

SENIORS ON THE GREEN

Contents:

Cover page	1
Senior Ctr. Services	2
Foods to grow?	3
Senior Funnies	4
Young at Heart	5
Senior Ctr Recipes	6
Whitney Forest Hike	7
Summer Dancefest	8
People around us	9
Jr/Sr Travels	10
Wellness Trips	11
Calendar	12

Senior Center Hours:

Mon - Fri: 9 - 4pm

Senior Ctr. 860-642-3040

Ctr. Director: Darcy Battye
860-642-2042

Van Coord: Jeryl Bates
860-642-2024

Trans. Clerk: Walter Riley

SPECIAL BIRTHDAY PARTY!



90th BIRTHDAY PARTY

For all LEBANON residents, if you are 90 years of age or above!!

You're invited to a special Birthday Celebration at the Lebanon Senior Center, 37R West Town St, Lebanon Ct. on Friday, **June 3rd, 2016.**

It's from 2:30 to 4:30pm and you must RSVP by May 25th, 2016.

Please call Marion at (860-423-7659) or email mrusso03@snet.net or Jamie (860-456-0011) or email pfelliott@sbcglobal.net for any further information. WE SURE HOPE YOU CAN JOIN US!!



Our Gazebo has final arrived and has been put in place near our butterfly garden on the side of the senior center. We are certainly very grateful to Bryce Johnson for his dedication and hard work. Once the grounds have been finished and landscaped for the new "over 55" apartments adjacent to the senior center, our gazebo will stand out quite nicely. Since this photo was taken, rocking chairs, a ramp, surrounding plants, and a bird/butterfly pole have been added. Check it out!!

SUMMER DANCE FEST ON THE GREEN (7/9)

The Summer Dancefest Committee is a direct result of the huge success of the town's tercentenary celebration in 2000. With a desire to make this an annual event, a committee was established

to continue with an annual July celebration. In its 17th year, this event is sponsored by local businesses and supported by the townspeople of Lebanon. Under a huge tent and picnic like atmosphere on

the historic Lebanon Green, it is celebrated with music by local musicians, children's activities, refreshments by our local fire department and culminates with a huge fireworks display. (see flyer)





Wellness Trips:

- 6/3** Birthday party for Lebanon Seniors over 90
- 6/10** Log Cabin lunch & Lebanon Winery
- 6/17** Hartford Garden tour
- 6/28** Abbott's Lobster in the rough

SENIOR CENTER SERVICES

Massage w/ Sue

McCaffery - Please contact the senior center to schedule your appts. By calling 860-642-3040. The price is \$15 for 25 mins. nd \$30 for 50 mins

Did you know we have assorted assisted living devices for loan? We have canes, walkers, bath chairs, wheel chairs and a hospital bed. We offer hearing screening, podiatry appts. And VNA visits. Please call the senior center at 860-642-3040 for more information.

Senior Ctr. Salon Services

- w/ Jeanna Prink, Tracy Kelley & Jillian Labonne
- Hair cuts \$8
- Wash & set \$10
- Perm. \$45 w/set \$55
- Color \$45 w/set \$55
- Facials \$8 Waxing \$5

Manicures/Pedicures \$10

Appointments are required & gift certificates are always available. Check the newsletter for Jeanna's "spa days".

If you are aware of someone who is ill or has been ill, please let us know. There is a sign-up sheet at the main desk of the senior center where you can add someone's name.

Darlene Hathaway has taken charge of sending out get-well cards to those people who are under the weather for whatever reason.



HONORARY DONATIONS

A gift to the Senior Center in honor of or in memory of a loved one will assist the center in serving other seniors today and throughout the coming years. Such gifts will be very much appreciated and should be made out and sent to:

Friends of Leb. Sen. Ctr.

