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Golden Connections Community Center
Formerly The Red Lion Area Senior Center
20 Gotham Place
Red Lion, PA 17356

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Golden CONNECTIONS

20 Gotham Place
Red Lion, PA 17356
P:717.244.7229
www.gcccenter.com

Monthly Newsletter

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Viola Boothe, Kitchen Supervisor

September



2017

Upcoming Events for September

SEPTEMBER 4	CENTER CLOSED/ LABOR DAY
SEPTEMBER 5	WHITE ELEPHANT GAME
SEPTEMBER 6	PEGGY VERNON FROM MEMORIAL HOSPITAL ~ STROKE PRESENTATION
SEPTEMBER 7	CHAIR MASSAGE
SEPTEMBER 7	APPLESAUCE MAKING
SEPTEMBER 11	REMEMBERING 9/11
SEPTEMBER 12	CHOCOLATE MILKSHAKE MADNESS
SEPTEMBER 12	FASHION SHOW
SEPTEMBER 13	DAN CALLOWAY FROM EDWARD JONES INC. ~ LONG TERM CARE PRESENTATION
SEPTEMBER 13	OUTREACH PROGRAM
SEPTEMBER 18	FOOT/MASSAGE SPA DAY
SEPTEMBER 18	HAIR/NAILS WITH MISSY
SEPTEMBER 19	CLOTHING SWAP
SEPTEMBER 20	ART RESIDENCY BEGINS!
SEPTEMBER 20	NUTRITION WORKSHOP
SEPTEMBER 20	HOSANNA BELL RINGERS
SEPTEMBER 22	BINGO AT THE VILLA
SEPTEMBER 25	ARTS & CRAFTS ~ STONE FLOWER ART
SEPTEMBER 26	BETH MILLER FROM OSS HEALTH ~ FALL PREVENTION
SEPTEMBER 27	KELLY BLESSING FROM SENIOR COMMONS ~STAYING ACTIVE WITH SENIOR COMMONS
SEPTEMBER 28	GENTLEMAN'S LUNCHEON
SEPTEMBER 29	COOKING FOR 1 CLASS



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Fashion Show and Sale on September 12th

Take shopping with your friends to a whole new level by bring the hottest new looks to you. Bring your friends to the GCCC for a fun time previewing the latest jewelry and clothing trends on **Tuesday, September 12th at 11 a.m.** Center members will walk the runway wearing J&J Boutique's new winter and fall collections.

Meet Maria Himes who will help you pick an outfit that flatters your figure and boosts your style. Maria plans to donate 50% of the sales from this event to the center. It will be fun for everyone!


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Can you believe that Summer is almost over and Fall is on the way? Our drivers are very important and we would like to keep them healthy and safe. That being said, with the changing of the season the leaves will begin to fall; I'm asking that everyone keep their driveways, walkways, and/or paths clear of any leaves or debris.

Also, it has been brought to my attention that some of the Meals on Wheels recipients have been a little rude to some of the drivers regarding the arrival time of their meals. Everyone should expect delivery between the hours of **10:00a.m. and 1:00p.m.** Our drivers are volunteers, who out of the kindness of their heart, deliver meals for the center. They deliver in the blistering heat, freezing cold, and the pouring rain. We want them to always feel appreciated because as I have stated many times, the program simply cannot and will not run successfully without the help of the many wonderful volunteers.

We would like to both congratulate and thank **MaryJoe Vukmanic** and **Elnora Sorillo** for two wonderful years of excellent service. These ladies are amazing individuals and we are proud to have them on our team. Also, Birthday wishes are in order for **Mike Laucks**; may he have the best year ever.

Thanks,
Tanika Colson

Give your hands to serve and your hearts to love.
-Mother Theresa

Senior Center Sponsors

*If you are interested in becoming a sponsor, please contact
Heather Goebeler or Kasie Ream at 244-7229.
(Sponsors listed in the newsletter are paid advertisers.
The center does not endorse any one sponsor.)*



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THANK YOU

FOR BELIEVING IN OUR CENTER

The following individuals have made monetary donations to the center.

Donations are now categorized by levels:

*Platinum Donors \$1,000 or more, Gold Donors \$500 - \$999,
Silver Donors \$100-\$499, Bronze Donors \$50-\$99, and Other Donors \$49 or less*

*Again, Thank You ALL
For Your Generosity!*

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*No act of kindness,
no matter how small,
is ever wasted.*

- Aesop

*This is not a full list of donors. Donors are entered in the newsletter as space permits.

More to Look Forward too...

