

Active Lifestyles

Calendar House of Southington



Volume 5, Issue 1

860-621-3014

JULY/AUGUST, 2017

FROM THE DIRECTOR

July is here! And August is right around the corner! Since we have again combined the July and August ALOS issues, be sure to hang on to this copy until the end of August when you can recycle it! The Fourth of July starts the summer off with a bang, followed by picnics, get-togethers with family, friends and neighbors, with opportunities to make new friends. The Town of Southington offers "Music on the Green" Wednesday evenings and "Saturday Night Drive-In Movies" throughout the summer. Information on these events can be found on the town web site, southington.org. During the summer months, we may experience some very hot, extreme temperature days. Please remember that the Southington Public Library and the Calendar House Senior Center are available as "cooling" centers for your safety and well-being. Construction continues as our new Senior Center takes shape! Both the Building Committee and KBE's General Contractor assure us that we are "on schedule"! Your patience, understanding and flexibility during this process are encouraging and much appreciated! The Dial-a-Ride service, Social Services, Nutrition Program and Exercise Classes will continue during the summer months. Several Coffee 'n Desserts have been scheduled. You won't want to miss our very popular tropical "Hawaiian Shirt Night Dinner" at Hawk's Landing on Thursday, August 17th. During the months of July and August, while school is not in session, parking is available at DePaolo Middle School. Please be very careful crossing the street! September ALOS will offer more information on classes, activities and updates as we navigate through the months ahead in the construction and transition process! Meantime, enjoy the summer, take time to relax, slow down a bit and spend time with family and friends!

Robert Verderame, Executive Director



Construction is right on schedule!

COFFEE 'N DESSERT

Have you or someone you know been diagnosed with vertigo or a vestibular condition? What is vertigo and how is it different from dizziness, lightheadedness, and just being off balance? What are some of the causes of vertigo and how it can be treated? On Thursday, August 10, 1:00 pm Kasey Adinolfi, Physical Therapist and vestibular specialist from Physical Therapy & Sports Medicine Centers of Southington will present an educational talk about the causes of vertigo and other dizziness and balance issues and how to manage them. It is important that you RSVP at 860.621.3014. Programs may be cancelled unless there is sufficient interest indicated by the number of sign-ups! Thanks!

HAWAIIAN SHIRT NIGHT

Third annual Hawaiian Shirt Night Thursday, August 17 at 5:30 pm. Put on your wildest, most colorful Hawaiian shirt, blouse or dress and enjoy a Hawaiian feast at Hawk's Landing. Menu: summer salad; rolls & butter; teriyaki chicken kebabs; beef kebabs; pineapple & cherry kebabs; Hawaiian rice; ham with pineapple sauce; grilled vegetables; dessert; coffee, tea, soda, water; cash bar. DJ Butch Gray will provide music for listening & dancing! Tickets on sale in office. \$18.pp.

MEMBERSHIP MEETING

Thursday, September 28, 1 pm - Membership Association Meeting - All are welcome! Come for a brief update on the "business". Then, sit back and enjoy a movie on our large screen. Light refreshments. It is important that you RSVP at 860.621.3014.

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SCHEDULE CHANGES

Wednesdays:

Aerobics 3:30-4:15 p.m.;
Dancercise 9 a.m.; no Badminton
Thursdays: T.O.P.S. 8:15 a.m.;
Strength Training 10:30 a.m.;
Fridays: Strength Training 9 a.m.-1
p.m.; Dancercise cancelled.

COMPUTER, TABLET & PHONE CLASSES

Registration for the Fall 2017 Class Session will be held at 10:00 AM Monday 10th July 2017

COMPUTING FUNDAMENTALS

Tuesdays at 1 PM from 12 Sep 2017 to 24 Oct 2017

Become comfortable with all you need to know to use a computer to use search the internet, communicate by E-Mail and manage photos, files and folders. This class will start with the basics of computer use with mice and keyboards, show you how computer files and folders can connect to your tablets and phones, and open up the world of the big wide web. Instructor - Mark White - Class Cost: \$25

IPAD BASICS

Thursdays at 1 PM from 14 Sep 2017 to 19 Oct 2017

This workshop will cover the basics of using your iPad, keeping the system up to date, purchasing 'Apps', using the camera, emailing to friends, using calendar functions, surfing the internet, and fiddling with all the features that this truly magical machine brings to your computing world. You must own or borrow an iPad and bring it to class. Instructor - Elbe D'Oliveira - Class Cost: \$25

KINDLE FIRE REFRESHER

Thursdays at 9 AM from 14 Sep 2017 to 19 Oct 2017

This six week workshop is for Kindle users as well as other Android Tablet users. After reviewing the basics, this course will cover the following topics more in depth: use of the web, email & contacts, calendar, music, videos & books, games, downloading & setting up apps, camera & photos, etc. Come share the fun, and discover all the special features that will make your tablet an indispensable part of your world! Former Kindle & Android Tablet students welcome! You must own or borrow a kindle fire or other android tablet for class. Please also bring it with you when you register. Instructor - Linda Tourtellotte - Class Cost: \$25

