

**GRAND BLANC  
SENIOR ACTIVITY CENTER**

12632 Pagels Dr.

Grand Blanc, MI 48439

Phone: (810)695-3202

Fax: (810) 953-0726

Email: [gbseniorcenter@sbcglobal.net](mailto:gbseniorcenter@sbcglobal.net)

Website: [gbseniorcenter.org](http://gbseniorcenter.org)

Hours of Operation:

Monday- Friday

8:00AM-4:00PM

**MAY/ JUNE NEWSLETTER**

The center will be closed on Tuesday, May 3rd for elections  
& Monday, May 30th in observance of Memorial Day!

**RUMMAGE, RAFFLE, & BAKE SALE  
SATURDAY, MAY 7TH 9-12**

**LET'S HAVE A PARTY!!**

**JOIN JIM & BETTY HEDRICH**

**SUNDAY, MAY 22ND**

**4:30-6:00PM**

**ONLY \$8.00**

**INCLUDES LIVE MUSIC, LIGHT LUNCH  
AND SNACKS**

**BYOB**

**FOR MORE INFORMATION CALL**

**Coming soon- Senior Project Fresh Coupons**

**Please call to be added to the waiting list!**

**Save the Date: Tuesday, August 16th-**

**Senior Day at the Genesee County Fair!!**

## CENTER INFORMATION

### CENTER STAFF:

Coordinator: Vickie Michelson  
Administrative Assistant: Misty Moen  
Secretary: Elaine Willingham  
Driver: Keith Kelley  
Maintenance: Bill Palacios

### YOUNG AT HEARTS ADVISORY BOARD:

Pat Miller	Joann Jenks
Gene Gubala	Lydia Baker
John Wentworth	Margaret Magness
Bob Tresseder	Carolyn Stingel

Our Advisory Board meets on the  
3rd Monday of each month at 8:30AM

### SENIOR CENTER VAN

Our van is available 5 days per week by appointment only. There is a \$2.00 charge per run per person. Also the bus will no longer be able to make runs outside the Grand Blanc Area. Thank you! The van

schedule is as follows:

Mondays: 8:00-4:00  
Tuesdays: 8:00-4:00  
Wednesdays: 8:00-4:00  
Thursdays: 10:00-1:00

### TRAVEL INFORMATION

Please note when booking a trip:

- If you are traveling outside of the United States you must have proper identification (Valid Passport or Enhanced Drivers License)
- When signing up for a trip appropriate monies are due at that time
- If you must cancel your reservation-refunds will only be given if a replacement traveler can be found-unless otherwise stated on the flyer

## **CENTER SERVICES**

### **INFORMATION & REFERRAL**

The Grand Blanc Senior Center offers a wide range of information and referrals to local agencies. If you are in need of assistance call the center and we will do our best to put you in touch with the appropriate agency.

### **MEDICAL LOAN CLOSET**

The center has a medical loan closet. Everything we have has been generously donated by people in our community. Some of the items we have available are: crutches, walkers, raised toilet seats, shower seats, and wheel chairs. If you are in need of medical equipment or have equipment to donate stop by the center.

### **GRAND BLANC HIGH SCHOOL PASS**

The Senior Pass is provided to adults 55 & over who reside in the Grand Blanc School District. The pass is good for all GB “Home” extra-curricular activities with a few exceptions. To pick up your pass simply come into the center and sign the register.

### **MEDICARE/MEDICAID ASSISTANCE**

Do you have questions regarding your Medicare or Medicaid health benefits? Well look no further-our MMAP volunteer Chuck can help you work out your concerns or questions. Call the office to set up an appointment with Chuck Mitchell.

### **MICAFAE FOOD ASSISTANCE**

MiCAFE, or Michigan’s Coordinated Access to Food for the Elderly, helps older adults (60 and older) apply for a Bridge Card at their local Senior Center instead of having to go to DHS. This is an income based program.

## CENTER SERVICES

### COMMODITIES

The Commodities/TEFAP Program is a free food distribution program available to those that income qualify. Commodities are distributed monthly on the 3rd Thursday of each month.

