

# 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**  
PLEASE CALL DAILY FOR  
SCHEDULE AND CANCELLATIONS

MARCH 2019



DOREEN LAUCELLA, DIRECTOR

Volume No. 49 No. 03

## Shelton Senior Center Staff Directory

Shauna Dumas, Assistant  
Diane Gannon, Clerk  
Virginia Rodriguez, Clerk  
Magdalena Thompson, Renters Rebate  
Art Botsford & Chris Wills, Custodian  
Sue Legen & Claudia Mick, Kitchen

### Greetings From The Director

Winter is coming to an end. It has been very busy here and the cold has not kept anyone away that's for sure! Class registrations went very well. Thank you to all those involved with making it a seamless process.

Membership Council Elections are coming!! We are looking for people who want to make a difference and have fresh ideas! If you are interested in taking part in the happenings at the Center please sign up on our Election poster near the front desk under the position you would like to run for. Please see further details in this newsletter.

Take Note: Sadly, MANY people are driving into the parking lot in the wrong direction and causing hazards! We are a one way only parking lot. Due to this increase in "close calls" we encourage people to take license plate numbers and I will forward to the Police Department. This must be adhered for everyone's safety. Please drive safely.

Best 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: YOU MUST FOLLOW DIRECTIONS!** 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!!**

**MAH JONG PLAYERS WANTED:** The Center is looking for players on Tuesdays. Call office is interested.

**INTERESTED IN JOINING A SOCIAL DISCUSSION GROUP? "HOT TOPICS" or "REMEMBERING WHEN"** Looking for interested people to join in on fun conversation about topics pertaining to nowadays society. Light refreshments served. Call office if interested.

## **CLASSES, EVENTS & SERVICES**

**MATTER OF BALANCE:** This eight week class began in February and runs on Wednesdays from 9:30am-11:30am. Naugatuck Valley Health Department will be running the course that guides Seniors through the many facets of balance. Limited spaces available. Register prior at the front desk.

**CHRONIC DISEASE MANAGEMENT:** This six week class began in February and is held on Mondays from 9:30am-11:45am. Given by Griffin Hospital. Many diseases will be discussed. Limited Seating available. Please call Center to register.

**BLOOD PRESSURE SCREENINGS:** Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on Monday, March 4th from 12:00-1:30PM. All are welcome.

**COMPUTER CLASSES:** New computer classes will begin on Monday, March 4th and run for seven weeks. Please register at front desk. Limited seats available. \$20.00 per person fee.

**APPLE REHAB SPONSORED LUNCHEON:** On Tuesday March 5th at 12:00PM come enjoy an afternoon of lunch, music and dancing all kindly sponsored by Apple Rehab of Shelton. Lunch will include lasagna, salad, bread, coffee, tea and dessert. Cost: FREE. Limited seats available (90 only). Tickets are available now.

**MOVIES AT THE CENTER:** All are welcome to join us for a FREE movie on our new GIANT flat screen in the dining hall Thursday, March 7th from 2:00PM-4:00PM. BYO snacks and beverages, cabaret style! Great movie...and company! This month's showing is "Bucket List," with Jack Nicholson & Morgan Freeman.

**BOOK CLUB:** On Friday, March 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 Good Daughter" by Karin Slaughter.

**PRECISION HEARING:** Stop in on Tuesday, March 12th at 10:30AM for maintenance & cleaning. Please call ahead for an appointment.

**"COIN COLLECTORS" WANTED:** On Tuesday, March 12th at 10:30AM Blair Soucy will be here to buy and sell coins of interest. Walk-ins are welcomed.

**MEET & GREET WIDOW & WIDOWERS SOCIAL:** A social gathering for our Seniors on Tuesday, March 12th on 1:00PM. All are welcome. Light 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 month's 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, March 13th from 10:15-11:15AM. No appointments necessary.

**GRIFFIN HOSPITAL VALLEY PARISH NURSES:** On Friday, March 15th from 10:30AM-12:00PM will be here for medical needs. Medical Van WILL NOT be here. By: Maggie Sessa R.N.

**ST. PATRICKS DAY PARTY:** Celebrate the Irish on Friday, March 15th at 12:00PM with a Corned Beef on Rye with kraut, coleslaw & potato chips, coffee, tea and dessert. Cost: \$10.00 members & \$15.00 guests. Music by Craig Calestro. Tickets on sale now.

**AARP CHAPTER MEETING:** On Tuesday, March 19th at 1:30PM AARP will be having their monthly meeting. Topic: Osbourne House Museum. All seniors are invited. Refreshments will be served.