37R West Town St.
 Lebanon Ct. 06249
 "I am enclosing \$___ in honor or memory of:
 Name _____
 Donor's name _____
 Address _____
 City, St. Zip _____

A special acknowledgement will be sent as you direct:

- ___ Birthday
- ___ Anniversary
- ___ Memorial
- ___ In Honor of
- ___ Other



Weekly Menu:

- 6/7** Lataille soup day
- 6/14** Veggie Tuna salad
- 6/21** DaLonne lunch
- 6/28** Taco salad



KEEPING SENIORS COOL DURING SUMMER'S HEAT

Keep your home safe and comfortable by running the air conditioning during the hottest parts of the day and by letting in cool air in the early morning and late evening hours. If you need financial help to keep you home cool, contact the Low Income Home Energy Assistance Program. If your home isn't air-conditioned, take a break

during the hottest part of the day by going to a movie, shopping at an indoor mall, visiting a library, or attending an air-conditioned senior center. Dress in lightweight, light-colored, and loose-fitting clothing, made of natural fabrics, like linen or cotton. If you must go outside to run errands, work in the garden, etc., plan this for

the early morning hours, when it's coolest. Supplement your diet with folic acid; a new study from Penn State showed that folic acid can enhance blood vessel dilation in older adults, which may help them to avoid heat-related issues such as heart attacks or strokes. Take a cool shower or bath. Get plenty of rest.

**ROOM TO MOVE
SUMMER SCHEDULE**

Fri. April 8th - 7pm
 Concert at Studio 88
 Willimantic

Sat. June 18th - 7pm
 Strawberry Festival
 First Cong. Church
 Lebanon Green

Wed. June 25th - 6:30pm
 Concert on Leb Green

Wed. July 27th - 6:30pm
 Concert on Leb Green

Fri. Aug. 12th - 7pm
 Lebanon Country Fair

Wed. Aug. 24th - 6:30pm
 Concert on Leb Green

Sat. Sept. 10th - 9pm
 Toyo Asian Bistro
 Colchester



Heads Up !!

There are still a couple tickets left to attend the Yankee—Red Sox game with Marion on Saturday, July 16th. The game is in New York City, the cost is \$130 and the seats are TERRIFIC!

The deposit is due June 4th. Don't miss this great opportunity.



25 FOODS YOU CAN RE-GROW YOURSELF FROM KITCHEN

25 Foods You Can Re-Grow Yourself from Kitchen Scraps

Food is expensive. If you do the grocery shopping for your household, you know that this is one of the highest costs related to your home and family. And, you can grow them from scraps that you would normally throw away!

Imagine having an unlimited supply of your favorite produce. There are a number of fruits and vegetables that you can replant and grow yourself, ensuring that you always have

these items on hand when you need them and helping you to cut down on the money that you spend on produce every week.

1. lettuce
2. celery
3. lemongrass
4. bean sprouts
5. avocado
6. potatoes
7. sweet potatoes
8. ginger
9. pineapple
10. garlic
11. onions
12. pumpkins

- 13 mushrooms
- 14 peppers
- 15 fennel
- 16 tomatoes
- 17 basil
- 18 cilantro
- 19 turnips
- 20 cherries
- 21 apples
- 22 peaches
- 23 lemons
- 24 hazelnuts
- 25 chestnuts

Go online and find simple instructions for getting all these items started.



10 TIPS TO START YOUR FAMILY JOURNEY (GENEALOGY)

1. Start your Family tree
2. Search your home for scrapbooks
3. Start with the family basics
4. Start your online family tree
5. Start with a family story
6. Join the family history conversation
7. Search the U.S. census
8. Search one family story at a time.
9. Gather materials from relatives
10. Find a Family History Society

Connect with other genealogist and family historians through a local genealogical society or family history even in your area. You can also post questions to findmy-

past's facebook online for others to answer when you need help with your research. Attending local classes about family tree research, family history records, and how to avoid brick walls is an important step to finding answers for beginners and advanced genealogists alike.



MILITARY WHIST RESUMES

Military Whist card games will resume on June 24, and will typically be held the last Friday of each month, provided we have enough interest to form at least 5 teams of 4 players each.

What is Military Whist you ask! It is an extremely simple, single-deck card game dating back to the 18th century, that is played by teams of four. It is very easy to learn and offers an evening of sociability and usually, at the Lebanon Senior Center, great snacks.

Game play begins at 7:00 p.m. The cost to play is \$3.00 per person and all the money is divided between the top 3 teams with the most points at the end of the evening. A sign-up sheet will be at the Center, once you have a team, please add a phone number when signing up for your team, in case we do not get enough teams signed up and have to cancel. Single players can add their names and if there are other singles you can be matched up as long as there are four.

Usually you will play at least one hand with each of the other players and we will take a break for dessert and snacks, so please bring your favorite goodie to share, we'll have the coffee. Hope you will decide to join us for this join this popular activity.