TEFAP is distributed on the 3rd Thursday of March, June, September, and December. Income guidelines are as follows:

Commodities for 60 & older:

Family of 1    \$1,127/month or less

Family of 2    \$1,517/ month or less

TEFAP for 60 & older

Family of 1    \$1,387/month or less

Family of 2    \$1,867/month or less

### 911 EMERGENCY CELL PHONES

The Center has 911 Emergency Cell Phones available. These phones are great for carrying with you when you go for a walk, to the bathroom, to the mail box, or on a trip. Please note these phones will only call 911. Stop by the center and pick one up!

### GREETING CARDS

The center has a great selection of greeting cards. Cards are \$0.10 a piece-the best bargain in town! Greeting cards are generously donated to the center.

### PUZZLES

The center has a wonderful selection of puzzles available for you to take home. Puzzles are a great way to keep your mind active.

### LIBRARY

Stop in and visit our wonderful library. We have a wide selection of books including large print and books on tape/disc. Make sure you scan your key tag when you visit the library.

## HEALTH AND FITNESS

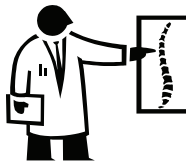
### FREE HEALTH SERVICES

**Blood Pressure Checks**  
**Tuesdays from 12:00-2:00PM**



### Chiropractic Care

**3rd Wednesday of every month from 9:00-10:00AM**



### WALKING CLUB

The center has a walking club that meets on Tuesday and Thursday mornings from 8:45-10:00am. The group walks inside (22 laps in the big room is 1 mile) and if weather permits they walk outdoors.

### VOLLEYBALL

Come on in and try your hand at volleyball.  
Our fun-loving group meets on Mondays at 10:45am  
and Thursdays at 1:30pm. No experience needed.

### PICKLE BALL

Try your hand in pickle ball on Thursdays at 3:30pm. Please check the calendar for changes.

### BODY RECALL

Body Recall is a low-impact, full body workout. Great class for everyone!  
Classes are offered on:

**Body Recall 1:** Mondays-Wednesdays-Fridays: 8:30am

**Body Recall 2:** Mondays-Wednesdays-Fridays: 9:30am

**Body Recall I:** Tuesdays-Thursdays-Fridays: 10:45am

**New 10-week session will begin in Mid-May**

Cost for a 10-week session is \$40.

**PLEASE CHECK THE CALENDAR FOR MON-WED-FRI  
CLASSES TIMES**

# HEALTH AND FITNESS

## LINE DANCING

The center has 3 opportunities for you to line dance!!  
Join our advanced group on Mondays from 12:00-1:30pm.  
Beginner's group on Thursdays at 12:00-1:00pm  
Cost for either afternoon class is only \$2.00  
Thursday evening class at 6:30pm- Cost is \$5.00

## TAI CHI

According to the December 2010 US News & World Report- Tai Chi is a great way to improve your life. Tai Chi can help with stress, balance, and coordination.

Our certified instructor Mike Shurig offers classes on Mondays:  
Advanced: 2:00-3:00pm  
Beginner's: 3:00-4:00pm  
Cost for the 6-week session is \$36

**NEW 6 WEEK CLASSES WILL BEGIN ON MAY 16TH**

## YOGA

Yoga means union... of mind, body, and spirit. With practice, yoga keeps you feeling, looking, and acting younger and healthier- in all areas of your life. Decrease stress as you increase your energy, strength, and self-confidence with a series of exercises designed to strengthen and lengthen the spine, the body's lifeline. Learn graceful, gentle stretches to tone muscle, build stamina and balance, while improving concentration and flexibility. Energizing breathing techniques and a deep relaxation period at the end will help you emerge from class feeling incredibly rejuvenated, yet relaxed. Excellent for both beginners and advanced students.

Join Certified Yoga Instructor Julietta Chevalier on  
Wednesdays at 4:45pm  
Fridays at 2:30pm  
Classes are ongoing, so sign up any time to begin your 6-week session for only \$30. Drop-ins are \$8.00

# PROGRAMS AT THE CENTER

## WATERCOLOR

Join Joe Green on Tuesdays from 9:30-11:30am. Joe has the ability to teach anyone to paint! Cost of a 4-week session is \$30.

