September is Senior Center Month

Visit your Senior Center and see all that it has to offer.

Senior Centers are experts at Living Well!

Orchard Park Senior Center
70 Linwood Avenue
Orchard Park, NY 14127

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
Debbie Santiago
Notes From Debbie

I would like to give a big thank you to Mark Stevens for his generous donation to the center. Mark Stevens Financial LLC provided tickets to the Bison’s baseball game. Mark has been sponsoring a baseball outing as a tribute to his mother who passed of Alzheimer’s. There have been many changes in office staff with the retirement of Anna and Charlotte in July. I would like to introduce and welcome Maria Galley. Maria filled the position of Program Coordinator / Office Assistant on August 16th. Welcome Maria!

September is National Senior Center Month. Please take advantage of the classes and events being offered. We have added a few new classes to our already busy class schedule such as acrylic art, sketching, evening exercise classes and Spanish to name a few. Also, check the newsletter for the date and time for our upcoming Apple Fest and our “Family Feud” afternoon. Both events you are sure to enjoy.

Save the Date: New Year’s Party at Salvatore’s Italian Gardens Thursday, December 29th

The Science of Song

Friday, September 2nd at 1:30 pm
Danielle DiStefano will touch upon the history of music from the first musical instrument 42,000 years ago, as well as an insider’s look behind centuries-old traditions and singing techniques. The presentation includes slides, multimedia clips, live singing, interactive activities and demonstrations of rudimentary operatic technique. Please register in the office.

EPIC

Wednesday, September 14th 10:00am-12:00pm
Elderly Pharmaceutical Insurance Coverage Program provides seniors with co-payment assistance for Medicare Part D covered prescription drugs after any Part D deductible is met. EPIC also covers many Medicare Part D excluded drugs. To learn more stop in and talk to their representative.

Mindfulness-Based Stress Reduction Orientation Session

Wednesday, September 14th at 2:00 pm
Mindfulness is about becoming fully aware of our lives in the moment without judgement. Annette DeNies, a Mindfulness Instructor and Mindfulness-Based Stress Reduction teacher will discuss the upcoming eight week class session 9/28—11/16. All planning on participating in the upcoming 8 week course are highly encouraged to attend. Please register in the office.

Apple Fest

Monday, September 19th at 1:30 pm
Let’s celebrate the Fall season with an apple dessert and entertainment by Roger Hill. Roger will entertain us with the great country songs. Tickets are $3.00, available to purchase Thursday, September 1st.

VNA Immunization Program

Friday, September 23rd 9:00am—2:00pm
VNA personnel will be administering flu and pneumonia shots on Friday, September 23rd at the Center. The following insurance is accepted: Medicare Part B, Univera, Independent Health, Blue Cross and Blue Shield. Contact the Center at 662-6452 to make an appointment.

Sing-A-Long

Friday, September 30th at 10:30 am
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.

Family Feud

Friday, September 30th at 1:30 pm
Today, join your hosts Debbie & Maria as we play the popular gameshow Family Feud. Everyone will get a chance to join a “family” and compete to name the most popular responses to survey questions. Please register in the office.

A Note from Jackie Briggs, Senior Council President

The council is very excited about our upcoming fundraisers:

Afternoon Tea ala Français

Saturday, September 10th at Noon
Tickets still available — I hope to see you there!

20th Anniversary Mocktail Party

Saturday, October 15th 2:00 - 5:00 pm
Featuring Brian Maciolek

At the Orchard Park Senior Center.
Tickets: $15.00 - Available from Jackie Briggs or the Senior Center now through Friday, October 14th.

The Senior Council of Orchard Park has hired a professional fundraiser, Jack Kearns & Associates. I hope to help make the Community Activities Center a reality for all of Orchard Park.

Bocce at Green Lake

Couple Team—Every Monday at 9:00am
Mixed Team—Every Tuesday at 9:00am
Weather permitting will continue at Green Lake.

Pickle Ball

Every Tuesday 9:30—11:30am
Pickle Ball is the hottest game around. Similar to tennis but played at a more relaxed pace with a whiffle ball and a racquet similar to a squash paddle. Pickle ball will be played at the South Towns Tennis Center. Please contact the Senior Center for more information 662-6452.
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

Advanced Tai Chi
Wednesday September 7th - October 26th
1:00 pm  8 week session
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.