The suggestion has been made that we might want to do a learning session for those unfamiliar with the game, which would probably increase the interest level and attendance. If you are interested in attending this type of session please let Darcy know. We would probably schedule it to be held just before the regularly scheduled session.



A group of Americans was travelling on a bus tour through France and were in the Loire Valley quite near to the town of Sancerre. They stopped at the nearby village of Chavignol and visited a cheese farm where the world famous 'Crottin de Chavignol' goat's cheese is made; their guide, who was the farmer's wife, led them through a process of cheese making, explaining how goat's milk was used.

Madame showed the group a picturesque hillside where many goats were grazing. These, she explained, were the older goats put out to pasture when they no longer produced. Madame then asked, turning to the group, 'What do you do in the USA with your old goats that aren't producing?'

One spry and very quick elderly gentleman answered, 'They send us on bus tours.'

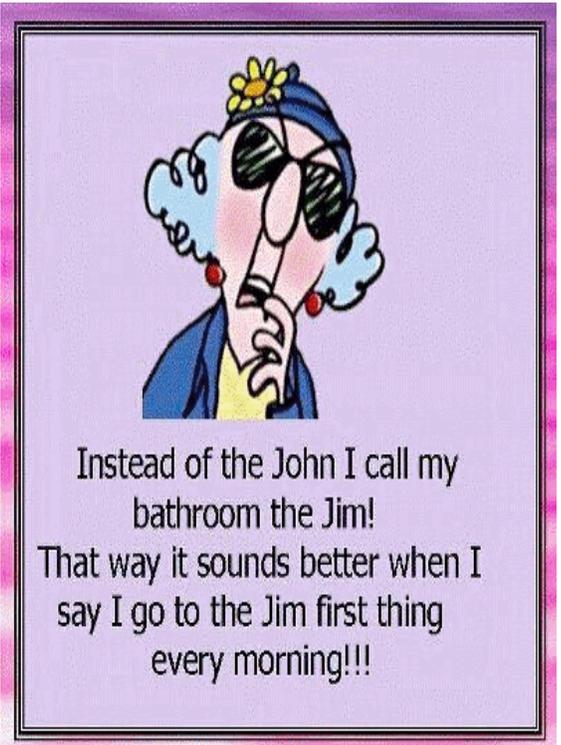
Five Further Funny Thoughts of a Grumpy Old Person:

1. 'Sometimes I wake up grumpy; other times I let her sleep.'
2. Age is important only if you're cheese or wine.
3. Of all my husband's relatives, I like me best.
4. I get enough exercise just pushing my luck.

If God had wanted me to touch my toes, he would have put them on my knees.



SENIOR FUNNIES!



SIX STEPS TO STAYING YOUNG AT HEART

Although the rate of heart disease has been decreasing in Canada, it remains the leading cause of death for those over the age of 55. While it's true that advancing age puts people at risk, most of the other factors that increase the odds of a heart attack or stroke are diet- or lifestyle-related. The good news is that everyone, regardless of their age, can lower their chances of developing heart disease with these six simple steps.

1) Eat fruits and vegetables. The fiber in produce helps to lower cholesterol levels, and the vitamins, minerals and antioxidants that all fruits and vegetables provide keep arteries strong and reduce blood pressure. Eat at least five servings each day and strive for variety. The best choices include leafy green and brightly colored vegetables, such as spinach, carrots and sweet potatoes, as well as grapes, oranges and any type of berries.

2) Skip meats that are high in cholesterol-raising saturated fat, such as sausages, hamburger and most other cuts of beef. Eat fish instead. Any fish is healthy (as long as it's not fried), but cold-water fish such as salmon, herring, rainbow trout and sardines have the greatest amount of heart-healthy omega-3 fat. Eating fish twice a week can help improve cholesterol, triglycerides and blood pressure.

3) Go a little nutty! Snack on a handful of raw almonds, walnuts or peanuts, instead of potato or corn chips. Nuts are a great source of protein, as well as heart-healthy fats. The fat in most chips will raise cholesterol, while nuts can help lower it.

4) Spend some quality time in the kitchen. Preparing meals from scratch is the most effective way to reduce sodium, and improve blood pressure. Examine food labels for sodium content, and strive for less than 2,400 mg per day. Skip the frozen dinners, canned soups and packaged rice, all of which are high in sodium. Instead, add some zip to meals with fresh or dried herbs, low salt seasoning mixes and lots of heart-healthy garlic.