**New Classes will begin on May 10th.**

## SCRABBLE

Join our Scrabble players on Mondays and Wednesdays at 1:00pm  
Scrabble is a great game to keep your mind healthy!

## CARD GROUPS

**BRIDGE:** Singles meets on Mondays at 12:30 P.M. Partners meet on Tuesdays at 6:30 P.M. Please sign up before attending.

**Euchre:** Meets on Tuesdays and Fridays at 12:30 P.M.

**Pinochle:** Meets on Mondays and Tuesdays at 1:00 P.M.

## MAH-JONGG

Mah-Jongg is a great game to keep your mind healthy and active.  
Mah-Jongg meets on Thursdays at 11:00am and Fridays at 10:00am

## CHESS

Join Chess Champ Don Vandivier on Tuesdays at 1:00pm.  
Always a great time and a great way to keep your mind active.

## CARD WINNERS

**Bridge:** Bev & Bruce Burdgick, Leona Krause & Lucy Smith, Herb & Louise Friesen, Beverly Gillie & Lucy Smith, Judy Croci, & Brenda Barnes, Herb & Louise Friesen, Russ Titus & Lucille Hodge

**Euchre:** Sally Mullendore, Sandy Lum, Roger Horn, Roger Horn, Wanda Holt, Roger Horn, Jack Baldwin, Wanda Holt, Jean Rutledge, Wanda Holt, Ray Lum, David Thomas, Charles Wallin

## Center Happenings

Brookdale Assisted Living will be at the center on Tuesday, May 10th from 12:00-2:00pm offering 3 level health screenings

Ever thought about what your 5 Wishes would be? Join Jeff on Thursday, May 19th at 1:00pm for an informational presentation.

Attorney General Bill Schuette's Office  
Senior Brigade Presents  
Phone & Mail Scams Seminar  
Monday, June 6th  
5:00pm

Refreshments will be provided  
Please call to reserve your spot

BrightStar  
Join Elizabeth Lorge from Bright Star on Friday, June 10th at 12:15pm for a great presentation

### **Family Pharmacy Presents: New Year-New You Series**

Join Sherrill Natzke on the 3rd Wednesday of every month at 4:00pm. New Year New You will help Baby Boomers & the elderly learn how to age gracefully and improve the quality of their lives by understanding choices that can be made to improve levels of health & wellness at any age. There will be guest speakers, reference materials, prizes, refreshments, demonstrations, massages, and more.

Call the center to reserve your spot!

