Celebrate Grandparents Day
September 13,
Notes From Anna

⇒ Hello, can you believe it’s September? Where has the summer gone? Labor Day is September 7th, Autumn begins September 23rd, kids are back in school September 03 and Grandparents Day is September 13th. With three amazing grandchildren and another on the way, being a grandparent is very rewarding. Having them instruct you how to use a cell phone or the roku (similar to a remote for your television), or the Ipad is humbling yet rewarding to know that they are so knowledgeable, curious and willing to learn. President Jimmy Carter in 1978 signed a federal proclamation declaring the first Sunday after Labor Day as National Grandparents Day. In 2013 according to the US Census Bureau, 7.2 million grandparents had grandchildren under the age of 18 living with them. In the same year 2.7 million grandparents were responsible for the basic needs of one or more grandchildren under age 18 living with them. Of the 2.7 million, 1.7 were grandmothers and 1.0 million were grandfathers. We grandparents definitely impact our grandchildren’s lives, and to seize every opportunity to interact with them, (especially at an early age) will have a positive influence. To share your stories of growing up without cell phone, computers or electronic devices gives these kids a sense of curiosity of days gone by. If you’re not a grandparent, I’m sure you have wonderful memories of your grandparents and how they impacted your life. Happy Grandparents Day to all!

⇒ Have you noticed the beautiful flower boxes as you entered the building? Lois and Ray Steck have a green thumb. Do you often wondered where some of these idioms originated? Browsing through the Dictionary of Idioms there it was. Have you noticed the beautiful flower boxes as you entered the building? Lois and Ray Steck have a green thumb. Meaning: having a special talent for making flowers and green plants grow well. Okay, but how about Green Thumb: The origin comes from rubbing green plants or parts of green plants between your fingers the green pigment of plants would rub off. Therefore, if a person loves gardening, and Lois and Ray definitely do, they both have a “green thumb”.

Discovering Buffalo

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 your spot is September 1st.

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

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

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

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, and 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 this office can help you become an educated consumer.

VNA Immunization Program
Friday October 2, 9:00am-2:00pm
VNA personnel will be administering flu and pneumonia shots on Friday October 2nd at the Center. The following insurance is accepted: Medicare Part B, Univera, Independent Health, Blue Cross and BlueShield. Contact the Center at 662-6452 between 9:00am and 3:00pm to make an appointment.

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 on 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.
at
Zebbes Deluxe Grill & Bar
3349 Southwestern Blvd, Orchard Park
Tickets: $6.00
Available at the Orchard Park Senior Center

Open House Mocktail Party
Featuring
Jack Civiletto Sings Sinatra
At the Orchard Park Senior Center
Saturday October 17, 2:00-5:00pm
Tickets: $5.00—available August 24th at the Orchard Park Senior Center

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.
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

Ladies Exercise Program
October 9—December 23
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 for the 10 week program is $40.00

Yoga
Wednesday 11:30am September 9-November 18
Friday 9:00am, September 11—November 20.
Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching. Cost for each ten week program is $35.00. Cost for both Wednesday and Friday class is $55.00

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 healthy life by showing up for the Men’s Fitness Program. Cost for 10 week program is $40.00.

Intermediate/Advanced Tap Dancing
September 10—October 29
Thursday —10:00am-11:00am
For those seniors with some experience tap dancing, this eight week class is for you! Learn to tap to some of the great Broadway tunes as you burn calories, and get an aerobic workout while tapping. Cost $30.00

Chair Yoga Wednesdays
September 16-November 4, 2:30-3:30pm
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. Cost: $30.00—8 week

Zumba is Back!
Thursday 11:15am September 10 - October 29
Tuesday 6:30-7:30pm September 15-November 3
Zumba is the best dance and workout routine you'll ever do. Latin dances such as the samba, meringue, salsa, and various types of music will help you dance your way into a healthy lifestyle. Eight week program: $30.00

Tap Dancing For Fun
Monday September 14, Nov. 23 10:00-11:00am
This class is designed for those who want to learn to tap dance, or who have previously tap danced and want to tap again. Cost for 10-week class is $20.00

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.

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 Zevin
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.

Stressed?
What is Mindfulness-Based Stress Reduction (MBSR). MBSR is a program that offers instructions in mindfulness meditation practices for working with chronic pain, illness, and stress. Find out more at this orientation session on Tuesday September 15, at 1:00pm at the Orchard Park Senior Center.
**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 September 1, 8, 15, 22, and 29. 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 iPad Class**

For the new (or not so new) iPad user, sign up for a one hour FREE class Tuesday September 1st, 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.

**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.

**Cell Phones**

Interested in learning more about Smart Phones, I Phone, phones and their operations? Contact the Center at 662-6452.