5) Make half of grains consumed whole. In their latest revision to Canada's Food Guide, Health Canada urges all individuals to add more whole grains to their diets. Foods made with whole grains have more vitamins and minerals, in addition to soluble fiber, which has been shown to decrease cholesterol. Replacing white bread, rice or pasta with whole-grain alternatives will help people meet their daily fiber goal of 20-35 grams, and it could help clear arteries of plaque build up.

6) Get moving! The most recent physical activity recommendations from the Public Health Agency of Canada suggest that all adults (including those over the age of 65) aim for at least 30-60 minutes of moderately intense physical activity most days of the week. Regular exercise is essential for anyone who wants to strengthen his or her heart, maintain a healthy weight and enjoy life! If the thought of spending that much time at the gym is daunting, consider everyday activities such as vacuuming, mowing the lawn, raking leaves, dancing or playing ball with grandchildren. Strive for a balance between structured "exercise" such as walking, swimming or biking and activities such as these each day.

(Taken from Senior Living Magazine, CANADA)



Keeping our immune system strong is vital in the fight against flu germs this year — and so is pinpointing the most likely places those little pathogens hang out.

1. Soap Dispensers: in public restrooms
2. Buttons: vending & bank machines
3. Water Fountains: for use in public places
4. Shopping Carts: wipe handles before using
5. Restaurant Menu: wash hands after ordering
6. Ketchup: (condiments in restaurants)
7. Purses & Wallets: - be careful where you set them down.
8. Phones: using other than your own
9. Remote Controls: as in hotels or public places
10. Laundry Machines: use hot water for personal unmentionables



Dot Hills Famous Cheesecake Bars (enjoyed at Bingo & Setback)



INGREDIENTS:

- | | |
|--|--|
| 2 cans (8oz each) Pillsbury refrigerated crescent dinner rolls | 1. Heat oven to 350 F. |
| 2 pkgs (8oz each) cream cheese softened | 2. Unroll 1 can dough. Place in bottom of ungreased 13X9-inch (3 qt.) glass baking dish. Stretch to cover bottom of dish, firmly pressing perforations to seal. |
| 1 1/2 cups sugar | 3. In medium bowl, beat cream cheese and 1 cup of the sugar with electric mixer on medium speed until smooth. Beat in vanilla. Spread over dough in baking dish. |
| 2 tsp. vanilla | 4. Unroll second can of dough. Carefully place on top of cream cheese layer. Pinch seams together. |
| 1/2 cup butter, melted | 5. Pour melted butter evenly over top. Mix remaining 1/2 cup sugar with the cinnamon, and sprinkle evenly over butter. |
| 1 tablespoon ground cinnamon | 6. Bake about 30 mins. or until center is set. Cool slightly, about 20 mins. Refrigerate for easy cutting. Cover and refrigerate any remaining bars. |

BLUEBERRY FRENCH TOAST OVERNIGHT CASSEROLE

INGREDIENTS

- 12 slices day-old bread, cut into 1-inch cubes
- 2 (8 ounce) packages cream cheese, cut into 1 inch cubes
- 1 cup fresh blueberries
- 12 eggs, beaten
- 2 cups milk
- 1 teaspoon vanilla extract

- 1/3 cup maple syrup
- 1 cup white sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 cup fresh blueberries
- 1 tablespoon butter

DIRECTIONS

1. Lightly grease a 9x13 inch baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 cup blueberries over the cream cheese, and top with remaining bread cubes.
2. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight.
3. Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C).
4. Cover, and bake 30 minutes. Uncover, and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned.
5. In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining 1 cup blueberries. Reduce heat, and simmer 10 minutes, until the blueberries burst. Stir in the butter, and pour over the baked French toast. (For a real treat, add more maple syrup and whipped cream on top!!!)



