



Orchard Park Senior Center

70 Linwood Avenue
Orchard Park, NY 14127



JUNE 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



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Notes From Anna

- Here comes June! With the kids starting summer vacation on June 23rd please be extra vigilant when driving. Kids tend to be quick on their feet and on their bicycles. If you are like many grandparents taking care of grandchildren and are looking for something to do, how about a hike at Chestnut Ridge? Playgrounds are always fun, or if it's a hot day, running through the sprinkler! Ah yes, remember the sprinkler? It always cooled you off!
- Father's Day is Sunday, June 19th. Growing up in the 50's many fathers worked more than 40 hours a week. My father was a heavy equipment operator and his work days were often twelve hours long, and six days a week especially in the summer, when construction boomed. He came home tired but not tired enough not to ask how our day was, and to "horse around" with us kids. Summer meant trips to the lake and to the ice cream store. There were many times after supper when we would pester dad into taking us to the Dairy Queen. Though he was tired and drained, he would give into our whining, pile the family in the 1957 Dodge Custom Royal, (the car with the silver wings), and drive to the Dairy Queen for our ten cent cone dipped in delicious chocolate. Life was good. To dad, family came first. My brothers and I would often want to purchase the perfect gift for dad like a new tie, shirt, or socks. But we knew that if we asked dad what he wanted we would get the same answer we got every year, that was to relax and enjoy the family. After all he said, he had everything he wanted; a healthy family. Happy Father's Day to all the fathers, father-in-law's, step fathers and the men who are like fathers.
- There are many people who come and go at the Center and when they move away they leave a void. Philip Kittner who, for the past eight years coordinated the monthly duplicate bridge tournament and taught bridge classes has moved to Mexico to enjoy his retirement. Everyone wishes him well as he starts his new life in Mexico!
- Not a week goes by that I don't see an article on aging. Whether it's managing your diabetes, controlling blood pressure, coloring as a way to relax, etc., the one article that keeps coming to mind is an article on "The Toll of Loneliness" which appeared in the April 3rd issue of *The Week*. A team from Brigham Young University their study found that the US will see a soaring number of loneliness-related health problems in the near future because more people than ever are living alone. "We are predicting a possible loneliness epidemic" the study's co-author Tim Smith tells Science Daily.com. This statement is hard to believe especially in these days of social media, such as Facebook, Twitter, Instagram, and more. Just a reminder that the Senior Center is good medicine in combating this "epidemic."

UNIVERSITY EXPRESS. This program provides classes on current affairs, history, science, the arts, wellness and more. Classes are free and available to seniors 55+ years. Below are the classes offered at the Orchard Park Senior Center. **Call the Center at 662-6452 to register. Pick up a brochure for a complete listing.**

Tuesday May 31, 1:00pm—**Georgia O'Keefe-An American Art Icon Revisited**, Inst. Jean Serusa certified NYS Art Educator

Thursday June 2, 1:00pm —**There's DNA to Prove It: Message from Beyond**, Inst. Jacqueline Lunger, author and psychic medium

Friday June 3, 1:00pm —**Embracing Elderhood: Creating A Plan for Aging**, Instructor, Laurie Menzies, Senior Partner Pfalzgraf, Beinhauer & Menzies

Monday June 6, 1:00pm—**Active Weather in Western New York**, Instructor Jon Hitchcock Senior Forecaster National Weather Service

Monday June 6, 3:00pm —**Discover Buffalo A Street at a Time: Part 2**, Inst. Angela Keppel, Urban planner,

Tuesday June 7, 1:00pm — **Is It Art? The Mid-Century Modern and Minimalist Art**, Inst. Jean Serusa

Thursday June 9, 1:00pm —**Inside the FBI's Most Elite Department**, Instructor Mike Liwicki, retired FBI Special Agent

Thursday June 9, 3:00pm—**Shakespeare's Globe Theatre: Then and Now**, Instructor Linda Drajem, retired professor SUNY Buffalo State

Monday June 13, 3:00pm —**Sunni-Shia Divide: Sectarian Conflict or Power Struggle?** Prof. Faizan Haq SUNY Buffalo