ANDROID PHONE BASICS

Wednesdays at 1 PM from 13 Sep 2017 to 18 Oct 2017

Find out what your Android Smartphone is capable of doing. Learn how to use email, text people, browse the internet, take pictures & videos, download applications, play music, manage your appointments, use GPS for verbal driving instructions, and more. You must bring an android phone, the charger and cables to class AND to Registration. Please note that this class does NOT cover the Apple iPhone. Instructor - Linda Tourtellotte - Class Cost: \$25

ADVANCED TABLET AND PHONE

Mondays at 1 PM from 11 Sep 2017 to 23 Oct 2017

Explore advanced features of your Apple or Android tablet or phone device. This will be a workshop where attendees will collaborate as a group to address their questions about functions and applications relating to their device. Additionally coverage will include tips and tricks; maintenance and troubleshooting; customizing and configuring; security; and more. You must bring the device, charger and cables to class. Prerequisites: iPad Basics or Android Basics class. Instructor - Elbe D'Oliveira - Class Cost: \$25

FREE BLOOD PRESSURE SCREENINGS

Hartford HealthCare Senior Services and the CT Center for Healthy Aging provide Free Blood Pressure Screenings at Calendar House on the first Thursday of each month 11am-12noon; and the fourth Tuesday of each month 10:00-11:00am. Referrals and resources available.

AARP SMART DRIVER COURSE

July 21st OR September 8th; 8:45 a.m. - 1 p.m. (No August date) Only 4 hours - No written or road tests to pass! Ways to adjust for aging and health-related driving issues. Connecticut-specific information. (formerly known as 55 Alive Safe Driving) Cost: \$15 for AARP Members (must provide membership #) \$20 for Non AARP Members. Payable to AARP. Register at 860.621.3014. *Special note: Due to limited parking during construction, you must park at Grace Methodist Church. Shuttle service will be available - picking up at 8:15am and returning at end of class.*

COFFEE 'N DESSERT LAUGHTER WITH LEA ANN

Did you know how beneficial laughter can be to your health? Did you know there is a difference between real and simulated laughter? Would you like to learn how to do laughter exercises? On Thursday, September 21, 1:00 pm join us at Calendar House as LeaAnn Blanchard, Social Services Director for the Orchards at Southington gives us an in-depth look at laughter! Sponsored by the Orchards at Southington. It is important that you RSVP at 860.621.3014. Programs may be cancelled unless there is sufficient interest indicated by the number of sign-ups! Thanks!

DIAL-A-RIDE BUS

DIAL-A-RIDE BUS provides transportation at no charge for Southington residents aged 55 & over and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, some specific guidelines are being put into place. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

- Medical Appointments: We request seventy-two hours (72 hrs/3 business days) notification be given for all medical appointments, especially for out-of-town appointments. You may schedule up to a month in advance.
- We cannot accommodate same day requests.
- Please schedule in-town medical appointments between 9-11 am and 12:30-2:30 pm.
- Out-of-town medical transportation will be provided as follows, please plan accordingly: Mondays & Wednesdays: Plainville, New Britain & Meriden Midstate (app'ts between 9:30-1:00pm); Tuesdays & Thursdays: Plainville, Bristol & Farmington (app'ts between 9:30am-1:00pm); Friday: Please call for out-of-town schedule.
- Shopping: Tuesdays & Thursdays with pick up times starting at 9:00am. Shopping returns will begin at 12 noon on both days. Rides to hair appointments can be scheduled on Tuesdays & Thursdays. Shoppers, please call Calendar House on Thursday mornings for following week's shopping schedule. (Requests made after 12 noon on Thursdays may not be accommodated.)
- Monday through Friday rides are provided to & from Calendar House

for lunch, activities, programs & appointments.

Please call 860.621.3014 to make your appointments. Thank you.

SENIOR COMMUNITY CAFE

PHONE: 860.621.6738 HOURS: 10:30 - 12:00 Signup sheets are provided daily in the Main Hall. You may sign up on a daily or weekly basis, but you must sign up at least 24 hours in advance. You must also call to cancel meals. Suggested donation: \$2.50. The program is limited to individuals 60 and older.

RENTERS RELIEF PROGRAM

The State of Connecticut provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, living in cooperative housing and individuals residing in mobile homes who pay monthly lot rent may also apply. The rebate amount is based on a graduated income scale; and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year the renter applies (2016 info).