Men’s Fitness
July 26th — September 29th
Tuesday, Wednesday & Thursday 9:00-10:00 am
Cost for 10 week program is $40.00.

Ladies Exercise Program
August 3rd — September 30th — 8 week
Monday, Wednesday and Friday  9:00-10:00 am
Cost is $30.00 for an 8 week session.

Chair Yoga
Monday, September 26 — Nov. 21st at 10:45am
Jane Schmitt a Registered Yoga Teacher has been
teaching yoga to a variety of ages and skill levels for eight
years. While sitting in a chair Jane will teach you the
proper techniques of stretching, breathing and relaxation.
Cost: $30.00 8 week session.

Zumba
Thursday, September 15—Nov. 3rd at 11:00 am
This 8 week program is one of the best dance and
workout routine you’ll ever do. Latin dances such as the
samba, merengue, salsa and various types of music are
used will help you get physically fit. Cost: $30.00.

Yoga
Wednesday, Sept. 14 – Nov 16th at 11:30am
Friday, Sept. 16—November 18th at 9:00am
The Center is offering a Wednesday and Friday Yoga
class for those who want to improve their balance,
flexibility and relieve stress. Cost $35.00 10 week session.

Watercolor Painting Class
Friday, August 5—September 9     10:30-12:30pm
Friday, September 16th —October 21st
Students will learn the basics of a wash, dry brush
technique, wet into wet etc. Class size is limited. Students
must pick up a supply list from the office. Sharon Orendorf
is the instructor. Cost: $25.00.

Beginner Tai Chi
Thursday September 8th — October 27th
1:00—1:45pm  Cost: $30.00
Learn how Tai Chi can help you reduce falls and
help control your balance, improve your balance and
help tone your muscles. This class is for beginners.
Cost $30.00.

Beg. Line Dance Every Wednesday at 10:15 am
Inter. Line Dance Every Tuesday at 10:30 am
Instructor is Lois Steck. Cost is $2.50 pay as you go.

Men’s Yoga
Tuesday, September 13th—November 1st 3:45 pm
The Center is offering a Tuesday afternoon men’s yoga
class for those who want to improve their balance, flexibility
and relieve stress. Cost $30.00 for an 8 week session.

Tuesday Evening Yoga
Tuesday, September 13th—November 1st at 5:00 pm
This 8 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.
Cost $30.00 for an 8 week session.

Tap Dancing For Fun
Monday, Sept. 12th — November 7th    9:30 am
Rene’s back, and it's time to dance. That's tap dancing!
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 8 week session is $20.00

Español OtraVez! Spanish Again!
Monday, September 19th—Nov. 21st at 1:00 pm
The class is designed to help the individual learn more
about the world’s second most popular language, and to
learn and enjoy many aspects of Spanish culture in the
USA and the rest of the world. Cost for an eight week
session is $30.00  Teacher is certified and has many
years of teaching experience.

Acrylic Painting Class
Tuesday, September 27—November 1st      1:00 - 3:00pm
Six weeks of instruction in water based acrylic painting.
Learn proper application of paint, blending layering,
scumbling and palette knife techniques.
Students must pick up a supply list from the office.
Sharon Orendorf is the instructor. Cost: $25.00.

Sketching with Sharon
Wednesday, Sept. 28 — November 2nd     1:00 - 3:00 pm
Six weeks of class covering perspective, proportion,
shading and layout. Students will draw from still-life and
photo reference. Students must pick up a supply list from
the office. Sharon Orendorf is the instructor. Cost: $25.00.

Tuesday Evening Zumba
Tuesday September 13—November 3rd     6:30 pm
This 8 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.
Cost $30.00 for an 8 week session.