Tuesday June 14, 1:30pm —**1946 Montreal: Home to Two of the World's Greatest Sports Heroes**, Inst. Eileen Angelini, Prof of French Canisius College

Monday June 20, 1:30pm —**Diversity in Israel**, Inst. Maxine Seller, Professor Emeritus, SUNY Buffalo

Monday June 27, 1:30pm —**Donovan's Disciples: The Legend Lives On**, Instructor: Honorable Salvatore Martoche, Judge Salvatore Martoche, Judge, New York Supreme Court Appellate Div.

A Note from Jackie Briggs, Senior Council President

Thank you to everyone who volunteered at the Spaghetti Dinner this past April. Your hard work and dedication to the Council is very much appreciated. 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 on sale for \$8.00 and can be purchased at the Senior Center or the Town Clerk's Office. Please remember that your annual United Way Appeal your donation may be directed to The Senior Council of Orchard Park.

Note: The Council will hold a Fall Luncheon and Vintage Hat Show on Saturday September 10th. For more information check the upcoming newsletter.

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

Tai Chi In the Park (Brush Mountain)

Wednesday July 6—August 24, 11:00am 8 week

Join us for Tai Chi a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome Cost: 30.00.



Tai Chi for Beginners

Thursday June 16—July 21, 1:00-pm

The Center will be offering a 6 week 45 minute beginner Tai Chi. Learn the ten basic moves and what this thousand year form of fitness is all about. Your instructor is Margaret who has been practicing Tai Chi for over ten years Cost: \$25.00

Men's Fitness

May 24—July 28, 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 healthy life by showing up for the men's Fitness Program. Cost for 10 week program is \$40.00.

Ladies Exercise Program Summer Schedule

June 6—August 1 —8 week

August 17—September 30 — 8 week

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, energetic life. Cost 8 week is \$30.00.

Yoga in the Summer - Five Week Program

Wednesday July 6—August 3, 11:30am

Friday July 8—August 5, 9:00am

For those who love yoga and those who want to see what it's all about this summer session is just right. This is a five week program and cost is \$25.00 Sign up today!

Watercolor Painting

Friday May 20—June 24, 10:30am-12:30pm

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

Intermediate/Advanced Tap Dancing

June 02—July 7 Thursday 10:00am

For those seniors with some experience tap dancing, this six week class is for you! Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout. Cost \$25.00

Looking for something to do on the weekend? Check out The Orchard Park Historical Society for a tour of the Jolls House Museum Saturday June 4, June 18, 1-3pm Call 662-2185 for more information.

Relieve Stress through Adult Coloring

Here's a new way to reduce stress. Join us every Tuesday 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 If you don't have supplies, not to worry we'll provide them for you.

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.

June — Let the Great World Spin author Colum McCann

July—When Books Went Off to War author Molly G Manning

August —Faces and Fingertips by Jeff Shober (Jeff will be discussing his book at the August meeting) Books are available in the office.

September—Thomas Jefferson and the Tripoli Pirates by Brian Kilmeade & Don Yaeger

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 June 10, 10:00am. Everyone is welcome!**

It's Time for Bocce!

Couple Team—Monday's at 9:00am—June 20

Mixed Team—Tuesday 9:00am June 21

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

SENIOR SUMMER GAMES

Monday July 11—Friday July 15

Join us for week filled with friendly competition in fun events such as: Minute to Win It, Trivia Daze, Pinochle, Bridge, Euchre, Scrabble, Bocce, Corn Hole Toss, Horseshoes, Ladder Toss, Walking Challenge, Pool Shooting, and new this year, Pickle Ball. All participants receive an award. Registration forms are available June 27 through July 8th, at the Senior Center.

REGISTER FOR THE FOLLOWING PROGRAMS BY CALLING 662-6452

Personal Computer Lesson

Computer lessons designed specifically for you! 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 June 7, 14, 21, & 28, 10:00-11:00am and from 1:00-2:00 and 2:00 to 3:00pm.**

Cost \$5.00 . 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 June 7th, 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.

