



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



AUGUST 2015 NEWSLETTER

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

8:30 a.m. – 4:00 p.m.

Supervisor

Dr. Patrick Keem

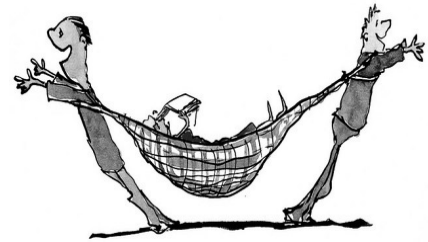
Council Members

Eugene Majchrzak
Michael Sherry

Director

Anna Willems

Hello August!
(and goodbye July)



Orchard Park Senior Center

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Notes From Anna

Welcome to August. We're half way through summer and our lawns are lusciously green thanks to the numerous rain storms. Summer is a time to relax and detach from devices such as iPads, computers, cell phones, TV, etc. which prevent people from thoroughly "unwinding". Having recently spent a week at a cottage with our three daughters and their families, I realized that the television was never turned on and the cell phone was used to invite people over for our nightly bonfire which usually lasted into the early morning. Sitting around the fire we began to reminisce about childhood summers. My husband started by telling us about growing up in Crystal Beach where he went swimming every day. He rode the Comet at the Amusement Park and listened to the bands which performed at the Crystal Ballroom. His sisters worked at the Amusement Park in the candy stand and always brought home treats. His summers were spent mowing the neighbors lawns. He often said the best summer job was mowing those pristine lawns at the Cherry Hill Golf Club. When he was fifteen years old, he was somewhat adventurous and he and his friends often rode their bicycle across the Peace Bridge to explore Buffalo, something few people would ever let their children do today, but then those were simpler times. Our daughters shared their memories of "Happy Ville" a "magical place" in our back yard. The girls along with four friends, (between five and ten years old), came up with the idea of creating a village. Our eldest daughter was "elected" mayor. A teacher, and librarian were appointed by the group. This project kept them occupied all summer long, only taking breaks to cool off in the neighbor's pool. Another summer, the girls built a tree house in our backyard. One night they decided to sleep in the treehouse until the floor caved and they came running indoors at 10:00pm, it was a good thing the treehouse was only three feet off the ground; no one was hurt. Today these girls are married and have children of their own, and share those memories of "Happy Ville" by encouraging their kids to play outdoors. Summer is a great time to let grandkids explore, imagine, and create. Enjoy the rest of the summer, take time to reminisce and share summer vacation memories with the grandkids; and as the song goes.....*See You In September!*

Discovering Buffalo

Transportation In Buffalo

Thursday August 6th, 9:00am-3:00pm

Our day starts off with a tour of the Pierce Arrow Museum Following the tour we'll make our way to the Buffalo Harbor for lunch and a tour on the Miss Buffalo II. **Cost \$60.00 Last day to reserve spot is July 24th.**

Martin House Restoration Tour And Forest Lawn

Thursday September 17, 9:00am-4:00pm

This tour will take you through the buildings included in the Martin House Plus the veranda and ballroom. You will hear the story of the ongoing restoration project. Following the tour and lunch we'll make our way to Forest Lawn Cemetery where the tour includes FLW's Blue Mausoleum, Larkin Family. Lunch will be at Coles on Elmwood. **Cost is \$70.00. Last day to reserve a spot is September 1st.**

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. Note cards depicting Green Lake and Yates Park sketched by local artists are for sale for \$8.00 and can be purchased at the Orchard Park Senior Center or the Town Clerk's Office.

Join us for the following fundraisers:

Pancake Breakfast and Basket Raffle

Saturday September 12, 8:00-10:00am.

Tickets are \$6.00 and are available at the Senior Center

Open House "Mocktail" Party

Saturday October 17, 2:00-5:00pm

Cost \$5.00—tickets available August 24th

Scams, Fraud, Identity Theft and More

Friday September 11, 1:00pm

Karen Davis, Senior Consumer Fraud Representative for Bureau of consumer Fraud & Protection NYS Attorney General's office will be giving a **free presentation** on identity scams and fraud, how not to become a victim. Retail sales/shopping problems and how to know if you are getting ripped off. Telemarketing problems, and a general overview of how our office can help you become an educated consumer.

