



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



APRIL 2016 NEWSLETTER

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Supervisor

Dr. Patrick Keem

Council Members

Eugene Majchrzak
Michael Sherry

Director

Anna Willems



Orchard Park Senior Center

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Notes From Anna

- ◆ Welcome to Spring! Kids are out playing street hockey, people are out riding their bicycles, mothers walking their babies, and kids are wearing shorts. It must be a sign that we'll have an early summer or is that just wishful thinking?
- ◆ April 10th to 16th is Volunteer Appreciation Week and over the years I have recognized the volunteers hard work at our annual summer barbeque. This year I would like to acknowledge them in our newsletter for their outstanding service to the Center. Some have been volunteering for over fifteen years; quite an accomplishment since the Center will be celebrating 20 years this October. Betty Cash and Chester Kowalski are two very special people who have been volunteering with the Stay Fit Dining Program daily since 1996. This program would not be the same without their help. Wanda Schwab a "rookie" with over 9 years of volunteering can be counted on for all aspects of the lunch program. Others who have more than fifteen years of volunteer service are: Chris Colarusso, Pat Blando, Lois Steck and husband Ray Steck. Don Schwab, Chris Baratta and Joe Kasinski are the "newcomers" with over five years of volunteer service. Carolyn and Stan Minko, and Ron Eberhardt, and Joan Moran also have more than five years of volunteering. Our Library is well organized thanks to the effort of Flo Dunn and Marilyn Henning. Barb Ferraro can often be found in the office answering the phone. Peg Schoell, Gail Major and Linda Makey (all retired nurses) offer free blood pressure screening every Monday from 1:00-3:00pm. Roger Weiss conducts the monthly Pinochle tournaments and Philip Kittner organizes the Monthly Bridge Tournament. Jackie Briggs, is not only president of the Senior Council, but for the past 10 years heads up the Book Club and Dinner Club. Without everyone's generosity of time, labor and positive attitude the center would not be what it is today, a friendly place where there's something for everyone. Words cannot express my sincere gratitude for all that you do. THANK YOU! (If I have missed anyone, please accept my apology, as I am fortunate to have so many volunteers that sometimes I lose track of all of them). Having said that if you have volunteered at the Center, please accept my invitation to our Volunteer Recognition Breakfast, Thursday April 14th at 9:30am. Again, thank you!
- ◆ Everyone at the Center extends their deepest sympathy at the loss of Gerald Klein, President of the Hillcrest Senior Group who recently passed away. Not only did he guide the Hillcrest group to become the success it is today by inviting new members to participate in all that the group and the community has to offer, but also working with the many fund raising events the Senior Council hosted. He will be missed but not forgotten.

The Orchard Park Senior Council
Invites You to A

Spaghetti Dinner

On

Thursday April 21st 4:00pm-7:00pm
at



The Orchard Park Senior Center

70 Linwood, Orchard Park

Enjoy delicious spaghetti with your choice of
meatballs or Italian sausage, salad, and dessert

Cost: \$10.00 per person

Tickets available April 1st,

at the Orchard Park Senior Center 70 Linwood

Eat In or Take Out

Proceeds to benefit a new Community Activities Center

A Note from Jackie Briggs, Senior Council President

The Senior Council of Orchard Park is a 501©(3) not-for-profit organization and is able to accept tax deductible contributions. The Council continues to fund raise to make a Senior Center/Community Center become a reality. Plans are under way for the annual Victorian Tea, Spaghetti Dinner and other events. Note cards depicting Green Lake and Yates Park sketched by local artists are on sale for \$8.00 and can be purchased at the Senior Center or the Town Clerk's Office. **Note:** In your annual United Way Appeal your donation may be directed to The Senior Council of Orchard Park.

"A Day of Mindfulness"

Saturday April 16th, 10:00am-2:30pm

Mindfulness is about becoming fully aware of our lives in the moment without judgement. Annette DeNies, a Mindfulness Instructor and Mindfulness-Based Stress Reduction Teacher will guide us through mindfulness exercises and meditation as we relax into the present moment. The day will include mindfulness meditation, mindful hatha yoga and mindful eating. Cost \$40.00 (includes full day program and a lite lunch). Sign up today!

