

# 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**

**AUGUST 2018**



**DOREEN LAUCELLA, DIRECTOR**

**Volume No. 48 No. 08**

## 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

The heat has not slowed us down this summer at all!  
The BBQ was a blast! Our Summer Chorus  
"Freedom" Concert was outstanding and a special  
thank you to our Veterans who took part!

A friendly reminder to everyone please be kind, tolerant  
and welcoming to others. This goes for all aspects and  
areas here at the Center. We are so happy to have  
new seniors enrolling with us here daily. Please help  
myself and staff welcome them all by encouraging  
them to join in, pull up a chair to sit beside you and  
introduce them to others. Our mission here is to build  
friendships and welcome everyone with open arms!

Thank you!

Looking forward to more fun times!

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!!**

**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.

**BOCCE:** Please sign up at the Center for available game time slots to play. Newbies and seasoned players all welcome to enjoy this fun leisure sport on our bocce court! All for fun!

**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 mornings** 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.

**MOVIES AT THE CENTER: NEW!** All are welcome to join us for a FREE movie on our new GIANT flat screen in the dining hall on **Thursday, August 2nd from 2:00PM-4:00PM.** BYO snacks and beverages, cabaret style! This month's showing is the latest hit "The Greatest Showman". Great movie...and company!

**FOLK DANCE CLASS:** Come join us for a free folk dance class by Leng. Something new, something different. Experience the passion of many dances on **Monday, August 6th at 2:00PM.**

**MEDICINE SHOPPE:** Dipika Patel, PharmD on **Thursday, August 9th at 11:00AM** 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.

**CHAT WITH JOE:** On **Wednesday, August 15th at 10:00AM** come ask your questions and get the real answers from Echo Hose Ambulance Operations Manager and Director. Light refreshments to be served.

**AAA DRIVERS SAFETY:** A class will be held from **12:00PM-4:00PM on Friday, August 17th.** Please sign up at front desk.

**BLOOD PRESSURE SCREENINGS:** Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, August 20th from 12:00-2:00PM.** All are welcome.

**SENATOR KELLY & STATE REPS JASON PERILLO & BEN MCGORTY SEMINAR:** On **Wednesday, August 22nd at 10:45AM** a seminar on "Acts Affecting Seniors" will be taking place. Learn everything you MUST know about this important topic by our State leaders. Refreshments to be served.

**BOCCE TOURNAMENT:** Our first annual tournament will be held on **Friday, August 24th at 1:00PM.** All those interested please sign up by 8/10.

**DR. SHARNOFF FOOT DOCTOR:** On **Wednesday, August 29th at 10:30AM** Dr. Sharnoff will be here to discuss foot care and answer any questions.

**DANCING UNDER THE STARS AT THE SHELTON SENIOR CENTER: NEW LOCATION!!!**  
Please join us from 6:00PM-8:00PM on

**August 2nd** with entertainer Craig Callestro  
(Sponsor: Shelton Youth Service Bureau)

**August 9th** with entertainer Larry & Doreen  
(Sponsor: Shelton Senior Center Membership)

**August 16th** with entertainer Olga Negrón  
(Sponsor: Shelton Senior Center Committee)

**August 23rd** with entertainer Dave Gocłowski  
(Sponsor: Young@Heart/Gardner Heights/Apple Rehab)

**August 30th** with entertainer Vinnie Carr  
(Sponsor: Daddario Auto of Shelton)

at the **Shelton Senior Center** for music, dancing and fun! Bring *your own* refreshments.

**ICE CREAM SOCIAL:** Get out of the summer heat and head on down for a treat!! Please join us on **Friday, August 31st from 1:00PM – 2:30PM** for music by Ukulele Band "Seven Strings", dancing and for some yummy Senior Center Sundaes! \$5.00 members \$10.00 guests. Tickets on sale until sold out.

**SHOPPING BUS SCHEDULE**

Call Valley Transit 203-735-6408 to schedule on **August 1,8,15,22,29**  
Ansonia Stop & Shop or Shop Rite or Adams-IGA

**UPCOMING TRIPS**

**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.

**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.

**FUTURE TRIPS**

**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. Register now.

**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 going on now.

**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. Register now.

**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. Register now.

**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.

**ATLANTIC CITY:** Enjoy a two night stay **November 7th-9th**. Please see itinerary at Center. Cost: \$249.00 PP Double, \$339.00 PP Single, \$239.00 PP Triple. Registrations going on now.

**WESTCHESTER BROADWAY "PHANTOM":** On **November 8th** depart to Westchester NY and enjoy lunch and a show. Cost: \$99.00PP. Registrations going on now.

**TWIN RIVERS CASINO/TRIBUTE TO NEIL DIAMOND:** Travel to Lincoln, RI on **November 14th** to enjoy gambling, lunch and a show. Cost: \$91.00PP. Registrations going on now.

**RADIO CITY CHRISTMAS SPECTACULAR:** On **November 16th** depart to NYC and enjoy lunch at "Carmine's" followed by a holiday show starring The Rockettes! Cost: \$200.00PP. Register now.

**WOMEN'S UCONN HUSKIES VS. VANDERBILT AT MOHEGAN SUN:** Support UConn on **November 17th** and enjoy a meal and gambling before the game. Cost: TBD. Registrations going on now.

**CHRISTMAS IN CONNECTICUT:** On **November 30th** travel to Hartford for a day of Christmas activities including Wadsworth Atheneum, Tree Display,

Chowder Pot Restaurant, and Mark Twain House. Cost: \$105.00PP. Registrations going on now.