- Applicants must have resided in CT for one year/or more.
- You must have reached age 65 by December 31, 2016 (if married, only one spouse need be 65+).
- Individuals who are 100% totally, permanently disabled may apply regardless of age but must show proof of Social Security Disability.
- Income Guidelines: \$35,200 Single Individual; \$42,900 Married Couple.
- You must provide documentation of all income; utility payments; rent receipts.

For more information or to make an appointment, please call 860.621.3014.

FOOT CLINIC

Sue Zdeblick, RN with 30+ years experience including Foot Care Nurse Certification provides a monthly foot clinic by appointment only. There is a nominal fee. Please call 860.621.3014 for more info or to make an appointment.

SENIOR CITIZEN ADVISORY COMMISSION

The next Senior Citizen Advisory/Commission Meeting is scheduled for Tuesday, July 11, 2017 at 4:30 pm at the Calendar House. Calendar House members and the public are encouraged to attend.

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TRIPS! TRIPS! TRIPS!

PLEASE NOTE: Trips will depart from the GRACE METHODIST CHURCH parking lot, just down Pleasant Street at the corner of Spring Lake Road, accessed from Spring Lake Road. The church is in front of Hatton School and you may park in the back of the church parking lot. TRIP DESK (located in mini lounge by fireplace) open every Wednesday, 10am-12 noon. BOOK EARLY - Trips are selling fast! Payment is required at trip desk to reserve your seat.

- Tues, July 11: "CELEBRATE ITALIA" Aqua Turf \$41.pp
- Tues, Aug 15: "SONG, DANCE & ROMANCE" @ Aqua Turf \$41.
- Thurs, Aug 17: "WHO LOVES YOU" Songs of Frankie Vallee @ Aqua Turf \$75.
- Sat, Aug 19: "THE BOSTON POPS AT TANGLEWOOD" Dinner at Cork n' Hearth OR Red Lion Inn. Enjoy "John Williams Film Night" Scores from more than 100 films including Star Wars, ET, etc. Seat located in covered area, "The Shed". \$147.pp
- Wed-Fri, Aug 23-25: "LAKE GEORGE & SARATOGA" Day 1: Reserved seats at racetrack; settle in at Georgian Lakeside Resort on Lake George; Dinner at Diovanna's on the Lake. Day 2: Head to Fort Ticonderoga for garden & museum tours; visit Adirondack Winery & Lake George Olive Oil Company. Dinner & show at Resort. Day 3: 2 hour cruise Lake George aboard "lac du St Sacrement" with buffet lunch. Lake George & Saratoga \$527.dble pp
- Tues-Fri, Sept 5-8: "JOURNEY TO THE WHITE MOUNTAINS", NH: Day 1: Castle in the Clouds, mountain estate with breathtaking view of Lake Winnepesaukee. Two nights at North Conway Grand Hotel, steps from Set-

ters Green Outlet Village with tax free shopping; Day 2: Board Mountain climbing cog train to top of Mt Washington & enjoy box lunch traveling up 3 mile trestle to summit. Day 3: Board the M/S Mount Washington for relaxing lunch cruise. Five meals included. \$502.pp

- Tues, Sept 12: "MOTOWN" @ Aqua Turf \$42.pp
- Saturday, Sept 16: "ELLIS ISLAND & STATUE OF LIBERTY" Disembark at Ellis Island and stand under the recreated historic canopy - the same point where immigrants began the process toward American citizenship. New 45 minute audio guide included. Roundtrip ferry ticket allows you to depart Liberty Park NJ and get off at both Ellis Island & Statue of Liberty Island. \$70.pp
- Tues, Sept 19: "ELVIS AT OAKVILLE" Award winning impersonator performs with live band. Lunch served family style: salad, pasta, chicken piccata, roast beef, potatoes, veg & dessert plus carafes of red & white wine at every table. \$84.pp
- Wed, Sept 20: "CONNECTICUT DAY AT THE BIG E" Transportation & admission to New England's Great State Fair. Enjoy food for all tastes, entertainment, agriculture & livestock events and a consumer's paradise of shopping and browsing. \$53.pp
- BOOK NOW!! *Mon, Oct 2-Fri, Oct 6, 2017: "ROCKING HORSE RANCH" 5 days/4 nights; 3 meals; Daytime: Hay rides, shuffleboard, bocci, sauna, paddleboats, trivia & more; Free coffee & cake all day; Contests, games, bingo, prizes; Indoor pool; "Happy Hour"; Horseback rides in the country. Evening: Deluxe accommodations; Live entertainment

& dancing; Games & prizes. Includes: Round Trip Transportation; Hotel & Meal Gratuities; Tax; Baggage Handling. Cost: \$649.pp/dble