Free iPhone Class Tuesday June 28th, 1:00pm

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, iPad or Kindle? Free Help

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

Duplicate Bridge Tournament The First Monday of Every Month. Next Tournament is Monday June 6 12:30pm Everyone is Welcome

Winners of May Tournament are:

First Place: Mary Lou Buster and Fred Howe

Second: Carol Colligan—Virginia Sprague

Third Place: Jose F. Justicia-Linde-Maureen Cancilla

Pinocle Tournament is June 17, 1:00pm

Congratulations to the April winners are:

First Place: Stan Minko

Second Place: Chris Colarusso

Third Place: Tom Wazny

Pinocle is played every Friday at 1:00pm

Please register for the May tournament by calling 662-6452 Cash prizes awarded.

Birthday Bash— Friday June 17

If you have a June birthday lets celebrate! Jeanne Zablotzky our Site Manager for the Stay Fit Dining Program invites those who have a June 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

2016-2017 PERFORMANCE

The following shows have been announced for 2016

Finding Neverland,

Wednesday October 12, 7:30pm performance

Finding Neverland tells the incredible story behind one of the world's most beloved characters: Peter Pan. Finding Neverland will launch its first national tour at Shea's Buffalo Theatre. **Cost TBA Sign Up June 28**

An American in Paris

Sunday November 13, 2:00pm performance

The most awarded new musical of 2015. This is the romantic story about an American soldier, and a mysterious French girl each yearning for a new beginning in the aftermath of war. Cost TBA

2017 Performances: 42nd Street

Sunday January 22, 2:00pm performance

42nd Street is the song and dance fable of Broadway, with some of the greatest songs ever written, including "Shuffle Off To Buffalo" "Dames" and more. Cost TBA

Cabaret

Wednesday April 26, 7:30 performance

Buffalo Philharmonic Orchestra

Percussion Superstar Stewart Copeland

Friday October 28, 10:30 performance

Liszt, Les Preludes, Stewart Copeland Tyrant's Crush Shostakovich symphony No. 9th. The bus will leave from the Center at 8:30am with lunch at Templeton Landing. Cost including transportation, concert and lunch is \$70.00. Registration with payment starts August 2nd.

John Morris Russell's Holiday Pops

Friday December 16, 10:30am. More info to follow.

Classical Christmas

Friday December 9, 10:30am 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.

Discovering Buffalo

Waterfront and Canal Side Tour—Thursday July 21

Join us Thursday July 21st for a tour of 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 and have lunch on your own at any of the restaurants such as, The Liberty Hound, The Hatch, 716, or Tim Hortons. The bus departs from the Center at 9:15am and return approximately 3:00pm Cost is \$20.00. Space is limited, last day to sign up is June 30th.

Coming Up...

Brian On The Piano

Friday June 17th, 1:30pm

Back by popular demand is this gifted pianist who is very entertaining. If you missed him last December here's your opportunity to enjoy an afternoon of great music. Following the performance, fresh strawberry shortcake will be served. Cost \$3.00. Last day to purchase ticket is June 10th.

Celebrate the Fourth with Maria Angelova

Friday July 1st, 1:30pm

An accomplished singer who has performed many times with the Big City Horns will be at the Senior Center. Maria will be performing many patriotic tunes along with contemporary songs. Refreshments served after performance. **Pick up your free ticket starting June 2nd.**

Baseball Outing Friday August 26, 7:00pm

For the past 19 years Mark Stevens of Mark Stevens Financial LLC in Orchard Park has been sponsoring a baseball outing as a tribute to his mother who dies of Alzheimer's. This year we will be attending an evening game on August 26th. Everyone will meet at the Center at 6:00pm and be bused to the game. Cost for this event is \$10.00; tickets are limited and go on sale June 16.

Sing-A-Long—June 24, 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.