**CHRISTMAS IN THE WHITE MOUNTAINS:** **December 12-14th** enjoy the splendor of the White Mountains at Christmastime. This special holiday tour offers spectacular entertainment, festive activities, gourmet dining, and all the finest amenities of the White Mountain Hotel and Resort's first-rate service and luxury accommodations. For a complete itinerary please see the Center for details. Cost: \$479.00 PP Double, \$449.00 PP Triple, \$619.00 PP Single. **Registrations begin on August 10th.**



# WELCOME SUMMER

C X A G N B H R C I Y J D L M K R A P E M E H T  
A A T E P A R T I E S V F R U G A D H B T I J N  
M L R H J W K K E Y S E I L F E R I F B L E U K  
P B M N T K E O Y F P O U Q I W X R I H F S M O  
I L D V I C E C R E A M R X S D W Y R G L Y P Z  
N A P B O V C G P D S H E R H F S S E G I V R H  
G R P H U L A H O O P S I J I J J A W K P H O L  
M O D N A O F L O P G Q J R N S K N O T F U P V  
W L F X P Y J Z L A A W E S G B L D R C L P E D  
E L H F J G O H X I Q J W E K R L A K G O M H N  
O E B S P C A U G U S T Q I C R X L S U P Z T M  
V R G U H T D E R T H J K V L O H S B T S D R G  
D C H N R V J T N C H A R O M H R L E E D E A F  
P O P S I C L E S T T Y U M O Y L K K C I N H G  
E A X C C W E T Y K C S G N A E M I E F A H A Q  
S S T R N O N N E G H W O E V X B P A R A D E S  
H T U E A D J U L Y R I B J R K E Y M M G H E V  
A E S E T D F F Q W T M E R E T A Y U I H S O P  
A R S N A D F G H A J M K L L Z C X C V S B N S  
M Q W E L R T U C T I I O P K A H S D A A F G C  
H J K L I Z X A C V B N N M N Q R W L E L N U I  
R T Y E E U V I O P A G S D I F G G H J P A J N  
Z X N C V B N F D H J T R H R J N K L E S G W C  
I U E R K S E N O C W O N S P U P C I H G E W I  
J W H C O O K O U T S W E E S D L K I J F M D P

AUGUST  
BEACH  
BIKES  
CAMPING  
CARNIVAL  
COOKOUTS  
FIREFLIES  
FIREWORKS  
FISHING  
FLIPFLOPS

FUN  
HULA HOOPS  
ICE CREAM  
JULY  
JUMPROPE  
JUNE  
MOVIES  
PARADES  
PARTIES  
PICNICS  
POOL

POPSICLES  
ROLLERCOASTER  
SANDALS  
SPLASH  
SPRINKLER  
SNOWCONES  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
THEME PARK  
VACATION



# AUGUST 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.) 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: <b>BINGO BONANZA</b> Sponsored by Executive Care 1:30: INTERMEDIATE LINE DANCE</p> <p>* NO ZUMBA GOLD TODAY *</p>	<p>2.) <b>SARATOGA</b> 10:00: ORGAN WITH FRIENDS 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 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 6:00 - 8:00: DANCING UNDER STARS</p> <p>* NO STRENGTH TRAIN AND GRIEF SUPPORT TODAY *</p>	<p>3.) <b>BOTANICAL GARDENS</b> 8:00: WALKING CLUB 9:30: COMPUTER CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>6.) 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) 2:00: FOLK DANCE (FREE)</p>	<p>7.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>8.) 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 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:30: INTERMEDIATE LINE DANCE</p>	<p>9.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 11:00: <b>MEDICINE SHOPPE</b> 12:30: BEGINNER LINE DANCING 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 6:00 - 8:00: DANCING UNDER STARS</p> <p>* NO GRIEF SUPPORT TODAY *</p>	<p>10.) 8:00: WALKING CLUB 9:30: <b>REGISTRATIONS BEGIN FOR ALL DECEMBER TRIPS</b> 9:30: CAMERA CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>13.) 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p> <p>*NO MOVE-IT W/DARLENE TODAY*</p>	<p>14.) <b>DELANEY HOUSE</b> 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:30: <b>AARP CHAPTER MEETING</b></p>	<p>15.) <b>9:00-3:00: FREE FACIALS</b> 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:00: <b>CHAT WITH JOE</b> 10:30: BALLROOM AEROBICS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p> <p>*NO ZUMBA GOLD TODAY*</p>	<p>16.) 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 6:00 - 8:00: DANCING UNDER STARS</p>	<p>17.) 8:00: WALKING CLUB 9:30: COMPUTER CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES 12:00: <b>AAA DRIVERS SAFETY</b> 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>20.) 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:00: <b>BLOOD PRESSURE BY URGENT CARE OF SHELTON</b> 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: <b>BONUS BINGO</b> 1:00: PAINTING (OPEN STUDIO)</p>	<p>21.) 9:15: <b>AARP DRIVER SAFETY</b> 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>22.) 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 10:45: <b>SENATOR KELLY SEMINAR</b> 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>23.) 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 6:00 - 8:00: DANCING UNDER STARS</p>	<p>24.) 8:00: WALKING CLUB 9:30: CAMERA CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 1:00: <b>BOCCO TOURNAMENT</b></p> <p>* NO CARDIO LITE TODAY</p>
<p>27.) 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>28.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>29.) 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: <b>DR. SHARNOFF</b> 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>30.) <b>WESTCHESTER</b> 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 6:00 - 8:00: DANCING UNDER STARS</p>	<p>31.) 8:00: WALKING CLUB 9:30: COMPUTER CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: <b>ICE CREAM SOCIAL</b> 1:00: BINGO (TBA) 3:00: CARDIO LITE (TBA)</p>