" by Margaret Atwood.

**BOCCE:** On **Monday, June 11th** is the kickoff to this season's Bocce here at the Center. Please sign up for available game time slots to play. Newbies and seasoned players all welcome to enjoy this fun leisure sport on our bocce court!

**MEDICINE SHOPPE:** Dipika Patel, PharmD on **Thursday, June 14th at 12:30PM** will be here to assist you with questions you may have. Bring your prescriptions in a brown bag and she will discuss them. Blood pressure screenings will also be available.

**GRIFFIN HOSPITAL VALLEY PARISH NURSES:** On **Friday, June 15th from 10:30AM—12:00PM** will be here for blood pressure and medical needs. NO Medical van today. Presented by Maggie Sessa R.N.

**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 on sale now.**

**BLOOD PRESSURE SCREENINGS:** Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, June 18th from 12:00-2:00PM**. All are welcome.

**AAA DRIVERS SAFETY:** A class will be held from **12:00PM-4:00PM on Friday, June 22nd**. Please sign up at front desk.

**FREE COOKING DEMONSTRATION BY APPLE REHAB:** On **Friday, June 22nd at 12:00PM** Sarah Collins, Regional Dietician from Gardner Heights/ Shelton Lakes will be here. Each person will enjoy a salad and a dessert. RSVP's are a must to hold your place and may do so at the front desk. Only open to the first 75 people registered by 6/15. First come/serve

**VETERANS AFFAIRS:** Ramon Agosto will be here to discuss and Veteran matters with you all on **Tuesday, June 26th from 12:30-2:00PM**.

**SUMMER CHORUS CONCERT:** Our Senior Center Songsters will be performing music on **Friday, June 29th at 1:00 PM**. FREE. All are welcome. Light refreshments will be served.

**SUMMER BBQ:** Celebrate summer together on **Friday July 6th at 12:00PM**. A BBQ lunch will be served and includes a Cheeseburger and Hot Dog with fixings, Pasta Salad and Corn followed by coffee, tea and dessert. Entertainment by Larry and Doreen "Dancing to the Oldies". Price is \$10.00 per member and \$15.00 per guest. **Tickets go on sale June 1st.**



**DANCING UNDER THE STARS AT THE DOWNTOWN SHELTON RIVERWALK PAVILLION:** Back by popular demand!!! On **Thursday, July 19th from 6:00PM-8:00PM** please join us to kick off our summer series every Thursday evening filled with music, dancing and fun! Bring your folding chairs and *your own* refreshments. Music entertainment varies each week. Please see upcoming newsletter for details.

### SHOPPING BUS SCHEDULE

Call Valley Transit 203- 735-6408 to schedule on **June 6th, 13th, 20th, & 27th**  
Ansonia Stop & Shop or Shop Rite or Adams-IGA

### UPCOMING TRIPS

**DEEP SEA FISHING:** Depart to Plymouth, MA on **June 6th**. Cost: \$129.00 PP. Price includes transportation, fishing boat charter & drivers gratuity.

**JUST ADDED!! HUDSON RIVER CRUISE "THE BEST OF ALBANY":** On **June 13th** visit NY. Cost: \$112.00PP. Includes transportation, Museum ticket, Lunch, Cruise and Gratuity.

**THE BOSTON POPS AT TANGLEWOOD:** On **June 24th** embark to The Berkshires. Cost: \$140.00 PP. Price includes transportation, complete luncheon and drivers gratuity.

### FUTURE TRIPS

**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.

**NEW YORK BOTANICAL GARDENS: JUST ADDED!** On **August 3rd** enjoy lunch on Arthur Avenue in Little Italy at Ann & Tony's then head over to NY Botanical Gardens to explore over 50 diverse gardens and works by Georgia O'Keefe. Cost: \$97.00PP. Price includes transportation, lunch, admission, taxes and gratuities. 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. 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 transportation, 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 going on now.