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:

Wednesday June 1, from 10:00-12:00noon

Blue Cross and Blue Shield Information

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

Monday June 13, from 10:00-12:00noon

Monday June 27, from 10:00-12:00noon

EPIC

Thursday June 9th, 10:00-12:00am

Do you have questions or concerns regarding your EPIC plan? If so a representative from Epic will be at the Center from 10:00-12:00noon to answer any question or concerns you may have.

Elder Law Day—Thursday June 16, 2016; 8:am-2pm Adam's Mark Hotel—Free

Seminars presented by Top Elder Law Attorneys on legal issues of interest to Older Adults, family caregivers and aging services.

Register for Elder Law Day at <https://www.eventbrite.com/e/elder-law-day-registration-24819731485> or at (716)858-7532. (5\$ donation requested at check-in)

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:

June 2—Carrabba's— For more information contact Dixie at 674-9348.

Thursday July 7, Public House —Joy Turner is the contact person, she can be reached at 675-6258

August—Lucia Restaurant (former McKenzie's)

The next meeting is Tuesday June 7th 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—June 2016
Phone 662-8378 for reservations.**

Wed 01	Roasted chicken thigh, Spanish rice, Brussel sprouts, cinnamon pears
Thurs 02	Turkey w/ gravy, squash, peas, oat bran muffin, mandarin oranges, - Salad bar
Fri. 03	Lasagna roll, spinach & mushrooms, cantaloupe
Mon 06	Chicken & sausage, Jambalaya casserole, corn, sugar cookie
Tues 07	Sliced ham, lazy pierogi, mashed squash, strawberry Bavarian
Wed 08	Soup & Sandwich Sloppy joe, vegetable soup carrots, peach & Pear cup
Thurs 09	Boneless chicken breast, potatoes, spinach, chocolate cake, Salad Bar
Fri 10	Breaded fish, broccoli, cheese, rice casserole, confetti coleslaw, ambrosia
Mon 13	Shredded pork, browned potatoes, mashed squash, chocolate pudding
Tues 14	Flag Day Lunch Chicken breast, mashed potatoes, glazed carrots, vanilla ice cream
Wed 15	Salad Entrée Tuna Pasta Salad, apple juice, frosted yellow cake
Thurs 16	Chicken parmesan, penne pasta w/tomato sauce, green beans, fresh fruit, Salad Bar
Fri 17	Father's Day Lunch Bone-in Pork chop, peas & carrots, warm apples & cranberries, chocolate cream pie
Mon 20	BBQ Hamburger, red potatoes, confetti coleslaw, fruit delight cookie
Tues 21	Goulash casserole, broccoli, fresh fruit
Wed. 22	Sliced ham, sweet potatoes, cauliflower, strawberry Bavarian
Thur. 23	Cheese stuffed shells w/ meat sauce, peas & carrots, chocolate cake, Salad Bar
Fri. 24	Turkey vegetable casserole, mashed potatoes, biscuit, tropical fruit
Mon 27	Knockwurst w/sauerkraut, home fries, spinach, pineapple tidbits
Tues 28	Boneless chicken breast , lima beans bake, fruited gelatin
Wed 29	Turkey w/gravy, bread stuffing, mashed potatoes, green beans, chocolate chip cookie
Thurs 30	Chili con carne, rice, carrots, pudding, Salad Bar

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.



June 1, Grandma—starring Julia Garner, Lily Tomlin. A septuagenarian poet is drawn back into the life of her workaholic daughter and teenage granddaughter to help deal with an unplanned pregnancy. Comedy

June 8, Misconduct —starring Anthony Hopkins, Josh Duhamel, Al Pacino A lawyer attempts to bring an unethical pharmaceutical executive to justice for manipulating drug trials. Drama

June 15, Suffragette —starring Carey Mulligan, Helena Bonham. A working-class laundress in the 19th century London becomes radicalized when she meets women organizing to obtain the vote. Drama

June 22, Hail Caesar! —starring George Clooney, Josh Brolin. An all-star comedy set during the latter years of Hollywood's Golden Age. Comedy

June 29, 13 Hours: The Secret Soldiers of Benghazi —starring John Krasinski, Toby Stephens When everything went wrong, six men had the courage to do what was right. Drama/Action

