



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



JUNE 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

We love the lazy days of
SUMMER!

twibby_supps

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Notes From Anna

- ◇ Welcome to June and the start of summer! Looking at the calendar this month is busy with graduations, weddings, exams, the end of school and Father's Day. Father's Day at our house is a time set aside to honor and remember our fathers and grandfathers. However, the question I have is shouldn't fathers be respected and honored everyday? Fathers today are quite different than they were in the 40s, 50's or even the 1960's. Today's fathers are more involved in the everyday lives of their children and contribute to the household chores. There was a time when men would come home from work sit, relax and wait to be served dinner. For many, those days are gone and more men are cooking, cleaning, doing laundry, and much more. Raised in a traditional household, there was a distinct role everyone had and everyone followed. My mother cooked, stayed home and took care of the children. Men went to work, came home did the "man's work" such as mowing the lawn, and fixed whatever was broken. In the 1960's and 1970's with more women entering the work force, life changed. Men began to help more with child rearing and in some cases even changed a baby's diaper, something that was rarely done. I'm sure many women often heard the phrase, "that's a woman's job". Today's fathers come home from work and in many cases quickly turn around and take their kids to baseball practice, swim lessons, music lessons, Girl Scouts or other functions. At times grandfathers are recruited to babysit or chauffeur the grandchildren around. Everyone is so busy today that it's great to have a day set aside to remember and thank the dads for all they do. So to all the dads, thank you, we love you and Happy Father's Day !
- ◇ The Senior Games will be held July 13 through the 17th. It's an opportunity to meet new people and participate in many of the fun filled events such as Minute to Win It, Bocce, Nine Ball Pool, Horseshoes, Corn Hole Toss, Bridge and other games. This is the 25th year that the Senior Games are played. Therefore I'm asking your input on how we can make these games even better. On Wednesday June 3rd at 10:00am, there will be a meeting to explore new ideas, and new events for the games. Mark your calendar, and please join me in the discussion.
- ◇ Pickle Ball; I'm sure many of you have played pickle ball or seen it played in Florida. It's a form of tennis, but because it is played with a pickleball and paddles, the ball doesn't travel as fast as a tennis ball. It's a great form of exercise that is very popular with people over 65. If you are interested in playing indoor pickle ball this fall, please attend a meeting on Wednesday July 1st, at 10:30am at the Senior Center.
- ◇ A special welcome to Deborah Lepow who has taken on the duties of Site Manager for The Stay Fit Dining Program. Deborah comes to us with over 20 years experience in the food industry. Welcome Deborah!

Discovering Buffalo

Buffalo is an amazing city filled with history and beautiful architecture. This summer the Center is offering three day trips with focus on Buffalo!

Delaware Avenue Mansions And Buffalo City Hall Thursday July 23, 9:00am-3:00pm

Delaware Avenue is home to the grandest collection of mansions built in the City. Learn the stories of the families who built them. Following lunch at Betty's we'll make our way to Buffalo City Hall for a tour. Cost \$50.00.

Reservations with payment taken Tuesday May 26th.

Transportation In Buffalo

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

Our day starts off with a tour of the Pierce Arrow Museum where a guided tour highlights the transportation history of Western New York as told through the museum's collection, the museum itself, and how the pieces were acquired. We'll listen to the history and the story of The Buffalo Filling Station by Frank Lloyd Wright. 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**

Reservation with payment starts Tuesday June 02.

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. Cost TBA.

A Note from:

Jackie Briggs, Senior Council President

Our Victorian Luncheon featuring the History of Hats, proved a big success. The presentation on the History of Hats was enjoyed by everyone so much so, that our "Hat Lady" will be returning in the fall featuring The History of Winter Hats. 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 at \$8.00 and can be purchased at the Orchard Park Senior Center or the Town Clerk's Office.

(proceeds to benefit The Senior Council of Orchard Park)

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 Bisons will be playing the Pawtucket Red Sox. Everyone will meet at 6:00pm at the Senior Center and be bused to the game. Cost for this event is \$10.00; tickets are limited and go on sale June 16.

**Mark Your Calendar: Elder Law Day
Wednesday June 17, 2015
Adams Mark Hotel 120 Church St. Buffalo**

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

Mindful Eating Workshop ***Free

Monday June 8, 11:00am

Facilitated by Annette DeNies, Mindfulness Instructor. We will be doing meditation work as well as mindful eating exercises. It will be a lot of fun. Seating is limited so register early by calling 662-6452.

