

**GRAND BLANC
SENIOR ACTIVITY CENTER**

12632 Pagels Dr.

Grand Blanc, MI 48439

Phone: (810)695-3202

Fax: (810) 953-0726

Email: gbseniorcenter@sbcglobal.net

Website: gbseniorcenter.org

Hours of Operation:

Monday- Friday

8:00AM-4:00PM

MARCH/APRIL NEWSLETTER

FAREWELL AND BEST WISHES

VICKIE MICHELSON!!!

**COME CELEBRATE VICKIE'S RETIREMENT
WITH US**

THURSDAY, APRIL 28TH FROM 3:00-5:00PM

Refreshments will be served

The Center will be closed on Friday, April 22nd in observance of Good Friday.

Just a reminder the center will be closed any time the Grand Blanc Schools close due to inclement weather.

Please check ABC 12 for closing information.

**GB SENIOR CENTER ANNUAL
RUMMAGE, RAFFLE AND BAKE SALE!**

SATURDAY, APRIL 30TH

9:00am-12:00pm

Please feel free to drop off your donations anytime-if you are donating to the bake sale items may be dropped off on Friday or Saturday before 9:00am.

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:

Bob Tresedder	Pat Miller
Leona Krause	Mary McDaniel
Carolyn Stingel	Gene Gubala
Howard Weaver	

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 to pay for food so seniors can afford other essential items like medicine. If you or someone you know is interested in finding out more information about the program-Call the Center.

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. For more information or to see if you qualify call the center.

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

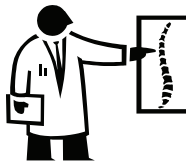
FREE HEALTH SERVICES

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 Wednesdays at 4:30pm
and 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 class is only \$2.00
Tuesday 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 APRIL 4TH

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
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 March 8th.

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 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.

AARP DRIVER SAFETY PROGRAM

AARP Safe Driving Classes will be held at the center on
Wednesday, April 27th and Thursday, April 28th from 12:00-4:00pm.
Cost is \$12 for AARP Members or \$14 if you are not enrolled in AARP.

You must attend both classes to earn credit.

Space is limited so sign up early!

Center Happenings

Congratulations to our 2011 Senior Winter Games Winners!!

Gold: Ron Pruett (Karaoke: Duet & Single); Tim Mansell (Karaoke:Duet); Gene Gubala (Water Walk);

Silver: Joann Jenks (Water Walk, Free Throw, Fitness Walk)

Bronze: Denise Smith (Karaoke: Single); Gene Gubala (Volleyball); Charlene Hall (Volleyball); Carmen Lam (Volleyball); John Martin (Volleyball); Fred Allison (Volleyball); Ray Lam (Volleyball); Lydia Baker (Water Walk)

25 YEARS OF BODY RECALL

Body Recall has been a part of the Grand Blanc Senior Center for 25 years!! This lifetime fitness program has had an impact on the lives of many throughout the years!

Everyone is welcome!

Celebrate with us on

Friday, April 15th at 11:00am

**Demonstrations, Award Presentation
and Hors D'oeuvres**

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

April 7-8th	Niagara Falls/Toronto	\$300
Inc. Maid of the Mist, Buffet Dinner @ Skylon Tower & more		
April 15-17th	Thunder Over Louisville	\$399
Inc. The Drowsy Chaperone, Louisville Slugger Museum & more		
April 18-19th	Mountaineer Casino	\$129
Inc. Lodging and \$40 gaming package		
June 6-12th	Norfolk VA: Tall Ships	\$1059
Inc. Tour Colonial Williamsburg, Jamestown, Yorktown, & more		
June 7-8th	Mackinac Island Lilac	\$339
Inc. Carriage Tour of the Island and Buffet Lunch @ Grand Hotel		
June 16th	Mitch Albom: Ernie Harwell	\$69
Inc. Tickets to the Show and Lunch at Traffic Jam & Snug		
June 17-22nd	New York City	\$999
Inc. Sightseeing Tour of NYC, Ellis Island, Statue of Liberty		
July 19th	Little River Casino	\$50
Inc. \$25 Casino Incentive		
July 28th	Detroit Tigers Vs. Angels	\$50
Inc. Lower Level Seating, Food & Drink Voucher		
Aug. 2nd	Greektown Casino	\$30
Inc. \$20 in Free Play		
Aug. 15th	Rediscover A Detroit Diamond	\$69
Inc. Lunch at Pegasus and Diamond Jack Cruise		
Aug. 7-16th	Oregon Coast	\$2899
Inc. Sightseeing Tour of Seattle, Timberline Lodge Tour/Chairlift		
Sept. 11-17th	Nashville Show Trip	\$575
Inc. 2 Shows, Guided Tour of Nashville and much much more		
Sept. 25-30th	The Hampton	\$1159
Inc. Old Westbury Gardens & Phipps Estate, Sag Harbor, & more		
Dec. 3-11th	Orlando Florida	\$689
Inc. Holy Land Experience, Morse Museum, Arabian Nights		
Dec. 5-7th	Christmas in Kentucky	\$559
Inc. The Amazing Kalightscope Christmas, Colors of the Season Dinner show, Lights Under Louisville Mega Caverns, and much more		