**FREE FACIALS:** On Wednesday, March 20th from 9:00AM—3:00PM lucky senior winners will be able to enjoy the luxury of this therapeutic treatment. Drop your name in the bucket at the front desk to enter and be one of five lucky winners.

**ELDER LAW SESSION:** On Wednesday, March 20th at 10:30AM Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic "CT New Power of Attorney Law More Power, More Responsibility."

**CAREGIVERS SEMINAR:** On Thursday, March 21st at 4:30PM will begin a three part series of seminars with a panel of experts discussing Senior Housing Options. This month's topic Part One: Planning for the Future. Light dinner will be served. FREE. Must reserve your seat at front desk. Limited spots available. (Looking ahead- Part Two: Paying Options, April 18th. Part Three: Legal Options, May (TBA).

**FOXWOODS CASINO:** A Shelton Senior Center sponsored trip will be held on Tuesday, March 26th. Bus transportation, food and game vouchers included. Cost \$23.00 member & \$25.00 guest. Register now.

**IRISH CABARET:** Come listen to the amazing singer Keely Baisden on Friday, March 29th at 1:00PM. with a tribute to Irish Melodies. She will wow you with her vocals. Bring your own snacks and drinks and enjoy the music with friends. Cost: \$5.00 member. Tickets on sale now.

**SPRING FLING:** On Friday, April 26th at 12:00PM singer Jack Lynn will be here performing the music of Dean Martin. Lunch includes a steak and cheese sandwich, potato salad, ambrosia, dessert with coffee and tea. Cost: \$10.00 member and \$15.00 guest. Tickets go on sale March 8th.

**UPCOMING TRIPS**

**FIREPLACE FEAST AT SALEM CROSS INN:** Depart on **March 2nd** to Historic Salem Cross Inn Restaurant and Tavern to enjoy a 1700's style Feast prepared on the open hearth of a great fieldstone fireplace. Featured on Food Network's "The Best of". Please see Center for complete menu. Cost: \$108.00PP. Registrations going on now.

**SLEIGH RIDE AT ADAMS FARM:** On **March 7th** depart to the New England House in Brattleboro, Vermont and enjoy a delicious luncheon. Next stop is The Adams Farm in Southern Vermont for a ride of a lifetime pulled by a team of Belgian Draft horses. Cost: \$119.00PP. Registrations going on now.

**2019 UCONN WOMEN'S HUSKIES SEMI-FINAL AT MOHEGAN SUN:** Watch UConn play against the winner of the tournament's quarter final game held on **March 10th**. Ticket to game, food voucher and casino bonus, drivers gratuity. Cost: TBA. Registrations going on now.

**WESTCHESTER "RHYTHM OF THE DANCE":** On **March 12th** travel to Elmsford, NY to watch a matinee performance at the Westchester Broadway Theatre where lunch is included. Cost: \$107.00 PP. Registrations going on now.

**ST. PATRICK'S CELEBRATION AT AQUATURF:** On **March 19th** embark to one of CT's premier banquet facilities and enjoy a Corned Beef & Cabbage traditional meal and dessert and be entertained by live Irish entertainment, Pdraig Allen and the Maclean Avenue Band. Cost: \$82.00PP. Registrations going on now.

**FUTURE TRIPS**

**BROADWAY:** Depart to NYC on **April 3rd** to see either Kiss Me Kate of The Cher Show. Upon arrival enjoy lunch at the famous Italian restaurant Carmine's on 44th Street. Cost: \$249.00PP. Registrations going on now.

**MYRTLE BEACH:** Entertainment by the Sea **April 6-12th**. Please see itinerary at Center for this jammed packed week long trip full of activities, shows and meals! Cost: \$1189.00PP Double \$1639.00PP Single \$1159.00PP Triple. Registrations going on now.

**CREATIVE CUISINE AT THE CULINARY INSTITUTE OF AMERICA:** On **April 9th** travel to Hyde Park, NY to dine at "Caterina De' Medici Ristorante." Enjoy a three course meal then head to Millbrook Winery for a tour and tasting. Cost: \$130.00PP. Registrations going on now.

**BRONX ZOO:** On **April 19th** visit the largest metropolitan zoo in the USA with over 4,000 animals along with exhibits as jungle World, Gorilla Forest, a two mile long monorail ride, Total Experience admission pass and much more! Cost: \$100.00PP. Registrations going on now.

**WESTCHESTER BROADWAY THEATRE:** On **April 25th** enjoy lunch and musical "Newsies". Cost: \$105.00PP. Registrations going on now.