Save the Date:

Victorian Luncheon, Tea and Hat Show

Saturday May 14th, 12Noon—2:00pm

Cost: \$25.00

*Spring Hats and Hats worn at the
Kentucky Derby will be modelled.*

*For more information read our
May newsletter.*



Health Insurance Information and Counseling Assistance Program (HIICAP)

Trained volunteers can provide: unbiased information and assistance regarding Medicare, Medicare Supplement Policies (Medigaps) and Long Term Care Insurance. Confidential assistance with claims filing. Referrals to appropriate agencies including legal assistance. Call 662-6452 for an appointment.

CLASSES OFFERED AT THE ORCHARD PARK SENIOR CENTER

To register, call the Senior Center at 662-6452 or drop by 70 Linwood Ave, Orchard Park

Tuesday Night Yoga

April 5 —May 24, 5:00-6:00pm (new date)

Here's a yoga class scheduled specifically for the working senior. Join us on Tuesday nights at 5:00pm. Cost for eight weeks is \$30.00. Sign up today

ZUMBA's Back.....

Tuesday May 10– June 28. 6:30-7:30pm

Thursday May 12 -June 30th 11:15-12:15

These two 8 week program are one of the best dance and workout routine you'll ever do. Latin dances such as the samba, meringue, salsa and various types of music are used will help you get physically fit. Cost is \$30.00

Ballroom Dancing

Wednesday March 23-April 13, 2:30-3:30pm - 4wk

Here's an opportunity to brush up on your Waltz, Cha Cha or Samba and perhaps learn the Swing. You do not need a partner. Cost for 4 week \$20.00

Yoga for Men Tuesday 3:45– 4:45pm

May 3—June 21st,

Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching. Those who practice yoga regularly find they have more energy and are able to handle stress in an effective manner. This program designed specifically for men. Cost 8 weeks:\$30.00.

Ladies Exercise Program

March 21—June 01

Monday, Wednesday and Friday 9:00-10:00am

This **ten week** program, uses stretching, aerobic and floor exercises tailored specifically for the needs of those 65+ years. Exercising with friends encourages you to lead a healthy and more energetic life. Instructor is Flo Kirkner. **Cost 10 week is \$40.00**

New* Chair Yoga Free Class Monday April 4th**

Monday 11:00am-12:00pm

Class start Monday April 11—June 6

Sitting on a chair you will learn proper techniques of stretching, breathing and relaxation. Jane Schmitt a Registered Yoga Teacher has been teaching yoga to a variety of ages and skill levels for eight years and it is her belief that everyone can benefit from yoga. If you can breath you can do yoga. Effective breathing produces stability and reduces stress. **Cost: \$30.00—8 week**

Yoga:

Wednesdays March 30 –June 1, 11:30am-12:30pm

Friday April 1—June 03, 9:00am-10:00am

The Center is offering a Wednesday and Friday Yoga class for those who want to improve their balance, flexibility and relieve stress. Cost for each ten-week program is \$35.00.

Watercolor Painting

Fridays April 8—May 13, 10:30am-12:30pm

Students supply their own brushes and watercolor paper 140lb and paints Cost is \$25.00 for 6 week

Sketching

Wednesday March 30—May 4, 1:00-3:00pm

Learn to sketch using pencil or pastels. This six week program will focus on perspective and techniques of using pastels. Cost : \$25.00

Acrylic Painting

Tuesday April 5 –May 10th. 1:00-3:00pm

You will study landscape and still-life, scumbling and palette knife techniques. Cost 6 week \$25.00.

Español OtraVez! Spanish Again!

Monday April 11 –June 6, 1:00pm

The class is designed to help the individual learn more about the worlds second most popular language, and to learn and enjoy many aspects of Spanish culture in the USA and the rest of the world. Cost for eight week \$30.00

Book Group

The Book Group meets the last Wednesday of every month at 10:00am at the Senior Center. The following books are scheduled for discussion.

March— Go Set A Watchman—author Harper Lee

April — The Nightingale, by Hannah, Kristin

May —The Magic Strings author, Frankie Presto

June — Let the Great World Spin author Colum McCann

Books are available in the office. There is no fee to join the Book Group, but members are encouraged to read the book prior to attending the meetings.

Everyone is welcome to join the discussion group.