- Sat, Oct 7, 2017: "STORMVILLE AIRPORT ANTIQUE SHOW & FLEA MARKET" Great shopping..Great food. Great fun! Over 600 vendors from eight states including Antiques, Collectibles, Arts & Crafts, New Merchandise plus variety of food vendors. Cost: \$49.pp
- Tues, Oct 17: "POLKA" @ Aqua Turf \$41.
- Wed, Nov 8: "ANNIE GET YOUR GUN" Westchester Broadway Dinner Theatre, featuring fine dining & full scale musical productions. Enjoy matinee performance. Set in Wild West, where Frank Butler is sharpest sharpshooter who'll take on any challenge and win. Until he meets his match in rough and tumble tomboy sharpshooter Annie Oakley! Reserved seating, select from an excellent menu for pre-show lunch. \$101.pp
- Tues, Nov 14: "CHER & ELVIS" @ Aqua Turf \$41.pp
- Fri, Nov 17: "RADIO CITY CHRISTMAS SPECTACULAR" Lunch at Carmine's, family style with platters of Rigatoni & Broccoli and Chicken Marsala. Depart for Radio City Christmas Spectacular with world-famous Rockettes! Exciting new segments & special effects, while retaining favorite classical Christmas sights and songs. Holiday Getaway that can't be missed! \$198.pp
- Mon, Nov 20: Friendship Tours 40th Anniversary Celebration @ Aqua Turf \$36.pp
- Mon, Dec 4: "CHRISTMAS MEMORIES" @ Aqua Turf \$64.pp
- Thurs, Dec 7: "DASHING THROUGH THE SNOW" Newport Playhouse: En-

joy a great buffet with wide variety of salads, hot & cold entrees, desserts, beverage, then take your reserved seats in the theater. After the play, return to the dining room for the Cabaret Show! \$89.pp

- Tues, Dec 12: "HOLIDAY WINTER WISHES" featuring the Steppin' Out Band @Aqua Turf \$41pp
- Exciting Southern Caribbean Cruise aboard Royal Caribbean's Anthem of the Seas, offered by Friendship Tours. Departs from New Jersey, includes San Juan, St Maarten, Antigua, St Lucia, Barbados, St Kitts/Nevis, returns to NJ 13 days! From \$1649.pp twin. Call Lana White 860.621.3779 for more info.
- WAIT LIST: *Tues, July 25: "BLOCK ISLAND TOUR" \$131.pp
- Thurs, Aug 3: "RIVER ROSE CRUISE ON THE HUDSON" \$92.pp
- Sat, Sept 2-Fri, Sept 8, 2017: "CANADIAN ROCKIES" Cost: \$3259.pp/dble
- Thurs, Oct 19-Wed, Oct 25, 2017: "INCREDIBLE ICELAND Cost: \$2,999.pp/dble
- SPECIAL NOTE: Tours of Distinction has offered us a few seats for a couple unique trips next year. Both are to Europe but a little different as one is an 8 day riverboat trip out of Paris on a quite small and personal barge \$3859 and the other is an 8 day cruise out of Venice stopping at Montenegro, Croatia, Corfu and Ravenna Italy starting at \$2699. Everything is included even airfare. Call Lana White 860.621.3779

FOR MORE INFO on any of these trips, and to see what's coming up, please log-on www.calendarhouse.org & click "trips" tab! Or pick up a flyer on the "rounder" in Calendar House lobby!



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For more information, contact Lana White at the Calendar House Trip Desk 860-621-3014



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JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	3 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	4 Center Closed in Celebration of Independence Day	5 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk <i>Foot Clinic by Appointment</i>	6 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training 11AM-12PM BP w/CT <i>Center for Healthy Aging</i>	7 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	1	8
9	10 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton <i>Computer Class Registration</i>	11 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 4:30PM Advisory Board	12 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	13 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training	14 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	15	
16	17 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	18 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training <i>Foot Clinic by Appointment</i>	19 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	20 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training	21 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo 8:45PM 55 Alive Safe Driving	22	
23	24 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	25 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 10-11AM Blood Pressure with <i>CT Center for Healthy Aging</i>	26 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk 12:30PM Meet 'N Greet with <i>Senator Markley, Rep. Sampson and Rep. Fusco</i>	27 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training	28 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	29	

AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	1 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	2 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	3 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training 11AM-12PM BP w/CT <i>Center for Healthy Aging</i>	4 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	5
6	7 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	8 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	9 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	10 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training 1PM Coffee 'n Dessert "Vertigo, Dizziness & Imbalance"	11 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo <i>Foot Clinic by Appointment</i>	12
13	14 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	15 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training <i>Foot Clinic by Appointment</i>	16 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	17 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training 5:30PM Hawaiian Night at <i>Hawk's Landing</i>	18 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	19
20	21 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	22 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 10-11AM Blood Pressure with <i>CT Center for Healthy Aging</i>	23 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	24 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training	25 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	26
27	28 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	29 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	30 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	31 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training	1 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	2

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