Watercolor Painting With Friends Fridays 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. Free

Summer Yoga Classes

Wednesdays 11:30-12:30pm July 8—August 12

Fridays 9:00-10:00am July 10—August 14

Yoga is one of the most popular and beneficial programs offered at the Center. Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it. This is a perfect opportunity for you to learn about yoga during this six week mini course. Cost is \$20.00

Summer Session: Chair Exercise for the Mind and Body Program— Mondays 11:00am July 13 through September 21st

If you have limited mobility and movement, this program is for you. Stretching, using weights, resistant bands, and other items ensures you a great workout. This is a **ten week** program. Flo Kirkner is the instructor **Cost is \$25.00**

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

Couples Team — Monday June 8 at 10:00 am

Mixed Team - Tuesdays, June 9, 10:00am

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 sign the sign-up sheet found in the lobby or contact the Center at 662-6452. Games are at Green Lake. Look for the Bocce Courts across from the Recreation Building at Green Lake.

Chair Yoga***** *New Program!*

Wednesday 1:00pm—2:00pm

July 22—September 9th, Cost: \$30.00

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.

What is Body Sculpting?

Monday June 8, July 27 , 8:30am-9:30am

Body sculpting (or core conditioning) is a non-aerobic, muscle-toning class, usually focused on core strength. We will use, exercise bands, weight bars, balls, or a combination of these gadgets and a little dance. Zumba fashion aerobics for 15-20 min. Cost for the **eight week** program is **\$30.00** Classes are tailored toward seniors ability. Register today!

Ladies Summer Exercise Program

Session 1, June 8—August 3

Session 2, August 10—October 6

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 each 8 week program is \$30.00**

Tai Chi In the Park and at the Center

Wednesday July 1—August 19, 11:15am-12:15pm

& Tuesday June 30—August 18, 1:00pm

Join us on Wednesdays at Brush Mountain and Tuesdays at the Center for eight week class on Tai Chi. What better way than to enjoy the outdoors while doing a class of Tai Chi. Meet at Brush Mountain, off California Road starting Wednesday July 1st. Cost for each class is \$30.00, or if you wish to take both classes it's \$55.00

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:

May 27 — Sophia: Princess, Suffragette, Revolutionary author Anita Anand

June 24 — Vanessa and Her Sister author, Priya Parmar

July 29 —American Queen: The Rise & Fall of Kate 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

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.

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 one on one session with the instructor will be offered to address your computer needs. Class is scheduled once a week on **Tuesday June 2, 9,16, 23, or 30th, 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 June 2, 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.

IPHONE, Tuesday June 23 12:30-1:30pm

Not sure how to use your Iphone? Questions on what data is or how much data you need? What's the difference between iPhone and Galaxy 4? Let Mary guide you through the phone "maze". Call 662-6452 to register.

Duplicate Bridge Tournament is held the First Monday of Every Month, Next Tournament is Monday June 01,12:30pm

Due to lack of data, no results were available for the May Tournament. The next tournament is Monday June 01st. *Everyone is Welcome*

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 June 5th at 1:00pm Everyone is welcome!**

**Sing-A-Long—
Friday May June 26, 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. **Check July newsletter for more info.**

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

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

Shea's 2015 & 2016 Upcoming Performances

Plans are underway to attend 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 Reservation with payment starts Tuesday June 9th**

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. CostTBA

Beautiful—the Carole King Musical—Sunday March 20, 2016.

Dirty Dancing—Wednesday May 4, 2016.

If you are interested in any other shows such as **Annie, Pippin, Mannheim Steamroller, Blue Man Group or Wizard of Oz** at Shea's, please contact Anna. Thank you!

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 June 19, 1:00pm
Please register for the tournament by calling 662-6452 Cash prizes awarded to the first, second and third place winners. The winners for the April tournament were: First Place—Chris Colarusso
 Second Place —Shirley Charles
 Third Place — Steve Smith

Hand 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...

Strawberry Social

Friday June 12, 1:30pm

Save the date for the return of Roger Hill singing Classic Country. With song and stories, Roger promises you a great afternoon of entertainment. Following the performance join us for a delicious strawberry shortcake. Cost: \$3.00—Limited seating Last day to purchase tickets is June 5th.