**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 going on now.

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

**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.

**OKTOBERFEST AT KRUCKER'S RESORT:** On **October 10th travel** to Pomona NY for an Oktoberfest Celebration including a German lunch with all the fixings and free beer, wine and soft drinks all afternoon. After lunch enjoy music, dancing and games followed by a bratwurst sandwich before boarding the bus home. Cost is \$113.00PP. Includes transportation, festivities, food and drink and gratuity. **Registrations begin on June 8th.**

**THE SIGHTS, SOUNDS, AND TASTES OF LANCASTER INCLUDING THE SHOW "JESUS":** This is a three day trip from **October 17th-19th**. Check into the Eden Resort and enjoy a couple days of entertainment. For extensive itinerary please see the Center. Cost: \$495.00PP Double, \$611PP Single and \$475.00PP Triple. Includes transportation, hotel accommodations, admission to numerous sites, 2 breakfast and 2 dinners, two shows "Sister Act" & "Jesus", taxes and gratuities. **Registrations begin on June 8th**

**VERMONT FALL FOLIAGE TOUR:** On **October 18th** depart to the Publyk House in Bennington, VT where you will enjoy lunch with a view. After lunch you will travel to the Lincoln Family Home at Hildene where a shuttle will take you to various sites on the ground. Last stop will be at the Apple Barn & Country Bake Shop. Cost: \$129.00PP. Includes transportation, lunch, slice of pie and gratuity. **Registrations begin on June 8th**

**VILLA ROMA COUNTRY CLUB RESORT:** Spend **October 21st-23rd** at Catskills finest hotel. Includes deluxe accommodations, six meals, activities, entertainment, full use of the facilities, and transportation. Cost: \$412PP Double, \$482 PP Single, and \$402PP Triple. Registrations going on now.

**HISTORIC SALEM CROSS INN:** Enjoy a luncheon show and Oakwood Farm with horse drawn hayride on **October 23rd**. Cost: \$91.00 PP. **Registrations begin on June 8th.**



**BROADWAY "WICKED" or "MY FAIR LADY":** On **October 24th** head to NYC and enjoy one of these shows and lunch at Carmines. Cost: \$259.00PP. Registrations going on now.

**GERMANFEST AT WILLIAMS INN:** On **October 25th** head to Williamstown, MA for a German celebration then stop at Yankee Candle Company. Cost: \$111.00PP Registrations going on now.