What's on Your Mind? Confused about what's going on in the world today? Reading the newspapers, or listening to the news, are you baffled with the information being presented? If so you may want to join our discussion group and learn the "real story" **Friday April 8 1:00pm. Everyone is welcome!**

Relieve Stress through Adult Coloring

Here's a new way to reduce stress. Join us Tuesday April 12 at 1:00pm bring your books and colors. Explore a great way to relax and meet new friends. This is not a class, it's very casual and the hope is that it will become a weekly activity. For information call 662-6452

Preview of University Express Program at Orchard Park Senior Center (more to come)

Tuesday May 3, 1:00pm—Hiking the Appalachian Trail

Wednesday May 11, 10:00am—Arthritis and Degenerative Disorders of the Hip and Knee

Friday May 13, 1:30pm— The New World of News

Monday May 16, 1:00pm — The Rise, Fall & Future of Buffalo's Central Terminal

REGISTER FOR THE FOLLOWING PROGRAMS BY CALLING 662-6452

Personal Computer Lesson

Computer lesson designed specifically for you are now offered at the Senior Center in Microsoft and Apple. You tell us what you want to learn and we'll make it happen. If you are new to computers your instructor will provide handouts to guide you through the world of computers. Class is scheduled once a week on **Tuesday April 5,12,19,26, 10:00 -11:00am and from 1:00-2:00 and 2:00 to 3:00pm. Some topics to choose from:**

- ⇒ Email, Word, the Internet, Excel, Purchasing a computer, Buying and Selling on EBay and more .
- ⇒ If you have a laptop please bring it to class.

Free I Pad Class

For the new (or not so new) iPads user, sign up for a one hour **FREE class Tuesday April 5th , 1:00pm.** Learn some neat and useful tips and tricks for your iPad such as customizing Safari browsing and SIRI. Prior experience is NOT required. Contact the Center at 662-6452 to register.

New* iPhone Class Tuesday April 26**

The last Tuesday of the month from 1:00pm-2:00pm the senior center will be offering a FREE iPhone class. Space is limited. Call 662-6452 to register.

E-Reader, or Kindle?

Are you having problems using your E-reader, Ipad or Kindle? Well help is on the way. Volunteer with expertise will be available to answer your questions Free. Contact the Center at 662-6452 to set up an appointment.

NewHelp in IPad, iPhone, Tablet offered by Orchard Park High School Students every Wednesday at 2:30pm. Register by contacting the Center at 662-6452**

Duplicate Bridge Tournament The First Monday of Every Month. Next Tournament is Monday April 4, 12:30pm Everyone is Welcome

The March tournament was cancelled Join us for the April tournament. Everyone is welcome.

Pinochle Tournament is Friday April 15, 1:00pm

Congratulations to the February winners are:

First Place: Irene Czornhaus
Second Place: Pete Stang
Third Place: Stan Minko

Please register for the April 15 tournament by calling 662-6452 Cash prizes awarded to the first, second and third place winners.

Birthday Bash— Friday April 22

If you have a April Birthday lets celebrate! Jeanne Zablotsky our Site Manager invites those who have a April birthday to submit a photo of yourself in your younger days, along with a short story describing a memorable event or it could be something as simple as your favorite dog, cat, food, etc. Everyone will enjoy a delicious birthday dessert. Join Us!



Shea's Performing Arts

Dirty Dancing—Wednesday May 4, 2016, 7:30pm performance. **Bus Departs from Senior Center 6:30pm. Sold Out**

2016-2017 PERFORMANCE

The following shows have been announced for 2016-2017 season;
Finding Neverland, An American in Paris, A Christmas Story, Gentleman's Guide, The Sound of Music, Cabaret, Stomp, 42nd Street, Wicked, and The Little Mermaid. You will have the opportunity to vote on which show we will be seeing. Just sign your name along with your phone number under the show you wish to see. The shows with the most signatures will be the ones we'll attend.

Buffalo Philharmonic Orchestra

Star –Spangled Pops—Friday May 27, 2016 Sold Out.

*****Preview of 2016 & 2017 Season:*****

John Williams' Movie Masterworks—

Saturday September 24 8:00pm. .

Percussion Superstar Stewart Copeland

Friday October 28, 10:30am

John Morris Russell's Holiday Pops

Friday December 16, 10:30am

Classical Christmas

Friday December 9, 10:30am

Stay tuned—more to come

Reminder: Please register early to prevent cancellation. All events and classes are based on a minimum and maximum number of participants. If an event does not meet its minimum quota there is a very good chance it will be cancelled.