**DAFFY DAFFODILS:** On **April 26-28th** depart to Cape Cod and enjoy Nantucket Daffodil Festival. Please see full itinerary at Center. Cost: \$591.00PP Double, \$736.00PP Single, \$571.00PP Triple. Registrations going on now.

**WEST POINT DRESS PARADE AT HOTEL THAYER:** On **Saturday, April 27th** view the famous U.S. Military Academy Cadet Review. The Cadets march in full dress uniform to the cadence of the tunes played by the military band. Buffet lunch is served at The Thayer Hotel followed by a guided tour of West Point, Cadet Chapel, Trophy Point and the Hudson river lookout. Cost: \$116.00PP. Registrations going on now.

**THE SIGHTS, SOUNDS AND TASTES OF LANCASTER:** Travel to Lancaster PA. on **May 1st- 3rd** and spend two evenings at the Eden Resort. Enjoy tours, meals and musicals including Sister Act and Jesus. For a full itinerary please see Center. Cost: \$505.00PP Double, \$621.00PP Single, \$485.00PP Triple. Registrations coming soon!

**WARNER THEATRE PRESENTS MAMMA MIA:** Depart on **May 5th** to Waterbury and have lunch at San Marino restaurant and enjoy a choice of veal parm, stuffed sole or chicken marsala. After lunch head to the theater to enjoy the musical performance of Mamma Mia. Cost is \$105.00PP. Registrations going on now

**BERMUDA CRUISE:** Depart out of NYC on the Norwegian Escape Cruise Ship and embark to Bermuda for a week long trip **May 12th-19th**. Transportation to dock for additional \$40.00 per person. Additional FREE upgrades/add on options with this trip!!!! Cost: Call Center for details & itinerary. Register now.

**THE DEAN MARTIN TRIBUTE SHOW:** Depart to The Brownstone in Paterson NJ on **May 20th** for a family style lunch, two comp drinks, coffee and dessert and enjoy the show, "Everybody Loves Somebody", a production by Ace In The Hole. Cost: \$115.00PP. Registrations going on now

**NEWPORT PLAYHOUSE & CABARET RESTAURANT FEATURING "CLOTHES ENCOUNTERS":** Travel to Newport RI Playhouse on **May 23rd** to enjoy a great buffet for lunch and afterwards enjoy the show cabaret style. \$114.00 PP. Registrations going on now

**SOUTH COAST MAINE & COVES TOUR:** Travel to Maine **May 29-31** and enjoy a fun filled full itinerary with meals including Lobster, shopping, hotel and activities. Please see Center for itinerary. Cost: \$519.00PP Double \$619.00PP Single \$509.00PP Triple. Registrations going on now.

**ITS SHOWTIME AT THE LOG CABIN:** Enjoy a Lobster Feast and The Great American Swing Band on **June 13th** at The Log Cabin in Holyoke, MA. Cost: \$109.00. **Registrations begin on March 22nd.**

**CT SUN VS. SEATTLE STORM AT MOHEGAN SUN:** Enjoy a WNBA game at the casino on **June 16th**. Includes a food voucher and casino bonus too! Cost: \$55.00. **Registrations begin on March 22nd.**

**THE INSPIRING INTREPID:** Visit NYC to see the Intrepid and have lunch (TBA) on **June 26th**. Cost: \$115.00. **Registrations begin on March 22nd.**

**SOUTHERN ITALY & SICILY:** Enjoy touring the beautiful country of Italy on **October 10th—21st, 2019**. For itinerary please see Center. Cost: \$4,039.00 PP. Deposits/ Registrations going on now.

## Membership Council Elections

As per our bylaws, an election is set at the May 2019 meeting for the Executive Board of the Membership Council. If you or anyone you may know who would be interested in getting more involved, having a say in the happenings and/or bringing new and fresh ideas to the Center please see the following positions open for election. Term consists of two years beginning May 2019 to May 2021. If interested a sign up poster will be hung by the front desk. If you have any questions please see Director, Doreen Laucella. Thank you!

### Executive Board of the Membership Council Positions

**PRESIDENT** – Presides at meetings, appoints sub-committees, and represents the Council at official functions.

**VICE PRESIDENT** – Presides at meetings in the absence of the President.

**SECRETARY** – Shall keep all written records and minutes providing them to all Council members as required.

**TREASURER** – Shall have custody of the books and funds and keep all financial records required by law, the Council and/or Committee. A report and status of all funds and the income/expenses shall be provided at each meeting of the Council and Committee.