Intermediate Tap Dance
Thursday, Sep. 15th — November 3rd 10:00 am
Trish will teach a class that is designed for those who are
advanced tap students. Cost for 8 week session is $30.00

Join Club 99 Tuesday & Thursday at 10:45 am
The Erie County Dept. of Senior Services and Senior
Nutrition Program have teamed 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. Everyone is welcome.
Personal Computer Lesson
Tuesday, September 6th and September 27th
10:00-11:00am, 1:00-2:00 and 2:00 to 3:00pm.
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.
Cost is $5.00 per class.

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 iPad Class
Tuesday, September 6th, 1:00—2:00 pm
For the new (or not so new) iPad user. Learn some neat and useful tips and tricks for your iPad such as customizing Safari browsing and Siri. Prior experience is NOT required.

FREE iPhone Class
Tuesday, September 27th, 1:00 pm—2:00 pm
The last Tuesday of the month from 1:00pm-2:00pm the senior center will be offering a FREE iPhone class.
Space is limited.

Please Note: The Senior Center offers wireless WiFi.
You are welcome to use the Computer Lab when classes are NOT in session.

Duplicate Bridge Tournament
First Monday of Every Month

Next Tournament is
Monday, September 12th at 12:30 pm
Everyone is Welcome! Winners of August Tournament:
First Place: Carol Culligan & Virginia Sprague
Second Place: Jose Justicia-Linde & Maureen Cancilla
Third Place: Mary Ann Martin & Gerry Moog

Pinochle Tournament
September 16th at 1:00pm
Pinochle is played every Friday at 1:00 pm
Congratulations to the July Senior Game winners:
First Place: Angelo Gangemi
Second Place: Michael Dorobiala
Third Place: Gerry Moog

Mah Jong Fridays at 1:00 pm
Beginners and those who are interested in learning Mah Jong are invited.

Birthday Bash
Friday, September 16th at 12:30pm
If you have a August birthday lets celebrate! Jeanne Zablotskyy our Site Manager invites those who have a September birthday to submit a photo of yourself in your younger days, along with a short story describing a memorable event. Everyone will enjoy a delicious birthday dessert. Join Us!

SQL SELECT newsletterText FROM newsletter WHERE newsletterId = 1

NEWSLETTER IS ON LINE.
Go to townoforchardparkny.org click on Senior Center and click on Newsletter, it’s that easy!

Shea’s Performing Arts
2016-2017 PERFORMANCE
Finding Neverland
Wednesday, October 12th, 7:30 pm performance
Finding Neverland tells the incredible story behind one of the world’s most beloved characters: Peter Pan.
Cost $69.00 includes transportation from Senior Center. Sign up by Monday, September 26th.

An American in Paris
Sunday, November 13th, 2:00 pm 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 $73.50 includes transportation from Senior Center. Sign up by Monday, October 3rd.

2017 PERFORMANCES:
42nd Street
Sunday, January 22nd, 2:00 pm performance
Cabaret
Wednesday, April 26th, 7:30 pm performance
** More information to follow **

Buffalo Philharmonic Orchestra
Percussion Superstar Stewart Copeland
Friday, October 28th, 10:30 am performance
The bus departs the Center at 8:30 am with lunch at Templeton Landing. Cost including transportation, concert and lunch is $70.00. Sign up starts August 2nd.

Classical Christmas
Friday, December 9th, 10:30am performance
The bus departs the Center at 8:30 am with lunch at Lafayette Room. Cost including transportation, concert and lunch is $70.00. Sign up starts September 6th.

John Morris Russell’s Holiday Pops
Friday, December 16th, 10:30 am performance
The bus departs the Center at 8:30 am with lunch at Curly’s. Cost including transportation, concert and lunch is $70.00. Sign up starts September 6th.

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.

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.
**Coming Up...**

**Free** Health Enrichment Programs **Free**

Live a happier healthier life by attending the following programs brought to you by BC/BS of Western New York

Talking to Your Doctor

Thursday, September 1st at 1:00 pm

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

Please register at the office.

Hot Topics: Organic Foods

Thursday October 6th at 1:00 pm

Have you been thinking about going organic? This seminar will help you decide if organic is right for you. We’ll clarify the definitions and standards, weigh the pros and cons, and talk about ways you can save money.

Please register in the office.