Whitney Forest Hike



Details:

Date: Saturday, June 4th

Time: 10:00 am - 12:30 pm

Location: Whitney Forest, across the street from 205 Oliver Road in Lebanon

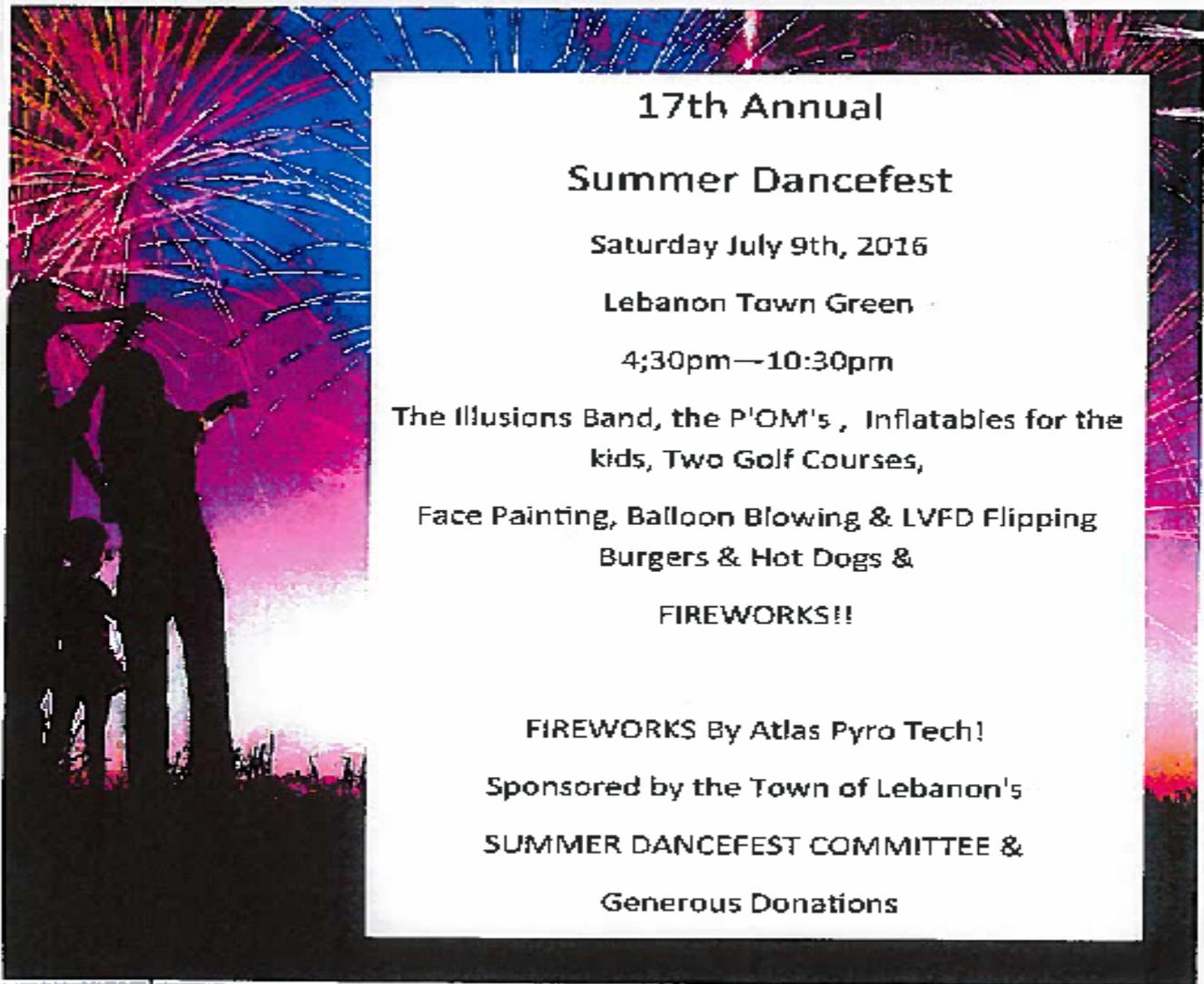
Parking: Along the street

Contact: Lindsay, lsuhr@ctwoodlands.org



Join the Connecticut Forest and Park Association for an exciting woods walk led by local resident and State Forester, Emery Gluck. You will explore CFPA's Hibbard Trail through rare swamp white oak and pitch pine habitats while learning first-hand about sustainable forestry from local experts. Come ready to enjoy a wonderful educational morning in the woods!





17th Annual

Summer Dancefest

Saturday July 9th, 2016

Lebanon Town Green

4:30pm—10:30pm

The Illusions Band, the P'OM's , Inflatables for the kids, Two Golf Courses,

Face Painting, Balloon Blowing & LVFD Flipping Burgers & Hot Dogs &

FIREWORKS!!