# JUNE 2018



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</b></p>	<p><b>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU &amp; CANCELLATIONS</b></p>		<p>1.) 8:00: WALKING CLUB  <b>9:30: BBQ TICKETS GO ON SALE</b>            9:30: COMPUTER CLUB            9:30 &amp; 10:15: EXERCISE            10:00: DOMINOES  <b>11:00: VOLUNTEER BRUNCH</b>            12:30: LOW IMPACT EXERCISE            1:00: BINGO (TBA)            3:00: CARDIO LITE</p>
<p>4.) 9:30 &amp; 10:15: EXERCISE            10:00: ARTS &amp; CRAFTS            10:30: MOVE-IT W/ DARLENE            12:00: CANASTA            1:00: BILLIARD MIXER            1:00: BALLROOM CARDIO            1:00: BINGO            1:00: PAINTING (OPEN STUDIO)</p>	<p>5.) 9 &amp; 10:30: STRENGTH TRAIN            9:30: BRIDGE            9:30: CERAMICS (OPEN STUDIO)            12:00: CROCHET &amp; 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.) <b>DEEP SEA FISHING</b>            9:15: ZUMBA GOLD  <b>9:30: SUNNYSIDE FIELD TRIP</b>            9:30 &amp; 10:15: EXERCISE            10:00: QUILTING            10:00: ARTS &amp; CRAFTS            10:00: SCRABBLE            10:30: BALLROOM AEROBICS  <b>10:30: ELDER LAW</b>            10:30: BRIDGE LESSONS            12:30: CHORUS            12:30: LOW IMPACT EXERCISE            1:00: PINOCHLE            1:30: INTERMEDIATE LINE DANCE            *NO BINGO TODAY*</p>	<p>7.) 9 &amp; 10:30: STRENGTH TRAIN            10:00: ORGAN WITH FRIENDS            10:00: SQUARE DANCING            12:30: BEGINNER LINE DANCING            12:30: GRIEF SUPPORT GROUP            1:00: YOGA W/JILL            1:00: BRIDGE            1:00: PINOCHLE            1:30: SWEATING TO THE OLDIES            2:00: Wii BOWLING            2:30: TAI CHI</p>	<p>8.) 8:00: WALKING CLUB  <b>9:30: REGISTRATIONS BEGIN FOR ALL OCTOBER TRIPS</b>            9:30: CAMERA CLUB            9:30 &amp; 10:15: EXERCISE  <b>9:30: EXECUTIVE MEETING</b>            10:00: DOMINOES  <b>10:15: MEMBERSHIP MEETING</b>            12:30: LOW IMPACT EXERCISE            1:00: BINGO            1:00: BOOK CLUB            3:00: CARDIO LITE</p>
<p>11.) <b>BOCCIE BEGINS TODAY</b>            9:30 &amp; 10:15: EXERCISE            10:00: ARTS &amp; CRAFTS            10:30: MOVE-IT W/ DARLENE            12:00: CANASTA            1:00: BILLIARD MIXER            1:00: BALLROOM CARDIO            1:00: BINGO            1:00: PAINTING (OPEN STUDIO)</p>	<p>12.) 9 &amp; 10:30: STRENGTH TRAIN            9:30: BRIDGE            9:30: CERAMICS (OPEN STUDIO)            12:00: CROCHET &amp; KNITTING            12:30-2:30: SENTIMENTAL JOURNEY            12:30: LADIES POOL            12:30: PINOCHLE            1:00: POOL LESSONS            1:00: MAH JONGG    <b>3:30: COMMISSION MEETING</b></p>	<p>13.) <b>HUDSON RIVER</b>            9:15: ZUMBA GOLD            9:30 &amp; 10:15: EXERCISE            10:00: QUILTING            10:00: ARTS &amp; CRAFTS            10:00: SCRABBLE            10:30: BALLROOM AEROBICS            10:30: BRIDGE LESSONS            12:30: CHORUS            12:30: LOW IMPACT EXERCISE            1:00: PINOCHLE  <b>1:00: BINGO BONANZA</b>            1:30: INTERMEDIATE LINE DANCE</p>	<p>14.) 9 &amp; 10:30: STRENGTH TRAIN            10:00: SQUARE DANCING  <b>11:00: MEDICINE SHOPPE</b>            12:30: BEGINNER LINE DANCING            12:30: GRIEF SUPPORT GROUP            1:00: YOGA W/JILL            1:00: BRIDGE            1:00: PINOCHLE            1:30: SWEATING TO THE OLDIES            2:00: Wii BOWLING            2:30: TAI CHI</p>	<p>15.) 8:00: WALKING CLUB            9:30: COMPUTER CLUB            9:30 &amp; 10:15: EXERCISE            10:00: DOMINOES  <b>10:30: VALLEY PARISH NURSES</b>  <b>12:00: FATHERS DAY POLISH EXTRAVAGANZA</b>              *NO LUNCH, LOW IMPACT EXERCISE, BINGO OR CARDIO LITE TODAY*</p>
