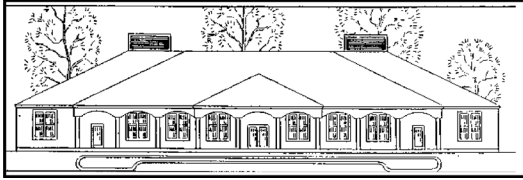


SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

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

INFO LINE (203) 924-2355

PLEASE CALL DAILY FOR
SCHEDULE AND CANCELLATIONS

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

APRIL 2019



DOREEN LAUCELLA, DIRECTOR

Volume No. 49 No. 04

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

Spring has sprung! April is jam packed with all kinds of happenings here at the Center. I cannot stress to you enough to read your newsletter so you do not miss out on dates and times.

Our membership elections are here and we need any interested candidates to sign up for positions. And of course we need votes!! Your votes matter!

Please make every effort to attend the membership meeting on May 10th to cast your vote!

Please note that we have overflow parking in the shared police/senior center lot. When our parking lot is full please utilize that area.

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.

CLASSES, EVENTS & SERVICES

MATTER OF BALANCE: This 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 begins on **Monday, April 1st from 9:30am-11:45am.** Given by Griffin Hospital. Many diseases will be discussed. Limited Seating available. Call Center to register.

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

PRECISION HEARING: Stop in on **Tuesday, April 2nd at 10:30AM** for maintenance & cleaning. Please call ahead for an appointment.

GRIEF SUPPORT GROUP: A new thirteen week seminar session is set to begin on **Thursday, April 3rd at 1:00PM** with Doris Wills. If you need that little extra help to get through the day please stop by and meet with these wonderful group of people who will be here weekly. Friendship, support and compassion is what you will find with this group. Members welcome. Please register at the front desk.

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, April 4th from 2:00PM-4:00PM.** BYO snacks and beverages, cabaret style! Great movie...and company! This month's showing is a true classic "**Waterloo Bridge**" with Vivien Leigh & Robert Taylor.

SHELTON SONGSTERS CHORUS CONCERT: Come listen to our very own "Songsters" on **Friday, April 5th at 1:00PM.** Light refreshments will be served.

AGENCY OF AGING: On **Wednesday, April 10th at 12:30PM** Joan Kayser, Medicare Patrol will be here to educate you all on the new Medicare forms. A very brief session on all the important details you need to know.

MEDICINE SHOPPE: Dipika Patel, PharmD on **Thursday, April 11th at 11:00AM** will be here to assist you with questions you may have. Blood pressure and diabetes screenings will also be available.

BOOK CLUB: On **Friday, April 12th 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 "Before we were yours" by Lisa Wingate.

MEET & GREET WIDOW & WIDOWERS SOCIAL: A social gathering for our Seniors on **Tuesday, April 16th on 1:00PM.** All are welcome. Light refreshments.

AARP CHAPTER MEETING: On **Tuesday, April 16th at 1:30PM** AARP will be having their monthly meeting. All seniors are invited. Refreshments will be served.

FREE FACIALS: On **Wednesday, April 17th 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, April 17th at 10:30AM** Certified Elder Law Attorney, Attorney Drzen will be speaking this month about the topic "Taking the Mystique out of Living Trust."

CAREGIVERS SEMINAR: On **Thursday, April 18th at 4:30PM** a seminar with a panel of experts discussing Senior Housing Options will take place. This month's topic Part Two: Paying Options. Light dinner will be served. FREE. Must reserve your seat at front desk. Limited spots available. (Looking ahead- Part Three: Legal Options, May (TBA).

JUDGE OF PROBATE: Judge Fred Anthony will be here on **Tuesday, April 23rd at 10:30AM** to discuss "Everything you wanted to know about Probate, but did not know who to ask."

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 I-pads with you on **April 24th from 10:15-11:15AM.** No appointments necessary.

HOT TOPICS: *NEW* Join Jan and others every fourth Thursday of the month with fun and rousing conversations about topics pertaining to nowadays society. Kick off is on **Thursday, April 25th at 10:00AM.** All are welcome!

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, April 26th from 10:30AM-12:00PM** will be here for medical needs. Medical Van WILL NOT be here. By: Maggie Sessa R.N.

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 on sale till sold out.**

NEWTOWN SAVINGS BANK SEMINAR: On **Tuesday April 30th at 10:30AM** the Shelton's Newtown Savings Bank Branch Manager will be here to discuss the topic "Smart Money for Seniors." All are welcome to attend.



LOOKING AHEAD

BINGO BINGO BINGO...ON FRIDAY NIGHT!: Raffles, prizes and lots of fun for this Bingo NIGHT at the Center on **Friday, May 3rd from 5:30PM-7:30PM**. Limited seats available! Cost:\$5.00 member & guests and includes Bingo cards. Registrations going on now!

GIGGLING PIG PAINT & "SIP": Shelton's very own The Giggling Pig Paint Studio will be back here on Friday, **May 10th at 1:30PM**. You will be supplied with everything and guided professional instruction to paint your very own masterpiece on canvas. No experience necessary! Seats limited. Cost: \$20.00 member & \$25.00 guest. **Registrations begin on April 5th.**

BRIDGE LESSONS: Lessons for beginners are set to begin on **May 15th** on Wednesday mornings. All those interested please sign up at front desk.

KARAOKE WITH OLGA: Join the fun with this special karaoke event PLUS a whole lot more on **Friday, May 24th at 1:00PM**. Coffee and dessert will be served. Cost: \$5.00 member & \$10.00 guest. **Tickets on sale April 12th.**

MOHEGAN SUN CASINO: A Shelton Senior Center sponsored trip will be held on **May 28th**. Bus transportation, food and game vouchers included. Cost: \$23.00 member & \$28.00 guest. **Registrations begin on April 5th.**

MAY IS OSTEOPOROSIS AWARENESS MONTH: Join St. Vincent's Medical Center on **May 30th at 10:30AM** to learn more about preserving bone health, preventing injuries and fractures, along with strategies for staying safe in your own home.