## TRIPS

<b>May 17th</b>	<b>Shipshewana</b>	<b>\$77</b>
Inc. Family Style Luncheon		
<b>May 25th</b>	<b>Daniel O'Donnell</b>	<b>\$114</b>
Inc. Lunch		
<b>June 16th</b>	<b>Mitch Albom: Ernie Harwell</b>	<b>\$69</b>
Inc. Tickets to the Show and Lunch at Traffic Jam & Snug		
<b>June 17-22nd</b>	<b>New York City</b>	<b>\$999</b>
Inc. Sightseeing Tour of NYC, Ellis Island, Statue of Liberty		
<b>July 18-19th</b>	<b>Traverse City Wine Tour</b>	<b>\$195</b>
Inc. Lodging, \$10 casino credit, wine tastings		
<b>July 19th</b>	<b>Little River Casino</b>	<b>\$50</b>
Inc. \$25 Casino Incentive		
<b>July 28th</b>	<b>Detroit Tigers Vs. Angels</b>	<b>\$50</b>
Inc. Lower Level Seating, Food & Drink Voucher		
<b>Aug. 2nd</b>	<b>Greektown Casino</b>	<b>\$30</b>
Inc. \$20 in Free Play		
<b>Aug. 15th</b>	<b>Rediscover A Detroit Diamond</b>	<b>\$69</b>
Inc. Lunch at Pegasus and Diamond Jack Cruise		
<b>Aug. 7-16th</b>	<b>Oregon Coast</b>	<b>\$2899</b>
Inc. Sightseeing Tour of Seattle, Timberline Lodge Tour/Chairlift		
<b>Sept. 11-17th</b>	<b>Nashville Show Trip</b>	<b>\$575</b>
Inc. 2 Shows, Guided Tour of Nashville and much much more		
<b>Sept. 25-30th</b>	<b>The Hampton</b>	<b>\$1159</b>
Inc. Old Westbury Gardens & Phipps Estate, Sag Harbor, & more		
<b>Oct. 5-6th</b>	<b>Mystery Tour</b>	<b>\$299</b>
Inc. Breakfast, Lunch, & Dinner		
<b>Oct. 18th</b>	<b>Mid Michigan Color Tour</b>	<b>\$70</b>
Inc. Color Cruise & Luncheon Buffet, Cider Donuts, & Wine Tasting		
<b>Nov. 26-30th</b>	<b>Christmas in the South</b>	<b>\$899</b>
Inc. 4 nights of entertainment, Winery at Billtmore and much more		
<b>Dec. 3-11th</b>	<b>Orlando Florida</b>	<b>\$689</b>
Inc. Holy Land Experience, Morse Museum, Arabian Nights		
<b>Dec. 5-7th</b>	<b>Christmas in Kentucky</b>	<b>\$559</b>
Inc. The Amazing Kalightoscope Christmas, Colors of the Season Dinner show, Lights Under Louisville Mega Caverns		
<b>Dec. 8th</b>	<b>Wicked at Detroit Opera</b>	<b>\$139</b>
Inc. Main Floor ticket and lunch		
<b>Feb. 8-14th</b>	<b>California Coast- more info Coming</b>	
<b>More trips are in the works call the office for info!</b>		

<p style="text-align: center;"><b>MONDAYS</b></p>	<p>2 Vegetable Lasagna Steamed Spinach Sliced Carrots Muffin Milk \$2.00 donation/60 &amp; over \$3.50 under 60</p>	<p>9 Baked Honey Ham w/ pineapple Whole White Potatoes Black Eye Peas Potato Roll Milk \$2.00 donation/60 &amp; over \$3.50 under 60</p>
<p style="text-align: center;"><b>TUESDAYS</b></p>	<p>3 BBQ Chicken Potato Salad Green Beans w/ Red Peppers Wheat Roll Apple Juice \$2.00 donation over 60 \$3.50 under 60</p>	<p>10 Pepper Steak w/ Oriental Veggies Sliced Carrots Steamed Brown Rice Pear Milk \$2.00 donation over 60 \$3.50 under 60</p>
<p style="text-align: center;"><b>WEDNESDAYS</b></p>	<p>4 Pizza sponsored by Town Center Pharmacy</p>	<p>11 Ham &amp; Scalloped Potatoes \$5.50</p>
<p style="text-align: center;"><b>THURSDAYS</b></p>	<p>5 Turkey Burger Macaroni &amp; Cheese Salad Normandy Veggies Fruit Cookie Juice \$2.00 donation over 60 \$3.50 under 60</p>	<p>12 Sloppy Joes French Green Beans Sliced Beets Fresh Fruit Juice \$2.00 donation over 60 \$3.50 under 60</p>
<p style="text-align: center;"><b>FRIDAYS</b></p>	<p>6 Swiss Steak W/ Gravy Mashed Potatoes Mixed Veggies Wheat Roll Orange Milk \$2.00 donation over 60 \$3.50 under 60</p>	<p>13 Macaroni/ Cheese Succotash Stewed Tomatoes Potato Roll Oatmeal Cookie Milk \$2.00 donation over 60 \$3.50 under 60</p>