Discovering Buffalo

Martin House and Forest Lawn

Thursday May 12, 9:30—3:00pm Cost: \$50.00

We'll make our way to the Martin House for a 90 minute tour which includes the Martin House, pergola, conservatory, carriage house and the Barton House. Lunch will be at one of the local restaurants. Afterwards we'll make our way to Forest Lawn where we'll learn about the history including the rural cemetery movement, and the permanent residents. Last day for sign-up is April 29th

Candlelight Tour of Mansions—Cancelled

Waterfront and Canal Side Tour—Thursday July 21st

Our guide will give us an introduction to the Buffalo Harbor with a brief overview of the Canal District Days, a drive down Ohio Street. Following the tour you will have two hours to explore Harbor Front, have lunch at one of the restaurants or just enjoy the scenery. Cost is TBA. Sign up starts May 16th.

Coming Up...

Tunes with Tom Bender Friday April 15, 1:30pm

He's back! That's right Tom Bender and his wonderful voice will be at the Center to entertain you with some great tunes from the 50's, 60's, and 70's popularized by Frank Sinatra, Tony Bennet and all the great singers. Enjoy an afternoon of great entertainment. Tickets \$3.00 on sale through April 12..

Roger Hill Returns Friday May 6, 1:30pm

Back by popular demand is Country singer Roger Hill. Accompanied by his trusty guitar, Roger will entertain us with famous songs performed by some of the greatest female country singers such as Loretta Lynn, June Carter Cash, Patsy Cline and more. Tickets \$3.00 on sale April 12 refreshments served following performance.

Health Enrichment Programs***Free

Live a happier, healthier life by attending the following programs brought to you by Blue Cross and Blue shield of Western New York. Please register at the office.

Diabetes: Learn, Prevent, and Manage Thursday April 07, 1:00pm

Are you living with diabetes? Are you at risk for diabetes? You're not alone— 25.8 million Americans have diabetes. Join us as we discuss how to prevent and control diabetes through a healthy lifestyle, including a healthy eating plan, physical activity, and weight management.

Talking to Your Doctor Thursday May 5, 1:00pm

Sometimes visiting the doctor can be confusing and frustrating. It can be hard to understand and remember everything the doctor says. In this seminar, you'll learn tips for communicating more successfully with your doctor and making the most of every visit.

United Health Care

Confused about your Medicare plan? Want to learn the benefits than United Health Care provides? If so, plan to meet with Karen Olsen, Representative with United Health Care on the following dates:

Tuesday April 19th from 10:00-12:00noon

Blue Cross and Blue Shield Information

A representative will be here to answer questions you have regarding Blue Cross and Blue Shied coverage.

Monday April 4th, from 10:00-12:00noon

Sing-A-Long—April 29, 10:30am

Join us in our monthly sing-a-long held the last Friday of every month from 10:30am-11:15am. Richard Jones will accompany us on the piano. All voices are welcome! Refreshments will be served.



SENIOR GROUPS

In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips locally in the U.S and the world!

Armor Seniors meet every 2nd and 4th Thursday of the month at 1:30 pm at Armor Bible Presbyterian Church, 5650 Powers Rd. President is Arlene Schlierf and can be reached at 649-5845. For trip information, contact Shirley Doyle at 823-0197

Hillcrest Seniors meet every 2nd and 4th Thursday at the American Legion Post, North Buffalo Rd. Orchard Park President is Patricia L Davies. Pat can be reached at 675-9084. Richard Jones is the travel consultant and can be reached at 827-7074

Orchard Park Senior Citizens meet every 1st and 3rd Wednesday at the American Legion Post, North Buffalo Rd. Orchard Park. Jim Twist is the President and he can be reached at 674-8661. For travel contact Ruth Duffy at 649-7026.

Sacred Heart Seniors meet every 2nd and 4th Tuesday of the month in the lower hall at Our Lady of Sacred Heart Church on Abbott Road. President Esther Marcin Cullis she can be reached at 649-6850.

St. John's Lutheran Church, Diamonds in the Rough meet the first Tuesday of the month at 1:00 pm at St. John's Lutheran Church, Highland Avenue Orchard Park. For information call Alan Groth at 662-2140.