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

Strong Immune System—Thursday September 10, 1:00pm, Presenter Dr. Parisima Sobhani

Food as Medicine—Thursday October 1, 1:00pm presented by Dr. April DePriest

Why Join Epic?

Friday September 18, 11:00am-12:00

The NYS EPIC Program helps seniors with high prescription costs. The EPIC program works as a secondary prescription payer and assists with Medicare Part D costs in three ways. On September 18, 2015 Gabrielle Dotterweich, NYS EPIC Outreach Representative will discuss the ways EPIC can help Seniors save money on prescription drugs. During the discussion the qualification to join EPIC will be reviewed (including the new income limits that were established in April 2014) as well as, how to complete an EPIC application. Current EPIC members should also come to this discussion to learn how your EPIC membership will compliment the 2016 Medicare Part D plans. .

What is Pickle Ball?

Similar to Tennis but gentler on the knees, Pickle Ball is fun to play. To learn more about Pickle Ball, plan on attending an meeting Wednesday September 9th, at 10:30am at the Orchard Park Senior Center.

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

Watercolor Painting With Friends

Every Friday 10:30-12:00noon

During the month of July and August you will have the opportunity to continue painting while your instructor is on medical leave. Bring your talent, brushes, paints, and ideas to share. Newcomers are welcome, it's free!

Bocce Is Back ...and It's Free!

Couples Team — Every Monday at 9:00 am

Mixed Team - Every Tuesday, 9:30am

Bocce is a fun game similar to lawn bowling. Players are awarded points for the balls thrown closest to the pallino ball. It's a game of strategy and skill which can only be developed by playing the game. If you would like to join in the fun contact the Center at 662-6452. Games are at Green Lake. Look for the Bocce Courts across from the Recreation Building .

Ladies Summer Exercise Program

Session 2, August 10—October 7

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

This eight 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 for the 8 week program is \$30.00

Chair Yoga***** New Program!

Wednesday 1:00pm—2:00pm

July 22—September 9th, Cost: \$30.00—8 week

For those who experience arthritis or have limited range of motion, this eight week class is for you. Sitting on a chair you will learn proper techniques of stretching, breathing and relaxation. Colleen who has been practicing Yoga and teaching it for many years is the instructor.

Men's Fitness

August 20—October 29—10 week Program

Tuesday, Wednesday & Thursday 9:00-10:00am

You'll notice regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthily life by showing up for the Men's Fitness Program. Cost for 10 week program is \$40.00.

**** 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!

Tap Dancing For Fun

Monday September 14, -November 23 10:00-11:00am

This ten week beginner and intermediate tap class is designed for those who have always wanted to learn to tap dance, or who have previously tap danced and want to tap again. Cost for 10-week class is \$20.00

Tuesday Evening Yoga

September 8—October 27, 5:00-6:00pm

This eight week program fits into the busy schedule of seniors who are still working, taking care of the grandkids, or prefer to exercise in the evening. Colleen is the instructor, Cost \$30.00

Join Club 99 Free *****Free*****Going On Now!

Tuesday and Thursday Mornings at 11:00am

What is Club 99? The Erie County Department of Senior Services and Senior Nutrition Program are teaming up to present Orchard Park with Club 99. Club 99 is a free fitness program offered to those 60 years of age or older. Ray Steck is the instructor who will explain how using the resist-a-band will tone and build muscle. Come join and learn about this program. **Everyone is welcome!**

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.

July 29, **American Queen: The Rise and Fall of Kate Chase Sprague, Chase Sprague, Civil War "Belle of the North and Gilded Age of Woman of Scandal"**, - author John Oller

August 26, **My Name is Mary Sutter** by Robin Oliveira

September 30, - **Defending Jacob**, by William Landay
October 28, - **Seven Letters From Paris** by Samantha Verant

November 25, - **The Storied Life of AJ Fikry** by Gabrielle Zevein

These 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.

For Your Info:

Blue Cross & Blue Shield: A representative will be at the Senior Center on Friday August 14 and Friday August 28, from 10:00-12:00pm to answer any question you may have regarding your health insurance coverage.

United Health Care Medicare Plans:

Friday September 11 and Friday October 23 from 10:30-11:30 Karen Olsen will give a formal presentation on Medicare Plans for 2016.