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 23 and Friday, June 24
And
Thursday, July 28 and Friday July 29
(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
 <p>9:00 Pool Shooting 9:00 Ladies Exercise 11:00 Chair Yoga 12:00 Stay Fit Dining 12:30 Bridge Tournament 1:00 Active Weather in WNY *** 3:00 Discovering Buffalo, One Street at a Time P1 2*** 1:00-3:00 Free Blood Pressure Screening</p>	<p>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/ Dominos 1:00 Acrylic Paint 1:00 Is it Art?*** 6:30 Zumba</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dance 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi</p>	<p>9:00 Pool Shooting 9:00 Men's Fitness 9:45 Tap Dancing/Inter. 11:00 Zumba 11:00 Club 99 Exercise Prog. 12:00 Stay Fit Dining 1:00 There's DNA to Prove It: Message from Beyond *** 1:00 Knitters Group</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Yoga 10:30 Watercolor Painting 12:00 Stay Fit Dining 1:00 Embracing Elderhood ** 1:00 Mah Jong 1:00 Pinochle</p>
<p>9:00 Pool Shooting 9:00 Ladies Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:00 Our Adirondack State Park Sunni-Shia Divide*** 1:00-3:00 Free Blood Pres. Scm.</p>	<p>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 1:30 1946: Montreal: Home to Two Greatest Sports Heros 1:00 Bingo/Hand & Foot/Dominos 1:00 Acrylic Paint 1:00 Adult Coloring 6:30 Zumba</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginner Line Dancing 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:00 Sketch Class 1:15 Tai Chi</p>	<p>9:00 Pool Shooting 9:00 Men's Fitness 9:45 Tap Dancing/Inter 11:00 Zumba 12:00 Stay Fit Dining 1:00 Knitters Group</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 10:30 Watercolor Painting 12:00 Stay Fit Dining 12:30 June Birthday Bash 1:00 Mah Jong 1:00 Pinochle Tournament</p>
<p>9:00 Pool Shooting 9:00 Ladies Exercise 12:00 Stay Fit Dining 12:30 Bridge 1:30 Diversity in Israel *** 1:00-3:00 Blood Pressure Screening</p>	<p>9:00 Pool Shooting 9:00 Men's Fitness 9:00 Mixed Bocce at Grn Lake 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 6:30 Zumba</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 9:30 Mixed Bocce at Grm 10:15 Beginner Line Dancing 12:00 Stay Fit Dining 1:00 Popcorn & Movie 1:15 Tai Chi</p>	<p>9:00 Pool Shooting 9:00 Men's Fitness 9:45 Tap Dancing/Inter 11:00 Club 99 Exercise Prog 12:00 Stay Fit Dining 1:00 Knitters Group 1:00 AARP Defensive Driving Class</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 10:30 Watercolor Painting 12:00 Sing A-Long 12:00 Stay Fit Dining 1:00 Mah Jong 1:00 Pinochle 1:00 AARP Defensive Driving Class</p>
<p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Couples Bocce at Green Lake 12:00 Stay Fit Dining 12:30 Bridge 1:30 Donovan's Disciples*** 1:00-3:00 Blood Pressure Screening</p>	<p>9:00 Pool Shooting 9:00 Men's Fitness 9:00 Mixed Bocce at Grn Lake 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 1:00 Adult Coloring</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Men's Fitness 10:15 Beginners Line Dancing 12:00 Stay Fit Dining 1:00 Movie & Popcorn 1:00 Sketching 1:15 Tai Chi</p>	<p>9:00 Pool Shooting 9:00 Men's Fitness 9:45 Tap Dancing Intern 11:00 Club 99 Exercise Prog 12:00 Zumba 12:00 Stay Fit Dining 1:00 Knitters</p>	<p>9:00 Pool Shooting 9:00 Ladies Exercise 10:30 Watercolor Painting 12:00 Stay Fit Dining 1:00 Pinochle 1:00 AARP Defensive Driving Class</p>

***Designates University Express Program., Call 662-6452 to register.