**Duplicate Bridge Tournament**  The First Monday of Every Month.  Next Tournament is Monday September 14, 12:30pm

Congratulations to the August winners:
First Place; MaryAnn Martin and Gerri Moog
Second Place: Marylou Buster and Melanie Wolski
Third Place: Carol Colligan and Mimi Vitale

**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.

**Sing-A-Long—**

Friday September 25 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.

**Beginner Line Dancing** Every Wednesday at 10:15am. instructor is Lois Steck. Cost $2.50 pay as you go. Come join the fun!

**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.
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. **Last day to pick up your free ticket August 28th.**

**Roger Hill Sings Classic Country**  
**Friday October 9, 1:30pm**  
Classic Country Songs are American as apple pie. Roger Hill will return to entertain us with some of the great Country Songs. Delicious apple pie will be served following the performance. **Tickets $3.00 on sale September 8th.**

**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. 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 September 18th, 1:00pm Everyone is welcome!**

**For Your Info:**

**Blue Cross & Blue Shield:** A representative will be at the Senior Center on 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 October 23 from 10:30-11:30 Karen Olsen will give a formal presentation on Medicare Plans for 2016.

**Fidelis Care NY**  
Tara Koscieszki Medicare Sales Representative will be at the Center on Tuesday October 13 from 10:00am-12:00noon to answer any questions you may have concerning Fidelis Care NY.

**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 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 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:

**September 3rd, The Old Orchard Inn**—Jackie Briggs is the contact person and can be reached at 662-3982.

**October 1, TBA**  
The next meeting is **Tuesday September 1st. 10:00am at the Orchard Park Senior Center Everyone is welcome!**

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

We’re on FACEBOOK—Check us out …Orchard Park Senior Center

**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 a meeting Wednesday September 9th, at 10:30am at the Orchard Park Senior Center.
<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 01</td>
<td>Diced pork w/gravy, brown rice, cauliflower, fruit</td>
</tr>
<tr>
<td>Wed 02</td>
<td>Turkey vegetable casserole, mashed potatoes, biscuit, butterscotch pudding</td>
</tr>
<tr>
<td>Thurs 03</td>
<td>Veal parmesan, pasta &amp; tomato sauce, carrots, chef salad, tropical fruit cup</td>
</tr>
<tr>
<td>Fri 04</td>
<td>Labor Day Picnic BBQ chicken, coleslaw, corn, roll, yellow cake w/sprinkles</td>
</tr>
<tr>
<td>Mon 07</td>
<td>Labor Day Senior Center Closed</td>
</tr>
<tr>
<td>Tues 08</td>
<td>Goulash casserole, mixed vegetables, Italian bread, fruit</td>
</tr>
<tr>
<td>Wed 09</td>
<td>Knockwurst w/sauerkraut, home fries, broccoli, peanut butter bar</td>
</tr>
<tr>
<td>Thurs 10</td>
<td>Sliced roast turkey w/gravy, mashed potatoes, carrots, vanilla pudding</td>
</tr>
<tr>
<td>Fri 11</td>
<td>Ham steak w/maple sauce, sweet potatoes, peas, roll, fruit cup</td>
</tr>
<tr>
<td>Mon 14</td>
<td>Sloppy joe w/wheat roll, green beans w/peppers, peaches</td>
</tr>
<tr>
<td>Tues 15</td>
<td>Julienne salad, orange pineapple velvet</td>
</tr>
<tr>
<td>Wed 16</td>
<td>Boneless chicken breast w/gravy, mashed potatoes, carrots, bread, fruit</td>
</tr>
<tr>
<td>Thurs 17</td>
<td>Meatloaf, w/Swiss gravy, au gratin potatoes, Brussel sprouts, roll, oatmeal cookie</td>
</tr>
<tr>
<td>Fri 18</td>
<td>Turkey medallions w/gravy, sweet potatoes, seasoned cabbage, cornbread, fig bar</td>
</tr>
<tr>
<td>Mon 21</td>
<td>Country fried steak w/gravy, mashed potatoes, corn, roll, fruit cocktail</td>
</tr>
<tr>
<td>Tues 22</td>
<td>Chicken macaroni cheese casserole, cauliflower, spinach, bread, fruit</td>
</tr>
<tr>
<td>Wed 23</td>
<td>Breaded pork loin w/gravy, Spanish rice, carrots, spice cake w/cream cheese frosting</td>
</tr>
<tr>
<td>Thurs 24</td>
<td>Beef cubes w/gravy, au gratin potatoes, broccoli, roll, fruit delight cookie</td>
</tr>
<tr>
<td>Fri. 25</td>
<td>Vegetable strata w/cheese sauce, scalloped apples &amp; cranberries, peas, peach &amp; pear cup</td>
</tr>
<tr>
<td>Mon 28</td>
<td>Stuffed shells w/meat sauce, cauliflower, green beans, bread, pineapple</td>
</tr>
<tr>
<td>Tues 29</td>
<td>Oven baked chicken thigh w/stuffing, red potatoes, broccoli, butterscotch pudding</td>
</tr>
<tr>
<td>Wed 30</td>
<td>Sweet &amp; Sour pork over brown rice, corn, chef salad, molded sunset</td>
</tr>
<tr>
<td>Oct</td>
<td>Hamburger w/gravy &amp; roll, mashed potatoes, seasoned spinach, rice Krispy squares</td>
</tr>
<tr>
<td>Thurs 01</td>
<td>Chicken Jambalaya casserole, peas &amp; carrots, roll, fresh fruit</td>
</tr>
</tbody>
</table>