UPCOMING 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 Carmines on 44th Street. Cost: \$249.00PP. Registrations going on now.

MYRTLE BEACH: CANCELLED! 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.

FUTURE TRIPS

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. Register 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 going on now.

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 going on now.

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

BOSTON POPS AT TANGLEWOOD: Across the Stars: Music of John Williams on **July 7th** in the Berkshires. Enjoy lunch at The Red Lion inn followed by the show at Tanglewood. Cost: \$145.00. **Registrations begin April 26th.**

COINS & CLAWS: On **July 12th** head to Abbott's Lobster in the rough in Noank, CT for lunch followed by a visit to Mohegan Sun where you will receive a casino package including a food credit. Cost: \$77.00. **Registrations begin April 26th.**

THE REAL QUEBECOIS: Spend five days dining and enjoying the sites in Quebec City, Canada from **July 22nd-26th**. For itinerary please see Center. Cost: \$1079 Double, \$969 Triple, \$1509 Single. **Registrations begin April 26th.**

WNBA CT SUN BASKETBALL AT MOHEGAN SUN: CT Sun versus New York Liberty game on **July 24th** at 11:30AM. After the game enjoy lunch and gaming tables before heading home with a food and casino voucher. Cost: \$57.00. **Registrations begin April 26th.**

ESSEX DINNER TRAIN & RIVERBOAT RIDE: Enjoy a three course lunch, train and riverboat sightseeing excursion on **July 25th**. Cost: \$97.00. **Registrations begin April 26th.**

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.


Election to cast your vote will be held on May 10th. Please make an effort to attend and make your voice heard.





APRIL 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1.) 9:30: COMPUTERS #5 9:30 & 10:15: EXERCISE 9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>2.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 10:30: PRECISION HEARING 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p> <p>* NO SENTIMENTAL JOURNEY BAND AND DANCING TODAY</p>	<p>3.) BROADWAY 9:15: ZUMBA GOLD 9:30-11:30: MATTER OF BALANCE 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: CHORUS REHEARSAL 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE</p> <p>* NO INTERMEDIATE LINE DANCE TODAY</p>	<p>4.) 9 & 10:30: STRENGTH TRAIN 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: MOVIE 2:00: WII BOWLING 2:30: TAI CHI</p>	<p>5.) 8:00: WALKING CLUB 9:30: REGISTRATIONS FOR MOHEGAN SUN & GIGGLING PIG PAINT & SIP BEGIN TODAY 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 1:00: CHORUS CONCERT</p> <p>* NO LOW IMPACT, BINGO, OR CARDIO LITE TODAY.</p>
<p>8.) 9:30: COMPUTERS #6 9:30 & 10:15: EXERCISE 9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>9.) CULINARY INSTITUTE 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: 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 3:30: COMMISSION MEETING</p>	<p>10.) 9:15: ZUMBA GOLD 9:30-11:30: MATTER OF BALANCE 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 12:30: AGENCY OF AGING 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>11.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 11:00: MEDICINE SHOPPE 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</p>	<p>12.) 8:00: WALKING CLUB 9:30: TICKETS ON SALE FOR KARAOKE WITH OLGA 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 9:30: EXECUTIVE MEETING 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 12:30: LOW IMPACT EXERCISE 1:00: BOOK CLUB 1:00: BINGO 3:00: CARDIO LITE</p>
<p>15.) 9:30: COMPUTERS #7 9:30 & 10:15: EXERCISE 9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BONUS BINGO SPONSORED BY APPLE REHAB 1:00: PAINTING (OPEN STUDIO)</p>	<p>16.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: 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: MEET & GREET SOCIAL 1:00: POOL LESSONS 1:00: MAH JONGG 1:30: AARP CHAPTER MEETING</p>	<p>17.) 9:00: FREE FACIALS 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: ATTORNEY DRAZEN 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</p>	<p>18.) 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 4:30: CAREGIVERS SEMINAR</p>	<p>19.) BRONX ZOO</p> <p>CLOSED</p>  <p>GOOD FRIDAY</p>
<p>22.) 9:30 & 10:15: EXERCISE 9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>23.) 9 & 10:30: STRENGTH TRAIN 9:15: DRIVERS SAFETY AARP 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 10:30: JUDGE OF PROBATE 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p> <p>* NO SENTIMENTAL JOURNEY BAND AND DANCING TODAY</p>	<p>24.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:15: SHS TECH TEAM 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</p>	<p>25.) WESTCHESTER 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 10:00: HOT TOPICS W/JAN *NEW* 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</p>	<p>26.) DAFFODILS 8:00: WALKING CLUB 9:30: REGISTER FOR JULY TRIPS 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 12:00-4:00: AAA DRIVER SAFETY 12:00: SPRING FLING</p> <p>NO LUNCH SERVED, LOW IMPACT, BINGO, OR CARDIO LITE TODAY.</p> <p>Saturday</p> <p>27.) WEST POINT</p>
<p>29.) 9:30 & 10:15: EXERCISE 9:30: CHRONIC DISEASE MANAGEMENT CLASS W/GRIFFIN 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>30.) 9 & 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS (OPEN STUDIO) 10:30: NEWTOWN SAVINGS BANK SEMINAR 12:00: CROCHET & KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p> <p>* NO SENTIMENTAL JOURNEY BAND AND DANCING TODAY</p>	<p>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</p>	<p>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU & CANCELLATIONS</p>	