

SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

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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

MAY 2019



DOREEN LAUCELLA, DIRECTOR

Volume No. 49 No. 05

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

Happy Spring! May brings so much here at the Center. Every week is jammed pack from Bingo in the evening to Paint and Sip to Karaoke! Do not miss out!

A friendly reminder PLEASE vote for your next Membership Board that represents the Center. It is important to care about the happenings here at the Center and YOUR vote really does make a difference. We have many people who are running in this election!! Voting will take place Friday, May 10th from 9:30AM to 4:00PM here at the Center. Please stop in anytime that day and bring your own Membership ID to vote. The new membership board will be sworn in at our next Membership Meeting in the month of June.

If you cannot make the 10th please make an effort to vote by absentee ballots which will be available May 3rd-9th at the front desk.

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 9:15 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!!

VOTE! VOTE! VOTE! Your vote matters! Election for the new Shelton Senior Center Membership Board will take place on May 10th from 9:30AM-4:00PM. Stop by anytime to cast your ballot. Please bring your membership ID card with you. Absentee ballots will be at front desk starting May 3rd. Please do not forget!

CHESS PLAYERS WANTED: The Center is looking to add some additional players to our Chess Group on Tuesdays and Thursdays at 10:00AM. All those interested please call the Center.

BABY FOOD JARS & SILK FLOWERS NEEDED: The Arts and Crafts class is asking please for donations of glass baby food jars and assorted silk flowers.

CLASSES, EVENTS & SERVICES

GRIEF SUPPORT GROUP: A new thirteen week seminar session that began in April will continue in May on **Wednesdays 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, May 2nd from 2:00PM-4:00PM**. BYO snacks and beverages, cabaret style! Great movie...and company! This month's showing is a true classic "**What Women Want**" with Mel Gibson and Helen Hunt.

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 for 14 games. Specials not included. Bring your own markers or stampers!! Lots of prizes from area businesses. Registrations going on now! Doors open at 4:45PM...no early birds!!

BLOOD PRESSURE SCREENINGS: Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, May 6th from 12:00-1:30PM**. All are welcome.

MEDICINE SHOPPE: Dipika Patel, PharmD on **Thursday, May 9th at 11:00AM** will be here to assist you with questions you may have, bring your meds and she will go over them with you. Blood pressure and diabetes screenings will also be available.

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 going on now.

MEET & GREET "SINGLES" SOCIAL: A social gathering for our Single Seniors on **Tuesday, May 14th at 1:00PM**. All are welcome. Light refreshments served.

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

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, May 17th from 10:30AM-12:00PM** will be here for medical needs. Medical Van WILL NOT be here. By: Maggie Sessa R.N.

BOOK CLUB: On **Friday, May 17th 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 "Killers of the Flower Moon" by David Grann.

AARP CHAPTER MEETING: On **Tuesday, May 21st at 1:30PM** AARP will be having their monthly meeting. Speaker: Judge Fred Anthony. All seniors are invited. Refreshments will be served.

TECHNOLOGY CLASSES: Shelton High School Teen Tech Team will be here providing a free lesson once a month to our seniors at no charge. Interested in new technology but not sure how to use it effectively? Would you like to stay connected to your family and friends through the use of social media? If so, then you do not want to miss this! SHS will be conducting learning workshops for anyone interested in expanding their use of technology. This 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 **Wednesday, May 22nd from 10:15-11:15AM**. No appointments necessary.

AGENCY OF AGING: On **Wednesday, May 22nd at 5:00—7:00PM** 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.

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, May 23rd at 10:00AM**. All are welcome!

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 now.

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 on now.

ELDER LAW SESSION: On **Wednesday, May 29th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic "Looking to the future. Special needs and special planning."

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.



FATHERS DAY BBQ: On Friday, June 14th at 12:00PM we will be having a Barbeque Luncheon for all the special guys. Included is a Hamburger and Hot Dog, Mac Salad, Baked Beans and Pickle followed by Dessert and Coffee. Music entertainer will be Paula Pettinella. \$10.00 member and \$15.00 per guest. **Tickets go on sale May 10th.**

UPCOMING 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 \$42.00 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

BROADWAY: Just added!! Head to NYC on **May 29th** and choose from these two shows "Kiss me Kate" or "The Cher Show" and lunch at Carmines. Cost: 249.00 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.

FUTURE TRIPS

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 going on now.

COINS & CLAWS: On **July 12th** head to Abbott's Loster 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 going on now.

JUST ADDED! NIAGARA FALLS: On **July 16th—July 19th** enjoy a 3 night stay and a fully packed itinerary filled with food and activities along with transportation. Please see Center for details. Cost: \$630.00 Double, \$849.00 Single, \$570.00 Triple. Registrations going on now!