REGISTER FOR THE FOLLOWING PROGRAMS BY CALLING 662-6452

*******Senior Computer Tutoring**

Computer Classes in Microsoft and Apple are now tailored to your need. A one hour (\$5.00 fee) one on one session with the instructor will be offered to address your computer needs. Class is scheduled once a week on **Tuesday August 4,11,18 and 25. 10:00-11:00am and from 1:00-2:00 and 2:00 to 3:00pm. Some topics to choose from:**

- ⇒ Buying a computer; slides, e-mail, digital camera, PC Tune UP, Microsoft Office, everything you wanted to know about a computer or computer program.
- ⇒ If you have a laptop you are encouraged to bring it to class.

Free I Pad Class

For the new (or not so new) I Pads user, sign up for a one hour **FREE class Tuesday August 4th, 1:00pm.** Learn some neat and useful tips and tricks for your iPad. Some of the tips and tricks covered will be customizing Safari browsing and SIRI. Prior experience is NOT required. Contact the Center at 662-6452 to register.

E-Reader, Nook or Kindle?

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

Info on the iPhone

Having problems using your iPhone? If so, you may find these sites helpful. Go to YouTube.com and type in iPhone6 – Complete Beginners Guide. Another site you may find helpful on YouTube is iPhone-Tips for Seniors and Beginners.

Cell Phones & Text

As of this past April, you can text 911 in Erie County if your carrier supports it. The big four AT&T, Sprint, T-Mobile and Verizon all support it.

Duplicate Bridge Tournament The First Monday of Every Month. Next Tournament is Monday August 3, 12:30pm

Congratulations to the July winners:
 First Place; Mary Lou Buster & Fred Howe
 Second Place: Mary Ann Martin & Colleen Mitchell
 Third Place; Carol Colligan & Virginia Sprague
Everyone is Welcome

**Sing-A-Long–
 Friday August 28, 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! Come join in the fun! Refreshments will be served.



BUFFALO PHILHARMONIC ORCHESTRA 2015 & 2016

Mark Your Calendar

Friday November 13, 10:30am Sounds of Simon & Garfunkel. Their folk rock style was the soundtrack to 1960s America. A.J. Swearingen and Jonathan Beedle, whose amazing voices re-create Sounds of Silence, Scarborough Fair, Mrs. Robinson and many more. Includes lunch. **Cost: \$70.00 includes , lunch at Dinosaur BBQ Transportation. Registration with payment accepted starting August 11th.**

Friday December 11th, 10:30am JoAnn’s Classical Christmas. JoAnn Falletta, conductor. Make memories with your family and friends. Cost TBA

Friday December 18, 10:30am Holiday Pops. More info to follow. Cost TBA

Shea’s 2015 & 2016 Upcoming Performances

Register for the following performances at Shea’s Performing Art Center. For more information please check the upcoming newsletter.

Newsies—Wednesday September 30, 7:30pm Winner of the 2012 Tony Award for Best Score and Best Choreography. They delivered the papers, until they made the headlines...the smashing hit, crowd pleasing new musical from Disney. **Cost \$69.00 Last day to reserve a spot is August 20th.**

Matilda —Sunday November 8, 2:00pm Winner of 50 international awards, including 4 Tony Awards, Matilda is the story of an extraordinary girl who armed with a vivid imagination and sharp mind dares to take a stand and change her own destiny. **Cost: 75.00 Sign up date August 4th.**

Beautiful—the Carole King Musical—Sunday March 20, 2016. Reservation with payment accepted Tuesday November 3. Cost: \$75.00

Dirty Dancing—Wednesday May 4, 2016. More info to follow.

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.

**Pinochle Tournament Friday August 21, 1:00pm
 Congratulations to the June winners:**

**First Place: Irene Czornohus
 Second Place: Pete Stang
 Third Place: Delight Carlson
 Please register for the tournament by calling 662-6452** Cash prizes awarded to the first, second and third place winners.

Hand and Foot Now at The Senior Center

Interested in Hand and Foot Card Game? If so, join us Tuesday afternoons at 1:00pm at the Senior Center

Coming Up...