Art Residency Program

The GCCC is excited to launch our next Art Residency program. This Residency will be "Around the World in 60 Days". Seniors will have the opportunity to travel the world right here in our center. Exploring different cultures through fine arts, music, film, food, & more. Our first countries on the journey will be Mexico and India. Travels will begin, **Friday, September 22nd at 10:00 a.m.** We hope you can plan to explore with us!

- ❖ Come join us on **September 5th** for a good old fashion game of White Elephant Gift Exchange. To participate you must bring a wrapped gift along (can be a gag gift or something useful) Gifts must not be worth more than around \$3.00.
- ❖ **September 7th**, we will be trying our hand at making homemade applesauce to help celebrate National Apple Month!
- ❖ In September we will feature a crocheting class. Classes will be each Friday afternoon from **12:00 to 1:00 p.m. starting September 8th**. Anyone wishing to join must bring their own needle, yarn and a pair of scissors. Any questions please see Lizz Lewis, Program Coordinator.
- ❖ **September 11th**, A day remembered by all, and never forgotten. This year we will be remembering all those who sacrificed and lost their lives by having a moment of silence, followed by putting flags in the ground to remember our fallen. We will also work on a collage to help remember all our fallen heroes, firefighters, police officers and EMT's.
- ❖ **September 12th**, is *Chocolate Milkshake Day*.....so the GCCC thought it would be a tasty treat to celebrate by having a "Chocolate Milkshake Madness" event. If you love chocolate come join us!! Cost is \$1.00!
- ❖ **September 18th**, we are hoping to help you relax a little by offering our members a chance to receive some spoiling by hosting "Foot Massage Spa Day". This will run from 9:00 to 11:00 a.m and space will be limited so sign up is **MANDATORY** to assure you a spot!

Guests in Our Center

- ❖ Peggy Bolen will be joining us to do a presentation on Strokes, Wednesday, September 6th. Come join us to learn more about the early signs and what to look for.
- ❖ The GCCC will welcome Dan Calloway from Edward Jones, Inc. back to discuss Long Term Care, on Wednesday, September 13th at 10:00 a.m.
- ❖ Although Fall Prevention Day is September 22nd, Beth Miller from OSS Health will be joining us on Tuesday September 26th to do a presentation to help our members learn basic steps they can take to help prevent falls. So come join us to learn how to keep yourself safer each and every day!
- ❖ Kelly Blessing from Senior Commons will join members of the GCCC for another session of "Staying fit with Senior Commons" on Wednesday, September 27th at 10:00 a.m.

Technology at the GCCC

Computer Class - This month we will be focusing on learning some of the exciting tools the Excel program has to offer. If this program sparks your interest please take a look at the following curriculum and make sure you sign up as space is limited.

September 1 ~ We will be focused on learning how to open the program as well as the Excel Layout

September 8 ~ We will be learning the Excel toolbar layout and how to use the toolbar.

September 15 ~ We will be learning what a "Cell" is and how to work and move between Cells

September 22 ~ We will continue learning about Cells, how to enter data into the cells.

September 29 ~ We will be reviewing all information we have learned this month and answering any questions.

I-pad Class

September 11 ~ We will be downloading the Web MD app

September 18 ~ We will be focused on how to maneuver around the Web Md. app and all it is able to do.

September 25 ~ We will be learning about the Flipboard app. It gathers content from social networks, news publications and blogs. Then the **app** displays stories, articles, blog posts, videos and other pieces of content in a magazine-like format.

TRIPS!

Golden Connections Community Center collaborates with multiple travel companies to ensure our members are being offered a variety of trip opportunities. Feel free to contact our center directly for trip information or you may choose to contact the travel agency directly.

Krouse Travel Agency ~ 717-244-6410

Fri thru Sunday, Oct. 20-22 – The Creation Museum and Noah's Ark + Dinner Cruise - \$595

Thursday, Oct. 26 – Penn's Peak Luncheon + "The Glenn Miller Orchestra" - \$120

Thursday, Nov. 2 – Hands-On Cooks Adventure (Cooking Class) - \$135

Wednesday, Nov. 8 – "Frankie Vallie & the Four Seasons Tribute" at Mt. Airy Resort - \$105

Thursday, Nov. 29 – Radio City "Christmas Spectacular" in New York City - \$185

Tuesday, Dec.5 – "The Coasters Christmas Show" at Mt. Airy Resort and Casino - \$105

Mon-Wed, Dec. 11-13 – Christmas in Wheeling, Oglebay Lights and Dickens Village - \$549

Thursday, December 14 – The American Music Theater Christmas Show with lunch - \$115

Pacesetters ~ 717-757-3209

HISTORIC COLUMBIA ~ Tuesday, October 17th \$72.00

You might live right over the bridge but there is a lot to see and learn about the history of this little town. We will visit the Wright's Ferry Mansion and the First National Bank Museum where there are underground railroads; we stop at Hinkle's where you will find a charming 4th generation gift shop and old-fashioned ice cream parlor. Lunch at the Union Station Restaurant. Bailey bus will depart from the rear parking lot behind Frank's theatre at 9:00. Deadline to reserve seating is September 8th.