<p>16 Pork Chop Roasted Veggies Steamed Cauliflower Wheat Roll Milk \$2.00 donation over 60 \$3.50 under 60</p>	<p>23 Stuffed Cabbage Sliced Beets Steamed Cauliflower Wheat Roll Milk \$2.00 donation over 60 \$3.50 under 60</p>	<p>30 Closed in Observance of Memorial Day</p>
<p>17 Philly Steak w/ Cheese, Mushrooms, Peppers Baked Potato Peas and Onions Pear Juice \$2.00 donation over 60 \$3.50 under 60</p>	<p>24 Meatloaf w/ Mushroom Gravy AuGratin Potatoes Steamed Spinach Wheat Roll Fruit Cocktail Juice \$2.00 donation over 60 \$3.50 under 60</p>	<p>31 Stuffed Peppers w Ground Beef Sliced Beets Steamed Cauliflower Potato Roll Jell-o Cup Juice \$2.00 donation over 60 \$3.50 under 60</p>
<p>18 Oven Fried Chicken &amp; Macaroni and Cheese \$5.50</p>	<p>25 Picnic Luncheon \$5.50</p>	
<p>19 Creole Steak in Tomato Sauce European Veggies Oven Brown Potatoes Wheat Roll Birthday Cake Juice \$2.00 donation over 60 \$3.50 under 60</p>	<p>26 Beef Stew/Veggies Tossed Salad Biscuit Tropical Fruit Juice \$2.00 donation over 60 \$3.50 under 60</p>	<p>RESERVATIONS FOR THE REST OF THE WEEK <u>MUST BE</u> MADE THE DAY PRIOR TO ATTENDING</p>
<p>20 Baked Fish Coleslaw AuGratin Potatoes Sliced Peaches Milk \$2.00 donation over 60 \$3.50 under 60</p>	<p>27 BBQ Pork Sandwich Redskin Potatoes Peas &amp; Carrots Fresh Fruit Milk \$2.00 donation over 60 \$3.50 under 60</p>	<p>PLEASE NOTE THAT RESERVATIONS FOR MONDAY'S MEAL <u>MUST BE MADE</u> ON THE FRIDAY PRIOR TO ATTENDING</p>

<p style="text-align: center;"><b>MONDAYS</b></p>	<p>2 Body Recall- 8:30  Body Recall - 9:30  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00  Karaoke- 4:30</p>	<p>9 Body Recall- 8:30  Body Recall - 9:30  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00  Karaoke- 4:30</p>
<p style="text-align: center;"><b>TUESDAYS</b></p>	<p>3    CENTER WILL BE  CLOSED  FOR  ELECTIONS</p>	<p>10 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>
<p style="text-align: center;"><b>WEDNESDAYS</b></p>	<p>4  Body Recall- 8:30  Body Recall - 9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Yoga- 4:45</p>	<p>11  Body Recall- 8:30  Body Recall - 9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Yoga- 4:45</p>
<p style="text-align: center;"><b>THURSDAYS</b></p>	<p>5  Walking- 9:00-10:45  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  No Pickle Ball or  Line Dancing Today</p>	<p>12  Walking- 9:00-10:45  Mah-Jongg-11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:00  Line Danicing- 6:00</p>
<p style="text-align: center;"><b>FRIDAYS</b></p>	<p>6 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p>13 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>

<p><b>16</b> Body Recall- 8:30  Body Recall- 9:30  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00  Karaoke- 4:30</p>	<p><b>23</b> Body Recall- 8:30  Body Recall - 9:30  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00  Karaoke- 4:30</p>	<p><b>30</b>  The Center  will be  closed in  observance  of  Memorial  Day</p>
<p><b>17</b> Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>	<p><b>24</b> Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>	<p><b>31</b> Walking-9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall- 10:45  Lunch- 12:00  Blood Pressure- 12-2  Euchre- 12:30  Pinochle- 1:00  Chess- 1:00  Bridge- 6:30</p>
<p><b>18</b>  Body Recall- 8:30  Body Recall -9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Family Pharmacy:  New Year New You  4:00  Yoga- 4:45</p>	<p><b>25</b>  Body Recall- 8:30  Body Recall - 9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Yoga- 4:45</p>	
<p><b>19</b>  Walking- 9:00-10:45  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:00  Line Dancing- 6:00</p>	<p><b>26</b>  Walking- 9:00-10:45  Mah-Jongg-11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:30  Line Dancing- 6:00</p>	
<p><b>20</b> Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p><b>27</b> Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p><b>MAY  EVENTS</b></p>