Dinner & An Evening with Amelia Earhart

Tuesday, October 4th at 4:30 pm

Following a German inspired meal (knockwurst, german potato salad, carrots, beverage and dessert) meet Amelia Earhart. Denise Reichard will bring Amelia Earhart to life with her creative dramatic portrayal.

Cost for the evening is $10.00.

Tickets available Tuesday, September 6th.

Buffalo Zoo Tour

Thursday, October 13th 12:30 pm — 5 pm

Take a docent led tour of the Buffalo Zoo. Following the tour you will have free time to walk the zoo and visit the three new lion cubs born May 12th. Cost is $13.00 which includes transportation, zoo admission and tour.

Calligraphy Six Week Class

Monday, October 17th — November 21st 9:00—11:00 am

This class covers the basics of Italic and Uncial Alphabets. You will learn to form a beautiful flowing hand — the Art of Fine Writing. Instructor will demonstrate proper form and slant. Students must pick up a supply list from the office.

Sharon Orendorf is the instructor. Cost: $25.00.

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

October — The Last Goodnight: A World War II Story of Espionage by Howard Blum

November — Barkskins by Annie Proulx

There is no fee to join the Book Group. Members are encouraged to read the book prior to attending the meetings. Everyone is welcome to join the discussion.

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**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 St. Bernadette’s Church 5930 South Abbott Rd. Orchard Park President is Arlene Schlierf and can be reached at 649-5845. For trip information, contact Shirley Doyle at 632-0197

**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.

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**Orchard Park Senior Center Dinner Club**

The Orchard Park Senior Center Dinner Club welcomes new participants. For information contact the Senior Center at 662-8452. Join us for the following dinner outings:

Thursday, September 1st—Russell’s Steaks House

Contact person is Jackie Briggs at 662-3982.

Thursday, October 6th, —Daniel’s Restaurant

Contact person is Jackie Briggs at 662-3982.

The next meeting is Tuesday, September 6th at 10:00am at the Orchard Park Senior Center.

Everyone is welcome!

**** FREE Mind Aerobics ****

Mind Aerobics is offered every Monday at 1:00 pm

It has evolved into a social as well as a challenging one hour program. Research has shown that brain teasers, 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

#### September 2016 Meal Calendar

**Phone 662-8378 for reservations.**

<table>
<thead>
<tr>
<th>Day</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 01</td>
<td>Ham Steak, potatoes, cauliflower, watermelon</td>
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<tr>
<td>Fri 02</td>
<td>Hamburger, potato salad, apple pie</td>
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<tr>
<td>Mon 05</td>
<td>Center Closed Labor Day Holiday</td>
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<tr>
<td>Tues 06</td>
<td>Knockwurst, home fries, spinach, pineapple tidbits</td>
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<tr>
<td>Wed 07</td>
<td>Sliced Turkey w/gravy, scalloped apples &amp; cranberries, oatmeal raisin cookies</td>
</tr>
<tr>
<td>Thurs 08</td>
<td>Breaded Pork Loin, scalloped potatoes, carrots, fruited gelatin <strong>Jeanne's Choice Soup or Salad</strong></td>
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<tr>
<td>Fri 09</td>
<td>Spanish rice casserole, broccoli, cornbread, peach Bavarian</td>
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<tr>
<td>Mon 12</td>
<td>Chicken vegetable stew, mashed potatoes, biscuit, chocolate pudding</td>
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<tr>
<td>Tues 13</td>
<td>Beef pepper casserole, rice, peas &amp; carrots, chef salad, fruit cocktail</td>
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<tr>
<td>Wed. 14</td>
<td>Boneless chicken breast, bow tie pasta &amp; vegetable salad, orange</td>
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<tr>
<td>Thur. 15</td>
<td>Sliced turkey &amp; gravy, cauliflower, spinach, brownie <strong>Jeanne's Choice Soup or Salad</strong></td>
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<tr>
<td>Fri. 16</td>
<td>Stuffed pepper, sauce, potatoes, mixed vegetables, fruited gelatin</td>
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<tr>
<td>Mon 19</td>
<td>Swedish meatballs, cavatappi pasta, brussel sprouts, carrots, fruit delight cookie</td>
</tr>
<tr>
<td>Tues 20</td>
<td>Stuffed shells w/meat sauce, cauliflower, green beans, fruited gelatin</td>
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<tr>
<td>Wed 21</td>
<td>Breaded chicken cutlet w/gravy, sweet potatoes, mixed vegetables, tropical fruit</td>
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<tr>
<td>Thurs 22</td>
<td>Sliced Roast beef w/gravy, potatoes, stewed tomatoes, spice cake <strong>Jeanne's Choice Soup or Salad</strong></td>
</tr>
<tr>
<td>Fri 23</td>
<td>Vegetable quiche w/cheese sauce, seasoned red potatoes, oat bran muffin, cantaloupe</td>
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<tr>
<td>Mon 26</td>
<td>Lasagna roll w/meat sauce, cauliflower, bean salad, diced peaches</td>
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<tr>
<td>Tues 27</td>
<td>Turkey &amp; vegetable stew, mashed potatoes, biscuit, fruited gelatin</td>
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<tr>
<td>Wed 28</td>
<td>Ham steak, scalloped potatoes, california mix vegetables, apple</td>
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<tr>
<td>Thur 29</td>
<td>Boneless chicken breast, squash, brussel sprouts, sugar cookie <strong>Jeanne's Choice Soup or Salad</strong></td>
</tr>
<tr>
<td>Fri 30</td>
<td>Meatloaf w/gravy, mashed potatoes, peas, strawberry bavarian</td>
</tr>
</tbody>
</table>