**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.**

**September 2, —5 Flights Up** —Starring Diane Keaton, Morgan Freeman. In this bittersweet comedy set in the cutthroat world of New York real estate, old married couple make plans to sell their Brooklyn property and move to Manhattan, only to discover that relocating is never simple. Comedy

**September 9, —Hot Pursuits** —Starring Reese Witherspoon, Sofia Vergara. A bumbling police officer is assigned to protect the widow of a drug dealer from corrupt cops and criminals who want her dead. Comedy

**September 16—The Butler** - Starring Forest Whitaker, Oprah Winfrey. Inspired by a true story. Cecil Gaines, a devoted husband, father and White House butler served seven presidents during some of the most defining moments of the 20th Century. Drama

**September 23 —Love & Mercy** —starring Paul Dano, Paul Giamatti. Behind the fun fun fun of the Beach Boys was the fascinating and genius singer/songwriter Brian Wilson. —Drama

**September 30 —Far From the Madding Crowd** —starring Carey Mulligan This is Thomas Vinterberg's adaptation of Thomas Hardy’s beloved novel about an independent woman who in Victorian times was pursued by a trio of disparate suitors. Romance

---

**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, September 24 and Friday September 25**

**And**

**Thursday October 29 and Friday October 30**

(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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
</tr>
<tr>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
</tr>
<tr>
<td>9:00  Ladies Exercise</td>
<td>9:00  Ladies Exercise</td>
<td>9:00  Ladies Exercise</td>
<td>9:00  Ladies Exercise</td>
<td>9:00  Ladies Exercise</td>
</tr>
<tr>
<td>9:30-12:00  Men's Fitness</td>
<td>10:00  Club 99 Exercise Program</td>
<td>10:00  Club 99 Exercise Program</td>
<td>9:30-12:00  Men's Fitness</td>
<td>9:30-12:00  Men's Fitness</td>
</tr>
<tr>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
</tr>
<tr>
<td>1:00  Bingo/Hand &amp; Foot Dominoes</td>
<td>1:00  Pinochle Tournament</td>
<td>1:00  Pinochle Tournament</td>
<td>1:00  Pinochle</td>
<td>1:00  Pinochle Tournament</td>
</tr>
<tr>
<td>2:30  Chair Yoga</td>
<td>3:30  Bridge Tournament</td>
<td>3:30  Bridge Tournament</td>
<td>3:30  Bridge Tournament</td>
<td>3:30  Bridge Tournament</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
<td><strong>MONDAY</strong></td>
</tr>
<tr>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
</tr>
<tr>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
</tr>
<tr>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
</tr>
<tr>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
</tr>
<tr>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
</tr>
<tr>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
</tr>
<tr>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
</tr>
<tr>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
</tr>
<tr>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
</tr>
<tr>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
</tr>
<tr>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
</tr>
<tr>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
</tr>
<tr>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
</tr>
<tr>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
</tr>
<tr>
<td>11:30  Yoga</td>
<td>11:30  Yoga</td>
<td>11:30  Yoga</td>
<td>11:30  Yoga</td>
<td>11:30  Yoga</td>
</tr>
<tr>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
</tr>
<tr>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
</tr>
<tr>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
</tr>
<tr>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
<td>9:00  Pool Shooting</td>
</tr>
<tr>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
<td>9:00  Men's Fitness</td>
</tr>
<tr>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
<td>10:00  Tap Dancing/Inter</td>
</tr>
<tr>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
<td>11:00  Club 99 Exercise Program</td>
</tr>
<tr>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
<td>12:00  Stay Fit Dining</td>
</tr>
<tr>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
<td>1:00  Mah Jong</td>
</tr>
<tr>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
<td>1:15  Popcorn &amp; Movie</td>
</tr>
</tbody>
</table>