Papa and Mama Root

Friday August 21, 1:30-2:30pm

Papa and Mama Root return to the Senior Center with their wonderful sounds of the 60's and 70's. Enjoy a relaxing afternoon of fun music. Refreshments will be served. **Last day to pick up your free ticket August 14.**

Jimmy C's Magic Show— Farewell to Summer

Friday September 4th, 1:30pm

Join us for an afternoon of fun and magic featuring Jimmy C. He might pull a rabbit out of a hat, or he may just make someone disappear. Whatever he does it will be pure fun and enjoyment. Join us for this free presentation. Hot fudge sundaes will be served. **Tickets available August 6th**

Baseball Outing Friday August 28, 7:00pm

For the past 18 years Mark Stevens of Mark Stevens Financial LLC in Orchard Park has been sponsoring a baseball outing as a tribute to his mother who died of Alzheimer's. Because of scheduling conflicts and very few day games seniors will be attending an evening game on August 28 at 7:00pm. The Bison's will be playing the Pawtucket Red Sox. We'll meet at 6:00pm at the Senior Center and be bused to the game. Cost for this event is \$10.00; There are a limited number of tickets; **last day to purchase ticket is August 14th.**

Out On The Town with Beatlemagic

Tuesday September 15, 5:00-8:00pm

Presidential Ballroom At The Millenium Hotel

Our friends from the Cheektowaga Senior Center have invited the Orchard Park Seniors to a fun evening featuring "Beatlemagic". Beatlemagic painstakingly recreates the aura and sound of the Fab Four through numerous phases of The Beatles' phenomenal career. The show begins with the group's historical appearance on the Ed Sullivan show, then passes through A Hard Days Night and continues with the mania of The Beatles' first Shea Stadium performance. Cost: \$36.00 per person. Reservations with payment now accepted in the office until Friday August 24th).

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 August 14, 1:00pm Everyone is welcome!**

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.

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 Gerry Klein He can be reached at 884-4383. 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 Windom Community Church 3766 Abbott 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 Robert Bednarz. He can be reached at 823-7909.

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:

August 6, Colden Mills Restaurant— Dixie Bileschie is the contact person at 674-9348.

September 3rd, Sean Patrick's Restaurant—Jackie Briggs is the contact person

The next meeting is Tuesday August 4th 10:00am at the Orchard Park Senior Center Everyone is welcome!

Did you know you can read our Monthly Newsletter on line? Just go to townoforchardparkny.org click on Senior Center and click on Newsletter, it's that easy!

Double DominosIf you are interested in playing Double Dominos or learn how to play, join us Tuesday afternoon at 1:00pm. Everyone is invited.

The Senior Center provides free Wi-Fi service.

**Orchard Park Senior Center
Meal Calendar—August 2015
Phone 662-8378 for reservations.**

Mon 03	Turkey vegetable casserole, mashed potatoes, biscuit, fruit delight cookie
Tues 04	Veal parmesan w/penne pasta & sauce, broccoli, chef salad w/dressing, orange-pineapple velvet
Wed 05	Vegetable strata w/white cheese sauce, red potatoes, honey bran square, cantaloupe & honeydew
Thurs 06	Salisbury steak w/gravy, cauliflower, orange glazed carrots, tropical fruit
Fri 07	Boneless chicken breast w/cordon bleu sauce, mashed sweet potatoes, peas, lemon pound cake
Mon 10	Swedish meatballs noodles, corn, squash, pineapple tidbits
Tues 11	Lasagna roll w/meat sauce, Italian bean medley, cauliflower, apple crisp
Wed 12	Sliced roast pork w/gravy, lazy pierogi, green beans w/red peppers, fresh fruit
Thurs 13	Entrée salad Grilled chicken breast, lettuce, tomatoes, carrots, croutons, fruited gelatin
Fri 14	Stuffed peppers w/savory sauce, mashed potatoes, carrots, diced pears
Mon 17	Cheese omelet w/cheese sauce, home fries, spinach, tropical fruit cup
Tues 18	Hot dog, baked beans, carrots, strawberry Bavarian
Wed 19	Country fried steak w/gravy, cauliflower, peas, diced peaches
Thurs 20	Chicken noodle casserole w/penne pasta, broccoli,, waxed beans, rice pudding w/raisins
Fri 21	Senior Citizen's Day Breaded pork loin w/gravy, mashed potatoes, chef salad, chocolate frosted cake
Mon 24	Breaded chicken cutlet w/gravy, mashed potatoes, carrots, marble pudding
Tues 25	Spiral pasta w/meatballs & sauce, spinach, wax beans, tropical fruit
Wed 26	Sliced turkey w/stuffing & pan gravy, mashed sweet potatoes, sautéed cabbage, ambrosia
Thurs 27	Cold Plate Sliced ham & Swiss, whole wheat roll, macaroni salad, beet & mandarin orange salad, cantaloupe
Fri. 28	Chef's choice** See Deborah, Charlotte or Anna for details
Mon 31	Hamburger w/gravy, mashed sweet potatoes, peas, fruit delight cookie
SEPT.	
Tues 01	Diced pork w/gravy, brown rice, cauliflower, fresh fruit
Wed 02	Turkey vegetable casserole, potatoes, biscuit, butterscotch pudding
Thurs 03	Veal parmesan w/penne pasta, carrots, chef salad w/dressing, tropical fruit
Fri 04	Labor Day Picnic BBQ chicken breast, confetti