UNIVERSITY EXPRESS IS ON TRACK!

This program sponsored by Erie county RSVP brings stimulating classes to Senior Centers. Residents 55+ years may attend any of the FREE classes. The following are classes scheduled at Orchard Park Senior Center. **To register for classes at Orchard Park Senior Center contact the Center at 662-6452.**

Friday May 29, 1:00pm—Judith Geer, retired Librarian ECC. **Rachel Carson: For Love of the Earth**

Monday June 1st, 1:00pm—**The Guaranty Building**

Tuesday June 2, 1:00pm—**Blood and the Heart: Myth, Magic and Reality**

Monday June 8, 1:00pm—**Buffalo's Canal District: The Very Nostrils of Hell**

Tuesday June 9, 1:00pm—**Diversity in Islamic Schools of Thought**

Wednesday June 10, 10:30am—**Physical Activity and Nutrition Education for Your Lifestyle**

Monday June 15, 1:00pm—**The Meaning Behind the words: Poetry of Robert Frost**

Tuesday June 16, 1:00pm—**Haiku of Flowers**

Wednesday June 17, 10:30am—**Arthritis and Degenerative Disorders of the Knee**

Friday June 26, 1:00pm—**Personal Perspectives of Six U,S, Presidents**

Tuesday June 30, 1:00pm—**Presidential Portraits and the Artists who Painted Them**

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. Pick up your free ticket starting July 7th.

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:

June 4, Shimshacks—Sanborn NY, More info contact Jackie Briggs at 662-3982

July 2, Rust Belt Restaurant on Route 5—Dixie Bileschie is 662-3982

The next meeting is Tuesday May 5th 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 Dominos

If you are interested in playing Dominos Double, please sign the sheet found in the lobby. You will be contacted to the time and date to play Dominos

The Senior Center provides free Wi-Fi service.

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

Mon 01	Hamburger w/gravy, mashed sweet potatoes, peas, hamburger bun ,butterscotch pudding
Tues 02	Diced pork w/gravy, cavatappi, spinach, cauliflower, banana
Wed 03	Turkey vegetable casserole, mashed potatoes, biscuit, cookie
Thurs 04	Veal parmesan w/penne pasta & tomato sauce, Chef salad, broccoli fruit cup
Fri 05	Meatloaf w/Swiss gravy, mashed potatoes, carrots, orange pineapple velvet
Mon 08	Goulash, spinach, cornbread, vanilla pudding
Tues 09	Chicken breast w/gravy, mashed potatoes, orange glazed carrots, apple
Wed 10	Salisbury steak, w/gravy, mashed potatoes, creamed cabbage, ambrosia w/gelatin
Thurs 11	Ham steak w/maple sauce, sweet potatoes, mixed vegetables, fruit mix
Fri 12	Hot dog w/chili sauce, home fries, broccoli, yellow cake w/white frosting
Mon 15	Turkey medallions, mashed sweet potatoes, seasoned cabbage, cornbread, fig bar
Tues 16	Julienne salad , strawberry Bavarian
Wed 17	Boneless chicken breast, broccoli, carrots, peach cobbler
Thur 18	Sloppy joe w/hamburger roll, green peppers w/ red peppers, pineapple tidbits
Fri 19	Breaded pork chops, mashed potatoes, spinach, creamy choc. Pie Father's Day Meal
Mon 22	Country fried steak w/brown gravy, mashed potatoes, corn, fruit cocktail
Tues 23	Knockwurst w/sauerkraut, red potatoes, squash, chocolate pudding
Wed 24	Breaded chicken cutlet w/gravy, carrots, spanish rice, lemon pound cake
Thurs 25	Macaroni & Cheese w/chicken, cauliflower, spinach, fruit delight cookie
Fri 26	Breaded fish, coleslaw, au gratin potatoes, apple
Mon 29	Two stuffed shells w/tomato meat sauce, cauliflower, green beans, fruit delight cookie
Tues 30	Sweet & sour chicken, rice, broccoli, pudding
July	
Wed 01	Roast pork loin, stuffing, sweet potatoes, warm apples & cranberries, marble cake
Thur 02	Hamburger w. lettuce & tomato, macaroni salad, carrots, hot fudge sundaes, 4th July Picnic
Fri. 03	No Meals Served—4th of July Holiday

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 Jean 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.