Stop by the Center to Pick Up Detailed

<p>MONDAYS</p>	<p>PLEASE NOTE THAT RESERVATIONS <u>MUST BE</u> MADE THE DAY PRIOR TO ATTENDING</p>	<p>7 Baked Turkey Ham Scalloped Potatoes Malibu Veggies Potato Roll Milk \$2.00 donation 60 & up \$3.50 under 60</p>
<p>TUESDAYS</p>	<p>1 Chicken & Dumpling French Cut Green Beans Corn Muffin Jell-o with Fruit Juice \$2.00 donation 60 & up \$3.50 under 60</p>	<p>8 Chili w/ Beef Tossed Salad Applesauce Juice \$2.00 donation 60 & up \$3.50 under 60</p>
<p>WEDNESDAYS</p>	<p>2 Baked Chicken & Macaroni and Cheese Masonic Temple Cost: \$5.50</p>	<p>9 Ham Dinner Masonic Temple Cost: \$5.50</p>
<p>THURSDAYS</p>	<p>3 Turkey Vegetable Soup Corn Toastums Orange Juice \$2.00 donation 60 & up \$3.50 under 60</p>	<p>10 Liver and Onion w/ Gravy Green Beans Mashed Potatoes Potato Roll Fruit Mix Juice \$2.00 donation over 60- \$3.50 under 60</p>
<p>FRIDAYS</p>	<p>4 Stuffed Green Peppers Sliced Beats Cauliflower Wheat Roll Sliced Peaches Milk \$2.00 donation 60 & up \$3.50 under 60</p>	<p>11 Marinated Chicken Breast Broccoli AuGratin Baby Carrots Bran Muffin Fruit Salad Milk \$2.00 donation 60 & up \$3.50 under 60</p>