FIREWORKS By Atlas Pyro Tech!

Sponsored by the Town of Lebanon's

SUMMER DANCEFEST COMMITTEE &

Generous Donations

Have you noticed those tiny pink coupons bearing the name **"Boxtops for Education"** on your General Mills products you use at home or perhaps you've seen the smiling child image in an area marked for cut-out on the labels of your **Campbells** soup and juice products? And have you wondered what they are for?

Tiny but valuable, when turned in to our local school, these **"Boxtops For Education"** and **"Campbell's Soup Labels"** are turned into cash, which in turn provides Lebanon's students with numerous valuable supplies for our school, such as library books, classroom aids, gym supplies and computers, to name a few.

In 2012 over \$74 million dollars was raised nationwide through the collection of these coupons. And the neat thing is: coupons collected in Lebanon become cash for Lebanon, which in turn purchases items for use by Lebanon students.

By cutting and collecting these coupons and turning them in at the Senior Center you can help provide educational tools and supplies locally, thus saving us all valuable tax dollars. Look for the collection box with the labels on it, drop your coupons into it and they will be delivered to the school by one of our volunteers.



People Around Us:

Aurora Safin, Lebanon Senior Center's oldest active member

By Alex "Bud" Gavitt

Aurora Safin is petite, spry, and not afraid to tell you her age – soon to be 97 on September 7. In my recent interview with Aurora in her immaculate, senior housing apartment behind the Lebanon Senior Center, she freely discloses what she has done to live such a long life.

She first reveals, "I always think healthy as a rule, and stick to a gluten-free diet. I grew up not eating candy, drinking soda, or eating junk food. I stopped eating meat, except for chicken and turkey, in the early 1960s and also no dairy products like cheese and ice cream. I eat plenty of fruits and vegetables and don't drink coffee or black tea."

"Another practice to my living a longer, healthier life is exercising. I participate in an hour-long exercise class on Monday, Wednesday, and Friday mornings led by Ruth Jones at the Lebanon Senior Center." She does all the exercises from marching while seated in a chair, to one which involves using elastic resistance bands to punch both arms out in front of her on a slight diagonal across the body.

"Having a hobby also contributes to my long life. I keep busy and my mind sharp by making and giving away colorful button necklaces," Aurora says. Buttons are freely given to her by friends and are stored in bottles and jars. In addition, she likes to watch movies and Dr. Sloan (Grey's Anatomy) detective shows on television.

Aurora's parents immigrated to New England from Canada and she recalls her father mining soft stone in Vermont, among other jobs worked during his lifetime. Aurora and her husband were married 60 years and have two children, Leila and Norman. Her daughter Leila is in frequent contact with her mother and visits often. From time to time, Leila invites Aurora to stay at her Maine home. Leila and her husband raised three girls and three boys while son Norman, a Connecticut resident, has a daughter.

Aurora is grateful that the Lebanon Senior Center operates a van service, taking her and others to doctor offices, grocery stores, and to the mall. She relied on the van in her efforts to recover from a fall requiring a partial knee and hip replacement, underwent rehab, and is doing well now.

A Windham High School graduate, she likes to enjoy the view from her large living room window. On warm, sunny days she sits outside her apartment and enjoys talking with neighbors.

Upon the conclusion of our interview, Aurora hugged me and the van driver as we extended our best wishes for her soon to be 97th birthday!



Seniors On The GO!



Junior Seniors Travel News

May, 2016

By Anne Maffiolini

FRIDAY, JUNE 3 - If you are 90 years of age or above, **YOU'RE INVITED TO A SPECIAL BIRTHDAY CELEBRATION at the Lebanon Senior Center, 37 R West Town Street, Lebanon from 2:30 p.m. to 4:30 p.m. PLEASE RSVP BY MAY 25, 2016.** Call Marion at 860-423-7659 or email mrusso03@snet.net

We hope you can join us!

Goodspeed Opera House and Gelston House Lunch - Wednesday, June 15th - \$99 per person includes tickets to the show, transportation and a 3-course meal. Money is due by May 4th. "Anything Goes", A COLE PORTER MUSICAL, is the story about madcap antics aboard an ocean liner bound from New York to London. Billy Crocker is a stowaway in love with heiress Hope Harcourt, who is engaged to Lord Evelyn Oakleigh. Nightclub singer Reno Sweeney and Public Enemy #13 Moonface Martin aid Billy in his quest to win Hope. The musical introduced such songs as "Anything Goes", "You're the Top", and "I Get a Kick Out of You."