Stay Fit Dining Program

The Town provides a nutritious hot meal for persons age 60 or over and their spouses Monday through Friday at noon. The suggested contribution for each meal is **\$3.00** Please call Deborah 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 Deborah to fill a cancellation.

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



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



August 5—The Second Best Exotic Marigold Hotel—Starring Judy Dench The expansionist dream of Sonny, and it's making more claims on his time than he has available, considering his imminent marriage to the love of his life. Comedy

August 12— The Longest Ride— starring Britt Robertson. After an automobile crash, the lives of a young couple intertwine with a much older man, as he reflects back on a past love. Based on the novel by Nicholas Sparks - Romance

August 19—Danny Collins- Al Pacino stars a hard-partying rock star who discovers a letter from John Lennon that has never delivered to him, which spurs the man to touch base with his long-lost son. Drama

August 26—Home; voices of Jim Parsons, Steve Martin, Jennifer Lopez. An alien on the run from his own people lands on Earth and becomes friends with an adventurous girl, who is on a quest of her own. Family

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, August 27 and Friday August 28
And

Thursday September 24 and Friday September 25
(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
3 9:00 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 12:00 Stay Fit Dining 12:30 Bridge Tournament 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening	4 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo 1:00 Hand & Foot or Dominoes	5 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:15 Tai Chi—Brush Mtn. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Chair Yoga 1:00 Popcorn & Movie	6 9:00 Pool Shooting 9:00 Men's Fitness 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group	7 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w/ friend 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle
10 8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening	11 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo 1:00 Hand & Foot or Dominoes	12 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:15 Tai Chi—Brush Mtn. 11:30 Yoga 12:00 Stay Fit Dining 1:00 Chair Yoga 1:00 Popcorn & Movie	13 9:00 Pool Shooting 9:00 Men's Fitness 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group	14 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting w. Friends 12:00 Stay Fit Dining 1:00 Current Event Discussion 1:00 Mah Jong 1:00 Pinochle
17 8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening	18 9:00 Pool Shooting 9:00 Men's Fitness 9:30 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo, 1:00 Hand & Foot or Dominoes	19 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 11:15 Tai Chi—Brush Mtn. 12:00 Stay Fit Dining 1:00 Chair Yoga 1:00 Popcorn & Movie	20 9:00 Pool Shooting 9:00 Men's Fitness 11:00 Club 99 Exercise rogram 12:00 Stay Fit Dining 1:00 Knitters Group	21 9:00 Pool Shooting 9:00 Ladies Exercise 10:30 Watercolor Painting w. Friends 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tournament 1:00 Music by Mama & Papa Root
24 8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Bocce at Green Lake 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening	25 9:00 Pool Shooting 9:00 Men's Fitness 10:30-12:00 Inter Line Dancing 10:00 Bocce at Green Lake 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Tai Chi 1:00 Bingo 1:00 Hand & Foot or Dominoes	26 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Exercise 10:00 Book Group 10:15 Beginner Line Dancing 11:15 Tai Chi—Brush Mtn. 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Chair Yoga	27 9:00 Pool Shooting 9:00 Men's Fitness 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 A.A.R.P. Safe Driving Course	28 9:00 Pool Shooting 9:00 Ladies Exercise 10:30 Watercolor Painting w Friends 10:30 Sing a Long 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:00 A.A.R.P. Safe Driving