<p>14</p> <p>Philly Chicken Sweet Potatoes Green Peas Milk \$2.00 donation 60 & up \$3.50 under 60</p>	<p>21</p> <p>Baked Pork Chops Steamed Spinach Glazed Baby Carrots Wheat Roll Milk \$2.00 donation 60 & up \$3.50 under 60</p>	<p>28</p> <p>Roasted Chicken Black-Eyed Peas Mashed Sweet Potatoes Wheat Roll Milk \$2.00 donation 60 & up \$3.50 under 60</p>
<p>15</p> <p>BBQ Pork Sandwich Baked Potato Green Beans Orange Juice \$2.00 donation 60 & up \$3.50 under 60</p>	<p>22</p> <p>Beef Barley Soup w/ Veggies Tossed Salad Corn Muffin Fruit Salad Juice \$2.00 donation over 60- \$3.50 under 60</p>	<p>29</p> <p>Pub Beef Steak Whipped Potatoes Key West Veggies Wheat Roll Tropical Fruit Juice \$2.00 donation 60 & up \$3.50 under 60</p>
<p>16</p> <p>St. Paddy's Day Party!! Corned Beef and Cabbage \$5.50</p>	<p>23</p> <p>Comprehensive Hearing Luncheon w/ Guest Speaker</p>	<p>30</p> <p>Pizza and Salad Cost: \$5.50</p>
<p>17</p> <p>St. Paddy's Day! Beef Stew w/ Stewed Veggies Biscuit w/ Honey Fruit Mix Juice \$2.00 donation 60 & up \$3.50 under 60</p>	<p>24</p> <p>Italian Boneless Chicken w/ Tomato Sauce & Noodles Garlic Bread Birthday Cake Juice \$2.00 donation 60 & up \$3.50 under 60</p>	<p>31</p> <p>Pot Roast Pasties w/ Gravy Sliced Beets Stewed Tomatoes Wheat Roll Apple Juice \$2.00 donation over 60- \$3.50 under 60</p>
<p>18</p> <p>Macaroni and Cheese Steamed Spinach Stewed Tomatoes Wheat Roll Pear Milk \$2.00 donation 60 & up \$3.50 under 60</p>	<p>25</p> <p>Baked Fish AuGratin Potatoes Coleslaw Multi Grain Roll Pear Milk \$2.00 donation 60 & up \$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;">MONDAYS</p>	<p style="text-align: center;">MARCH EVENTS!!</p>	<p>7 Body Recall - 9:00 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;">TUESDAYS</p>	<p>1 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>8 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;">WEDNESDAYS</p>	<p>2 Taxes by appt only 9-2 Body Recall - 9:00 Lunch - 12:00 Bingo - 1:00 Scrabble - 1:00 Pickle Ball - 4:30</p>	<p>9 Taxes by appt only 9-2 Body Recall - 9:00 Lunch - 12:00 Bingo - 1:00 Scrabble - 1:00 Pickle Ball - 4:30</p>
<p style="text-align: center;">THURSDAYS</p>	<p>3 Computers-8-4 Library- 8-4 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</p>	<p>10 Computers-8-4 Library- 8-4 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</p>
<p style="text-align: center;">FRIDAYS</p>	<p>4 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>11 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>14 Body Recall- 9:00 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>21 Body Recall - 9:00 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>28 Body Recall - 9:00 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>15 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>22 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>29 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>16 Taxes by appt only 9-2 Body Recall -9:00 Lunch - 12:00 Bingo - 1:00 Scrabble - 1:00 Family Pharmacy: New Year New You 4:00 No Pickle Ball Tonight</p>	<p>23 Taxes by appt only 9-2 Body Recall - 9:00 Sheriff's Dept: Drug Dropoff- 11-6 Lunch - 12:00 Bingo - 1:00 Scrabble - 1:00 Pickle Ball - 4:30</p>	<p>30 Taxes by appt only 9-2 Body Recall- 9:00 Lunch- 12:00 Bingo- 1:00 Scrabble- 1:00 Pickle Ball- 4:30</p>
<p>17 Computers-8-4 Library- 8-4 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</p>	<p>24 Computers-8-4 Library- 8-4 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</p>	<p>31 Computers 8-4 Library- 8-4 Walking- 9:00-10:45 Body Recall- 10:45 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickle Ball - 3:30</p>
<p>18 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>25 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>MONDAYS</p>	<p>April Events</p>	<p>4 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>TUESDAYS</p>		<p>5 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>WEDNESDAYS</p>		<p>6 Body Recall- 8:30 Body Recall - 9:30 Lunch - 12:00 Bingo - 1:00 Scrabble - 1:00 Pickle Ball - 4:30</p>
<p>THURSDAYS</p>		<p>7 Computers-8-4 Library- 8-4 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</p>
<p>FRIDAYS</p>	<p>1 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>8 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>11 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>18 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>25 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>12 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>19 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>26 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>13 Body Recall- 8:30 Body Recall- 9:30 Lunch - 12:00 from Clarebridge will Benefit Alzheimer's Bingo - 1:00 Scrabble - 1:00 Pickle Ball - 4:30</p>	<p>20 Body Recall- 8:30 Body Recall 2 - 9:30 Lunch - 12:00 Bingo - 1:00 Scrabble - 1:00 Family Pharmacy: New Year New You-4:00 Pickle Ball - 4:30</p>	<p>27 Body Recall- 8:30 Body Recall 2 - 9:30 Lunch - 12:00 AARP- 12-4 Bingo - 1:00 Scrabble - 1:00 No Pickle Ball Today</p>
<p>14 Computers-8-4 Library- 8-4 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</p>	<p>21 Computers-8-4 Library- 8-4 Walking- 9:00-10:45 Mah-Jongg- 11:00 Body Recall- 10:45 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 No Pickleball Today</p>	<p>28 Computers-8-4 Walking- 9:00-10:45 Mah-Jongg- 11:00 Body Recall- 10:45 Lunch- 12:00 AARP- 12-4 Line Dancing- 12:00 Volleyball- 1:30 No Pickle Ball Today</p>
<p>15 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>22 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>29 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>

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WE'RE ON THE WEB

www.gbseniorcenter.org

March/ April News

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