<p>18.) 9:30 &amp; 10:15: EXERCISE            10:00: ARTS &amp; CRAFTS            10:30: MOVE-IT W/ DARLENE            12:00: CANASTA  <b>12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON</b>            1:00: BILLIARD MIXER            1:00: BALLROOM CARDIO  <b>1:00: BONUS BINGO</b>            1:00: PAINTING (OPEN STUDIO)</p>	<p>19.) 9 &amp; 10:30: STRENGTH TRAIN            9:30: BRIDGE            9:30: CERAMICS (OPEN STUDIO)            12:00: CROCHET &amp; KNITTING            12:30-2:30: SENTIMENTAL JOURNEY            12:30: LADIES POOL            12:30: PINOCHLE            1:00: POOL LESSONS            1:00: MAH JONGG</p>	<p>20.) <b>9:00: FREE FACIALS</b>            9:15: ZUMBA GOLD            9:30 &amp; 10:15: EXERCISE            10:00: QUILTING            10:00: ARTS &amp; CRAFTS            10:00: SCRABBLE            10:30: BALLROOM AEROBICS            10:30: BRIDGE LESSONS            12:30: CHORUS            12:30: LOW IMPACT EXERCISE            1:00: PINOCHLE            1:00: BINGO            1:30: INTERMEDIATE LINE DANCE</p>	<p>21.) 9 &amp; 10:30: STRENGTH TRAIN            10:00: SQUARE DANCING            12:30: BEGINNER LINE DANCING            12:30: GRIEF SUPPORT GROUP            1:00: YOGA W/JILL            1:00: BRIDGE            1:00: PINOCHLE            1:30: SWEATING TO THE OLDIES            2:00: Wii BOWLING            2:30: TAI CHI</p>	<p>22.) 8:00: WALKING CLUB            9:30: CAMERA CLUB            9:30 &amp; 10:15: EXERCISE            10:00: DOMINOES  <b>12:00: AAA DRIVERS SAFETY</b>  <b>12:00: COOKING DEMONSTRATION</b>            12:30: LOW IMPACT EXERCISE            1:00: BINGO            3:00: CARDIO LITE</p>
<p>25.) 9:30 &amp; 10:15: EXERCISE            10:00: ARTS &amp; CRAFTS            10:30: MOVE-IT W/ DARLENE            12:00: CANASTA            1:00: BILLIARD MIXER            1:00: BALLROOM CARDIO            1:00: BINGO            1:00: PAINTING (OPEN STUDIO)</p>	<p>26.) 9 &amp; 10:30: STRENGTH TRAIN            9:30: BRIDGE            9:30: CERAMICS (OPEN STUDIO)            12:00: CROCHET &amp; KNITTING            12:30-2:30: SENTIMENTAL JOURNEY            12:30: LADIES POOL            12:30: PINOCHLE  <b>12:30: VETERAN AFFAIRS</b>            1:00: POOL LESSONS            1:00: MAH JONGG</p>	<p>27.) 9:15: ZUMBA GOLD            9:30 &amp; 10:15: EXERCISE            10:00: QUILTING            10:00: ARTS &amp; CRAFTS            10:00: SCRABBLE            10:30: BALLROOM AEROBICS            10:30: BRIDGE LESSONS            12:30: CHORUS            12:30: LOW IMPACT EXERCISE  <b>1:00: ALASKA TRIP (SEPT 2018) GROUP MEETING</b>            1:00: PINOCHLE            1:00: BINGO            1:30: INTERMEDIATE LINE DANCE</p>	<p>28.) 9 &amp; 10:30: STRENGTH TRAIN            10:00: SQUARE DANCING            12:30: BEGINNER LINE DANCING            12:30: GRIEF SUPPORT GROUP  <b>12:30: CHORUS REHEARSAL</b>            1:00: YOGA W/JILL            1:00: BRIDGE            1:00: PINOCHLE            1:30: SWEATING TO THE OLDIES            2:00: Wii BOWLING            2:30: TAI CHI</p>	<p style="text-align: center;"><b>Sunday</b></p> <p>24.) <b>BOSTON POPS</b></p> <p>29.) 8:00: WALKING CLUB            9:30: COMPUTER CLUB            9:30 &amp; 10:15: EXERCISE            10:00: DOMINOES            12:30: LOW IMPACT EXERCISE  <b>1:00: CHORUS CONCERT</b>            1:00: BINGO (TBA)            3:00: CARDIO LITE</p>