Find a ride into Buffalo for medical appointments, physical therapy or other human services?

**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*

**FREE BLOOD PRESSURE SCREENING**

**EVERY MONDAY 1:00-3:00pm**

**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 10:00 am to make reservations for the upcoming week. Also, remember, if you haven’t made a reservation you may contact Jeanne to fill a cancellation.

**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.**

**September 7th The American Side**—starring Ben Stuhr & Alicja Bachleda. Following a mysterious suicide at Niagara Falls, a low-rent detective unravels a conspiracy to build a revolutionary invention by enigmatic scientist, Nikola Tesla.

**September 14th Mother’s Day**—starring Jennifer Aniston & Kate Hudson. Three generations come together in the week leading up to Mother's Day.

**September 21st Hologram for the King**—starring Tom Hanks & Alexander Black. A failed American businessman looks to recoup his losses by traveling to Saudi Arabia and selling his idea to a wealthy monarch.

**September 28th Now You See Me 2**—starring Jesse Eisenberg & Mark Ruffalo. The Four Horsemen resurface and are forcibly recruited by a tech genius to pull off their most impossible heist yet.

**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 29th & September 30th**

and

**Thursday, October 27th & Friday, October 28th**

(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?**

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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>9:00 Pool Shooting</td>
<td>9:00 Ladies Exercise</td>
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<tr>
<td>10:00 Couples Bocce at Green Lake</td>
<td>10:00 Men's Fitness</td>
<td>10:00 Mixed Bocce at Green Lake</td>
<td>10:00 Intermediate Tap</td>
<td>10:00 Pool Shooting</td>
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<tr>
<td>10:30 Club 99 Exercise</td>
<td>10:30 Yoga</td>
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<td>10:30 Watercolor Painting</td>
<td>10:30 Yoga</td>
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<td>12:00 Stay Fit Dining</td>
<td>12:00 Ladies Exercise</td>
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<tr>
<td>1:00 Mah Jong</td>
<td>1:00 Men's Fitness</td>
<td>1:00 Knitters Group</td>
<td>1:00 Pinochle</td>
<td>1:00 Mah Jong</td>
</tr>
<tr>
<td>2:00 Blood Pressure Screening</td>
<td>2:00 Bridge</td>
<td>2:00 Sketching w/ Sharon</td>
<td>2:00 Adult Coloring</td>
<td>2:00 Blood Pressure Screening</td>
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<td>3:30 Spanish</td>
<td>3:30 Mind Aerobics</td>
<td>3:30 Evening Yoga</td>
<td>3:30 Evening Zumba</td>
<td>3:30 Evening Zumba</td>
</tr>
</tbody>
</table>

**Labor Day Center Closed**