St. John Vianney Seniors meet every 2nd and 4th Tuesday at 12:45 pm in St. John Vianney Parish Center on Southwestern Boulevard. The President is Dorothy Dzikowski, and she can be reached at 674-1645. For tour information contact Cindy Crawley 675-1104.

Orchard Park Senior Center Dinner Club

The Orchard Park Senior Center Dinner Club welcomes new participants. For information contact the Senior Center at 662-6452. Join us for the following dinner outings:

Thursday April 7 —Roycroft Inn, Contact person is Jackie at 662-3982

Thursday May 5 To Be Announced

Thursday June 2, Carrabba's—Dixie Bileschi is contact person.

The next meeting is Tuesday April 5th , at 10:00am at the Orchard Park Senior Center Everyone is welcome!

**** **FREE FREE FREE** ****

Mind Aerobics offered every Monday at 1:00 p.m., has evolved into a social as well as a challenging one hour program. Research has shown that brainteasers, word puzzles, critical thinking, trivia, learning a new language or taking up ballroom dancing often delays the onset of Alzheimer's. Keeping your mind in tiptop shape will boost your creativity and ability to tackle complex problems. This weekly mental workout will help you keep mentally fit. Join us for a fun filled hour!

**Orchard Park Senior Center
Meal Calendar—April 2016
Phone 662-8378 for reservations.**

Fri 01	April Fool's Lunch Ham Steak w/Polynesia sauce, potatoes, mixed vegetables, cherry pie
Mon 04	Soup & Sandwich Shredded pork in gravy, pea soup, carrots pineapple upside down cake*
Tues 05	Boneless chicken breast w/gravy, browned potatoes, squash, pineapple tidbits
Wed 06	Veal parmesan w/tomato sauce, penne pasta, cauliflower, tapioca pudding
Thurs 07	Swedish meatballs over white rice, broccoli, frosted yellow cake Jeanne's Soup*
Fri. 08	Breaded fish w/cheese, rice pilaf, peas & carrots, coleslaw, cookies
Mon 11	Turkey vegetable casserole, mashed potatoes, biscuit, fruit delight cookie
Tues 12	Goulash w/shredded cheese, broccoli, chef salad, Irish Almond Cake *
Wed 13	Ham steak, sweet potatoes, cauliflower, strawberry Bavarian
Thurs 14	Entrée Salad Grilled chicken salad, multigrain bread, fruit cup Jeanne's Soup*
Fri 15	Salisbury steak w/gravy, mashed potatoes, stewed tomatoes, frosted chocolate cake
Mon 18	Knockwurst w/sauerkraut, home fries, mixed vegetables, pineapple tidbits
TuEs 19	Boneless chicken breast w/gravy, mashed potatoes, lima beans, multigrain bread, sea foam delight
Wed 20	Sliced turkey w/stuffing & gravy, mashed potatoes, carrots, chocolate chip cookie
Thurs 21	Chili con carne w/shredded cheese, white rice, broccoli, vanilla pudding, Jeanne's Soup
Fri 22	Breaded pork loin w/gravy, mashed squash, green beans, fresh fruit
Mon 25	Chicken & Vegetable stew, mashed potatoes, biscuit, chocolate pudding
Tues 26	Cheese omelet and sauce, home fries, spinach, multigrain bread, Apricot Lemon Cake
Wed. 27	Beef pepper casserole, white rice, peas & carrots, fruit cocktail
Thur. 28	Sliced turkey w/gravy, mashed potatoes, broccoli, frosted brownie, Jeanne's Soup
Fri. 29	Stuffed pepper w/sauce, potatoes, wax bean medley, jello Note: *provided by Senior Center

Stay Fit Dining Program

In cooperation with Erie county Department of Senior Services, the town provides a nutritious hot meal, and social opportunities to meet new friends for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution for is **\$3.00** Please call Jeanne at 662-8378 by Wednesday 10:00am to make reservations for the upcoming week. Also, remember, if you haven't made a reservation you may contact Jeanne to fill a cancellation.

**FREE BLOOD PRESSURE SCREENING
EVERY MONDAY 1:00-3:00pm**



Spend an afternoon at the movies. Reserve lunch by calling 662-8378 and then stay for the movie at 1:00pm. 50 cents includes popcorn and drink.