NY Yankees vs. Boston Red Sox at the New Yankee Stadium NYC - Saturday, July 16, 2016. Cost Per Person is \$130 for ticket in section #106 Grand Level and Bus Transportation. Bus Departs Lebanon Senior Center at 10:15 a.m. Money is due by June 4.

Newport Playhouse and Cabaret Dinner Theater Lobster Festival - Monday, August 8, 2016 - \$83.00 Per Person with payment due by July 1. Departure from the Lebanon Senior Center at 9:30 a.m. Price includes bus, tips, dinner, cabaret and a hilarious play offering a Texas theme and a taste of good old down South humor. Look for the flyer with all the details.

Big E - Springfield, MA - Wednesday September 21, 2016 Cost is \$38 per person provided we have 35 signed up to go. This includes ticket and bus transportation. This year the Big E is celebrating their 100 year Centennial and our trip is planned for Connecticut Day as well. Bus departs Lebanon Senior Center at 8:45 a.m. Money is due August 10, 2016.

Ireland/Scotland/England - a possibility for 2016 OR 2017 ???



For more information on any of the trips, please contact Marion at (860) 423-7659. Make checks payable to Lebanon Jr/Sr Travelers. Payment may be left at the Lebanon Senior Center or mailed to Marion Russo, 280 Beaumont Hwy., Lebanon, CT 06249.

Senior Wellness Trips

June, 2016

Friday, June 3rd - Birthday party at the Senior Center for all seniors in Lebanon 90 yrs. and above - celebrating their ages.



Friday, June 10th - lunch at Log Cabin, Lebanon and visit for wine tasting at our own Lebanon Vineyard



Friday, June 17th - Hartford Garden Tour



Friday, June 24th - Abbotts Lobster in the Rough



JUNE 2016

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9-1 Haircuts 9:30 Exercise 11-3 Massage 11:00 Golf League	2 9:00 Yoga 10 Tai Chi 9-3 Mani/Pedi 9-12 Reflexology	3 9:30 Exercise 1:30 Silver Sneakers 2:30 90th and Over Birthday Party	4 Yoga 9:30
5		6 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing	7 9:30-2:30 Pedi/Hair 12-Lunch Soup 12:30 Care @ Home 1:00 Pool/Mahjongg 7:00 Poker	8 9-1 Haircuts 9:30 Exercise 11:00 Golf League	9 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	10 9:30 Exercise 1:30 Silver Sneakers Wellness - Log Cabin Lebanon Winery 6:30 Bingo	11 YOGA 9:30 Massage Therapy 10:45-1:15
12		13 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing 6:30 CCA Meeting	14 9:30-2:30 Pedi/Hair 12-Lunch - Tuna Salad 12:30 "Common Good" 1:00 Pool/Mahjongg 7:00 Poker	15 9-1 Haircuts 9:30 Exercise 11:00 Massage 11:00 Golf League Jr/Sr-Galstro. House "Anything Goes"	16 9-3 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	17 9-1 Driver Safety 9:30 Exercise 1:30 Silver Sneakers Wellness-Tour Har- ford Gardens	18 YOGA 9:30 Massage Therapy 10:45-1:15
19		20 9:30 Exercise Class 10:30 Knitting 11:00 VNA SP 12:15 Bingo 3:00 Line Dancing	21 9:30 Hearing Clinic 9:30-2:30 Pedi/Hair 12 -Lunch- Dalenne 1:00 Pool/ Mahjongg 7:00 Poker	22 9-1 Haircuts 9:30 Exercise 11-3 Massage 11:00 Golf League	23 9-3 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	24 9:30 Exercise 1:30 Silver Sneakers Wellness-Abbotts 6:30 Military Whist	25 YOGA 9:30 Massage Therapy 10:45-1:15
26		27 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing	28 9:30-2:30 Pedi/Hair 12-Lunch -Taco Salad 1:00 Friends Meeting 1:00 Pool/Mahjongg 7:00 Poker	29 9-1 haircuts 9:30 Exercise 11-3 Massage 11:00 Golf League 2:30 Afternoon	30 9-3 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback		Center Hours Mon-Fri. 9-4 Questions 642-3040