**DELEGATES (3)** – With the other officers, shall become the Executive Board to advise the planning of activities and represent the general membership.

**ALTERNATE DELEGATE** – Can be present at the meetings but can only participate if another officer is absent from the meeting.

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


See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

- |            |             |           |                |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN    | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT   | 6. SHAMROCK | 10. LUCK  | 14. RAINBOW    |
| 3. PATRICK | 7. FOUR     | 11. POT   | 15. MARCH      |
| 4. IRISH   | 8. LEAF     | 12. GOLD  | 16. SEVENTEEN  |



# MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</b>	<b>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU &amp; CANCELLATIONS</b>		1.) 8:00: WALKING CLUB 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE <hr/> <b>Saturday</b> 2.) <b>SALEM CROSS INN</b>
4.) 9:30: COMPUTERS #1 9:30 & 10:15: EXERCISE <b>9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN</b> 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA <b>12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON</b> 12:15: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)	5.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) <b>12:00: APPLE REHAB LUNCHEON</b> 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG	6.) 9:15: ZUMBA GOLD <b>9:30-11:30: MATTER OF BALANCE</b> 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE <b>1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE</b> 1:30: INTERMEDIATE LINE DANCE	<b>7.) ADAMS FARM</b> 9 & 10:30: STRENGTH TRAIN 10:00: ORGAN WITH FRIENDS 12:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO THE OLDIES <b>2:00: MOVIE</b> 2:00: Wii BOWLING 2:30: TAI CHI	8.) 8:00: WALKING CLUB <b>9:30: SPRING FLING TICKETS ON SALE TODAY</b> 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB <b>9:30: EXECUTIVE MEETING</b> 10:00: DOMINOES <b>10:15: MEMBERSHIP MEETING</b> 12:30: LOW IMPACT EXERCISE <b>1:00: BOOK CLUB</b> 1:00: BINGO 3:00: CARDIO LITE <hr/> <b>Sunday</b> 10.) <b>UCONN</b>
11.) 9:30: COMPUTERS #2 9:30 & 10:15: EXERCISE <b>9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN</b> 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:15: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)	<b>12.) WESTCHESTER</b> 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) <b>10:30: COIN COLLECTORS</b> <b>10:30: PRECISION HEARING</b> 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING <b>1:00: MEET &amp; GREET SOCIAL</b> 1:00: POOL LESSONS 1:00: MAH JONGG <b>3:30: COMMISSION MEETING</b>	13.) 9:15: ZUMBA GOLD <b>9:30-11:30: MATTER OF BALANCE</b> 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE <b>10:15: SHS TECH TEAM</b> 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE	14.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI	15.) 8:00: WALKING CLUB 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES <b>10:30: VALLEY PARISH NURSES</b> <b>12:00: ST. PATS CELEBRATION</b>  <b>NO POOL, LOW IMPACT EXERCISE BINGO, CARDIO LITE &amp; LUNCH TODAY</b>
18.) 9:30: COMPUTERS #3 9:30 & 10:15: EXERCISE <b>9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN</b> 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:15: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO <b>1:00: BONUS BINGO SPONSORED BY APPLE REHAB</b> 1:00: PAINTING (OPEN STUDIO)	<b>19.) AQUATURF</b> 9 & 10:30: STRENGTH TRAIN <b>9:15: DRIVERS SAFETY AARP</b> 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING <b>1:00: MEET &amp; GREET SOCIAL</b> 1:00: POOL LESSONS 1:00: MAH JONGG <b>1:30: AARP CHAPTER MEETING</b>	<b>20.) 9:00 FREE FACIALS</b> 9:15: ZUMBA GOLD <b>9:30-11:30: MATTER OF BALANCE</b> 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE <b>10:30: ATTORNEY DRAZEN</b> 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE	21.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI <b>4:30: CAREGIVERS SEMINAR</b>	22.) 8:00: WALKING CLUB <b>9:30: REGISTER FOR JUNE TRIPS</b> 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE
25.) COMPUTERS #4 9:30 & 10:15: EXERCISE <b>9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN</b> 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:15: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)	<b>26.) FOXWOODS</b> 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG	27.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE <b>9:30-11:30: MATTER OF BALANCE</b> 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE	28.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI	29.) 8:00: WALKING CLUB 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES <b>12:00: IRISH CABARET</b>  <b>NO POOL, LOW IMPACT EXERCISE BINGO, CARDIO LITE &amp; LUNCH TODAY</b>