April 6 —The Big Short—starring Christian Bale, Steve Carrell. Four outsiders saw what the big banks, media and government refused to, the global collapse of the economy. Their bold investment leads them into the dark underbelly of modern banking —Drama

April 13 —Creed—starring Sylvester Stallone, Michael B. Jordan. Adonis Johnson, never knew his famous father, world heavyweight champion Apollo Creed, Still there's no denying that boxing is in his blood. Adonis tracks Rocky Balboa down and asks him to be his trainer.— Drama

April 20 —Room —starring Brie Larson, Jacob Trembley. Room tells the extraordinary story of Jack, a 5 year-old who is looked after by his devoted Ma trapped— confined to a windowless room. Drama

April 27 —Lady In The Van —Maggie Smith, Alex Jennings Based on a true story of Miss Shepherd a woman who “temporarily” parked her van in the driveway and proceeded to live there for 15 years. What begins as a favor becomes a relationship that changes both their lives. Drama

A.A.R.P. Driver Safety Program

Offered at the Orchard Park Senior Center the **last Thursday and Friday of every month** from 1:00-4:00 pm. Classes will be held:
Thursday, April 28 and Friday, April 29
And
Thursday, May 26 and Friday May 27
(You must attend both days)

The course is for 50 years of age and older. Those completing the course qualify for up to a 10% discount on their automobile liability and collision insurance and a 4 point reduction on their driver's license for accrued moving violations. **Registration** is required by calling the Center at 662-6452 or by dropping by. Program cost: \$20.00 for AARP members, \$25.00 if you are **not** a member of AARP. Checks only please.


NEED A RIDE? CALL RURAL TRANSIT 662-8378

Rural Transit Service (RTS) is a non-profit transportation service. Residents are transported to dialysis clinics, medical offices, physical therapy, pharmacies, nutrition sites, adult day care, grocery stores, banks, salon/ barbers, etc., with medical trips taking priority. Trips are free, but donations are accepted. *Volunteers are needed to drive or dispatch*



***** **GOING PLACES VAN** *****

**Need a ride into Buffalo for medical appointments, physical therapy or other human services?
Call 858-7433.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 9:00 Pool Shooting 9:00 Ladies Exercise 11:00 Chair Yoga **Free Class 12:00 Stay Fit Dining 12:30 Bridge Tournament 1:00-3:00 Free Blood Pressure Screening 1:00 Mind Aerobics	05 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo/ Hand & Foot/Dominos 1:00 Acrylic Paint 3:45 Yoga for Men	06 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class	07 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dancing/Inter 11:00 Club 99 Exercise Prog. 11:15 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group	01 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
11 9:00 Pool Shooting 9:00 Ladies Exercise 11:00 Chair Yoga 12:00 Stay Fit Dining 12:30 Bridge 1:00-3:00 Free Blood Pres. Scrn. 1:00 Spanish 1:00 Mind Aerobics 1:00 Spanish	12 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo/Hand & Foot/Dominos 1:00 Acrylic Paint 3:45 Yoga for Men 5:00 Yoga 6:30 Zumba	13 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi 2:30 Ballroom Dancing	14 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dancing/Inter 11:00 Club 99 Exercise Prog. 11:15 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group	15 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 10:30 Sing A-Long 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tournament 1:30 Tom Bender Entertains
18 9:00 Pool Shooting 9:00 Ladies Exercise 11:00 Chair Yoga 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00 Spanish 1:00-3:00 Blood Pressure Screening	19 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo/Hand & Foot/Dominos 1:00 Acrylic Paint 3:45 Yoga for Men 5:00 Yoga 6:30 Zumba	20 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi	21 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dancing/Inter 11:00 Club 99 Exercise Prog 11:15 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group	22 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 10:30 Sing A-Long 12:00 Stay Fit Dining 12:30 April Birthday Bash 1:00 Mah Jong 1:00 Pinochle
25 9:00 Pool Shooting 9:00 Ladies Exercise 9:30 Tap For Fun 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00 Spanish 1:00-3:00 Blood Pressure Screening	26 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo/Hand & Foot/Dominos 1:00 Acrylic Paint 3:45 Yoga for men 5:00 Yoga 6:30 Zumba	27 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi	28 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dancing/Inter 11:00 Club 99 Exercise Prog 11:15 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 AARP Safe Driving	29 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 10:30 Sing A-Long 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:00 AARP Safe Driving