<p style="text-align: center;"><b>MONDAYS</b></p>		<p>6 Body Recall- 8:30          Body Recall 2- 9:30          Volleyball- 10:45          Line Dancing- 12:00          Lunch- 12:00          Bridge- 12:30          Pinochle- 1:00          Scrabble- 1:00          Tai Chi Adv. - 2:00          Tai Chi Beg. - 3:00          Karaoke- 4:30</p>
<p style="text-align: center;"><b>TUESDAYS</b></p>		<p>7 Walking- 9:00-10:45          Chinese Chess- 9:00          Watercolor- 9:30-11:30          Body Recall - 10:45          Lunch - 12:00          Blood Pressure- 12-2          Euchre - 12:30          Pinochle - 1:00          Chess- 1:00          Bridge- 6:30          Line Dancing - 6:30</p>
<p style="text-align: center;"><b>WEDNESDAYS</b></p>	<p>1 Body Recall- 8:30          Body Recall - 9:30          Lunch - 12:00          Menu-Lasagna          Cost- \$5.50          Bingo - 1:00          Scrabble - 1:00          Yoga - 4:45</p>	<p>8 Body Recall- 8:30          Body Recall - 9:30          Lunch - 12:00          Menu- Pot Roast/          Noodles Cost- \$5.50          Bingo - 1:00          Scrabble - 1:00          Yoga - 4:45</p>
<p style="text-align: center;"><b>THURSDAYS</b></p>	<p>2          Walking- 9:00-10:45          Mah-Jongg- 11:00          Body Recall- 10:45          Lunch- 12:00          Line Dancing- 12:00          Volleyball- 1:30          Pickle Ball- 3:30          Line Dancing- 6:00</p>	<p>9          Walking- 9:00-10:45          Mah-Jongg- 11:00          Body Recall- 10:45          Lunch- 12:00          Line Dancing- 12:00          Volleyball- 1:30          Pickle Ball- 3:30          Line Dancing- 6:00</p>
<p style="text-align: center;"><b>FRIDAYS</b></p>	<p>3 Computers- 8-4          Library- 8-4          Body Recall- 8:30          Body Recall - 9:30          Mah-Jongg- 10:00          Body Recall- 10:45          Lunch- 12:00          Euchre- 12:30          Yoga- 2:30</p>	<p>10 Computers- 8-4          Library- 8-4          Body Recall- 8:30          Body Recall - 9:30          Mah-Jongg- 10:00          Body Recall- 10:45          Lunch- 12:00          Euchre- 12:30          Yoga- 2:30</p>

<p>13 Body Recall- 8:30  Body Recall- 9:30  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00  Karaoke- 4:30</p>	<p>20 Body Recall- 8:30  Body Recall- 9:30  Volleyball- 10:45  Lunch- 12:00  Line Danicing- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Adv. Tai Chi- 2:00  Beg. Tai Chi- 3:00  Karaoke- 4:30</p>	<p>27 Body Recall- 8:30  Body Recall- 9:30  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00  Karaoke- 4:30</p>
<p>14 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30  Line Dancing - 6:30</p>	<p>21 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30  Line Dancing - 6:30</p>	<p>28 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30  Line Dancing - 6:30</p>
<p>15 Body Recall- 8:30  Body Recall- 9:30  ClairbridgeLunch-12:00  will Benefit Alzheimer's  Bingo - 1:00  Scrabble - 1:00  New Year New You-4  Yoga- 4:45</p>	<p>22 Body Recall- 8:30  Body Recall 2 - 9:30  Lunch - 12:00  Menu-BBQ &amp; Potato  Salad Cost- \$5.50  Bingo - 1:00  Scrabble - 1:00  Yoga- 4:45</p>	<p>29 Body Recall- 8:30  Body Recall 2 - 9:30  Lunch - 12:00  Menu- Potluck  Bingo - 1:00  Scrabble - 1:00  Yoga- 4:45</p>
<p>16  Walking- 9:00-10:45  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:30  Line Dancing- 6:00</p>	<p>23  Walking- 9:00-10:45  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:30  Line Dancing- 6:00</p>	<p>30  Walking 9:00-10:45  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:30  Line Dancing- 6:00</p>
<p>17 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p>24 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p style="text-align: center;"><b>June  Events</b></p>

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