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 going on now.

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 going on now.

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

SARATOGA: On **August 8th** depart to "The Sport of Kings" in Saratoga, NY. Cost: \$79.00. Includes transportation and grandstand admission with reserved seating. **Registrations begin May 3rd.**

BLOCK ISLAND: On **August 15th** head to Point Judith, RI and board a Ferry to beautiful Block Island. Once you arrive enjoy a narrated Island tour and a complete luncheon at The National Hotel. Cost: \$139.00. **Registrations begin May 3rd.**

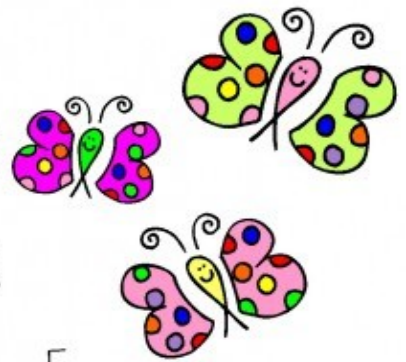
LAKE GEORGE & SARATOGA: Enjoy a two night three day stay from **August 21st—23rd** taking in the sights, shows, races and cuisine of NY on this fully packed trip. Please see itinerary at the Center. Cost: \$489.00 Double, \$692.00 Single, \$469.00 Triple. **Registrations begin May 3rd.**

WESTCHESTER BROADWAY "MAMBO ITALIANO": On **August 29th** travel to Elmsford NY for a matinee performance and lunch. Cost: \$105.00. **Registrations begin May 3rd.**

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.



The Life of A Butterfly Word Search



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

Words To Find



Butterfly
 hatch
 caterpillar
 monarch
 wing
 paintedlady
 color
 delicate
 insect
 molt
 migrate
 lifecycle
 egg
 flutter
 antenna
 larva
 habitat
 flight





MAY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>1.) LANCASTER 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: GRIEF SUPPORT 1:00: PINOCHLE 1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE 1:30: INTERMEDIATE LINE DANCE</p>	<p>2.) 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 1:30: SWEATING TO THE OLDIES 2:00: MOVIE 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>3.) 8:00: WALKING CLUB 9:30: REGISTER FOR AUGUST TRIPS 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO</p> <p>* NO CARDIO LITE TODAY</p> <p>5:30-7:30: BINGO! BINGO! BINGO!</p>
<p>Sunday 5.) MAMMA MIA</p> <hr/> <p>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 12:00: 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>7.) 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</p>	<p>8.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 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>9.) 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>10.) 8:00: WALKING CLUB 9:30: TICKETS ON SALE FOR FATHERS DAY BBQ 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 9:30: EXECUTIVE MEETING 10:00: DOMINOES 10:15: MEMBERSHIP MEETING 1:00: BINGO 1:30: PAINT & SIP</p> <p>* NO LOW IMPACT & CARDIO LITE TODAY</p>
<p>Sunday 12.) 9:00 BERMUDA</p> <hr/> <p>13.) 9:30 & 10:15: EXERCISE 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>14.) 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 SINGLES SOCIAL 1:00: POOL LESSONS 1:00: MAH JONGG 1:30: AARP BOARD MEETING 3:30: COMMISSION MEETING</p>	<p>15.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 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>16.) 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</p>	<p>17.) 8:00: WALKING CLUB 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 12:30: LOW IMPACT EXERCISE 1:00: BOOK CLUB 1:00: BINGO 3:00: CARDIO LITE</p>
<p>20.) DEAN MARTIN 9:30 & 10:15: EXERCISE 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>21.) 9 & 10:30: STRENGTH TRAIN 9:15: DRIVERS SAFETY AARP 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 1:30: AARP CHAPTER MEETING</p>	<p>22.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 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>5:00: AGENCY OF AGING</p>	<p>23.) NEWPORT 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>24.) 8:00: WALKING CLUB 9:30 & 10:15: EXERCISE 9:30: COMPUTER & PHOTO CLUB 10:00: DOMINOES 1:00: KARAOKE WITH OLGA</p> <p>* NO LOW IMPACT, CARDIO LITE OR BINGO TODAY</p> 
<p>27.)</p> <p>CLOSED</p> <p>MEMORIAL DAY</p> 	<p>28.) MOHEGAN SUN 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</p>	<p>29.) BROADWAY & MAINE 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 10:30: ATTORNEY DRAZEN 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>30.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 10:30: ST. VINCENTS HOSPITAL 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>31.) 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</p>