June 3—American Sniper Starring Bradley Cooper Chris serves four harrowing tours of duty in Iraq, personifying the spirit of the SEAL creed to "leave no one behind" But upon returning to his wife and kids, he finds that it is the war he can't leave behind. Action

June 10—Selma Starring David Oyelowo A story of movement. The film chronicle, the 3 month period in 1965, when Dr. Martin Luther King, Jr. Led dangerous campaign to secure equal voting rights in the face of violent opposition. Drama

June 17—The Trip to Italy Starring Steve Coogan The first Trip took Steve Coogan on a tour of restaurant around northern England. The group is reunited for a new culinary road trip, retracing the steps of the Romantic poets' grand tour of Italy. The characters enjoy mouthwatering meals in gorgeous settings in Liguria to Capri. Comedy

June 24—Still Alice Starring Julianne Moore Alice married with 3 grown children, is a renowned professor who starts to forget words. She receives a diagnosis of the early onset of Alzheimer's Disease. 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, June 25 and Friday June 26
And
Thursday, July 30 and July 31
(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
01 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Tap for Fun 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge Tournament 1:00 Guaranty Bldg ** 1:00-3:00 Blood Pressure Screening	02 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo 1:00 Hand & Foot 1:00 Blood & Heart** 5:00 Yoga 6:30 Zumba	03 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 1:15 Tai Chi	04 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dance Inter/Advance 11:15 Zumba 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group	05 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 12:00 Stay Fit Dining 1:00 Pinochle 1:00 Mah Jong 1:00 Current Event
08 8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Bocce at Green Lake 10:00 Tap for Fun 11:00 Chair Exercise 11:00 Mindful Eating 12:00 Stay Fit Dining 12:30 Bridge 1:00 Buffalo Canal District** 1:00-3:00 Blood Pressure Screening	09 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Bingo 1:00 Hand & Foot 1:00 Diversity of Islam** 5:00 Yoga	10 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 10:30 Physical Activity & Nutrition ** 11:30 Yoga 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:15 Tai Chi	11 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dance Inter/Advance 11:15 Zumba 10:00 United Health (Medicare Advantage & AARP Supplement) 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 Blue Cross & Blue Shield	12 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 1:00 Roger Hill Sings Classic Country. Limited Seats, last day to pick up your ticket...June 05
15 8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Bocce at Green Lake 10:00 Tap for Fun 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Robert Frost ** 1:00-3:00 Blood Pressure Screening	16 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Haiku of Flowers** 1:00 Bingo, 1:00 Hand & Foot 5:00 Yoga	17 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 10:30 Arthritis & Degenerative Disorders of the Knee** 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:15 Tai Chi	18 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dance Inter/Advance 11:15 Zumba 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group	19 9:00 Pool Shooting 9:00 Ladies Exercise 10:30 Watercolor Painting 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle Tournament
22 8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Tap for Fun 10:00 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	23 9:00 Pool Shooting 9:00 Men's Fitness 9:00 Blue Cross & Blue Shield 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 Bingo 1:00 Hand & Foot	24 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Exercise 10:00 Book Club Meeting 10:15 Beginner Line Dancing 12:00 Stay Fit Dining 1:00 Popcorn & Movie	25 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Tap Dance Inter/Advance 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 AARP Safe Driving Program	26 9:00 Pool Shooting 9:00 Ladies Exercise 10:30 Sing-a-long 12:00 Stay Fit Dining 1:00 Mah Jong & Pinochle 1:00 Pinochle 1:00 Personal Perspectives Presidents ** 1:00 AARP Safe Driving Program
29 8:30 Body Sculpting 9:00 Pool Shooting 9:00 Ladies Exercise 10:00 Blue Cross & Blue Shield 10:00 Bocce at Green Lake 10:00 Tap for Fun 11:00 Chair Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Mind Aerobics 1:00-3:00 Blood Pressure Screening	30 9:00 Pool Shooting 9:00 Men's Fitness 10:00 Bocce at Green Lake 10:30-12:00 Inter Line Dancing 11:00 Club 99 Exercise Program 12:00 Stay Fit Dining 1:00 Presidential Portraits** 1:00 Tai Chi 1:00 Bingo 1:00 Hand & Foot	<p>** Designates Free University Express Program Call 662-6452 to register</p> 		