BIRD-IN-HAND RESTAURANT ~ *The Magic and Wonder Show*, Wednesday, November 15th \$56.00. We had the pleasure of seeing this magician last year and thoroughly enjoyed him. He has a new show and we won't know how he does any of it, we will be surprised and entertained. But first, as above, we will have fun choosing the wonderful food at the lunch buffet they have. Rabbit bus will depart from Windsor Commons at 10:00 a.m. Deadline to reserve seating is October 11th.

CHRISTKINDL MARKETPLACE ~ Friday, December 8th \$72.00

We will take a short visit to a candy company, eat a delicious lunch at the Country Cupboard, enjoy some time at the Christkindl Marketplace, the event also features entertainment. We then stop off at a candle company. The Bailey bus will depart from the rear parking lot behind Frank's theatre at 8:00. Deadline to reserve seating is November 3rd.



- ❖ **September 20th**, come join Lizz Lewis, Program Coordinator, for a Nutrition Workshop; where she teaches some easy ways to make sure you are eating your best. Simple changes to your shopping list can help assure you are eating healthy!
- ❖ **September 22nd**, We are going to be having a Special Purse Bingo. Cost is \$2.00 to play and try your hand at winning a Purse. To top it off there are some extra goodies inside each purse!!!
- ❖ **September 25th**, Come turn everyday items laying around the house into an amazing piece of art you can hang on the wall!!!! We will take wood, sticks and stones and make awesome flowers!!!! Sign up is mandatory!
- ❖ **September 28th**, we will celebrate all of the GCCC's Gentlemen and the joy they bring to our center each day by hosting the Gentleman's Luncheon. Space is limited for this event, so sign up is MANDATORY.
- ❖ You ever get home after a long day and don't really feel like cooking....especially for just 1 or 2 people?? Come join Lizz Lewis, Program Coordinator, on **Friday, September 29th**, at **1:15** for "*Cooking for 1*" class. Space is limited so you must sign up in advance. Recipes will be provided at the end of class!



Bluebirds



The Bluebirds will be going to lunch Wednesday, September 27th at 11:30 a.m., at York Buffet, 2965 Concord Rd., York. Please sign-up and indicate if you need a ride. Any questions, please contact Ann Hetrick at 755-0804.











ALL LADIES WELCOME !!!





September 2017

Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p style="text-align: right;">September 1</p> Beef Burrito with 3 ounces Seasoned Beef and Cheese 1/2 cup Spanish Rice 1/2 cup Warm Fiesta Corn Tortilla Shell 1/2 cup Apricots
<p style="text-align: center;">September 4</p> 	<p style="text-align: center;">September 5</p> <p style="text-align: center;"><u><i>Labor Day Special & Birthdays</i></u></p> Hot Dog 1/2 cup Sauerkraut 1/2 cup Potato Salad Hot Dog Roll 1/2 cup Tropical Fruit Salad <p style="text-align: center;"><i>Birthday Cake</i></p>	<p style="text-align: center;">September 6</p> 4 ounces Roast Beef Stroganoff 1/2 cup Buttered Noodles 1/2 cup Peas and Carrots 1 slice White Bread Fresh Fruit 	<p style="text-align: center;">September 7</p> Chicken Salad Sandwich with 1/4 cup Lettuce and 1 slice Tomato 1 cup Pasta Florentine Soup with Crackers 2 slices White Bread 1/2 cup Sunset Peaches	<p style="text-align: center;">September 8</p> Baked Pollock with 1 ounce Dill Sauce 1/2 cup Buttered Potatoes 1/2 cup Creamy Coleslaw 1 slice Wheat Bread 1/2 cup Sliced Pears 
<p style="text-align: center;">September 11</p> Salisbury Steak with 2 ounces Gravy 1/2 cup Garlic Mashed Potatoes 1/2 cup Mixed Vegetable Medley 1 slice Wheat Bread Sugar Cookie	<p style="text-align: center;">September 12</p> Sweet Turkey Sausage (6) Minestrone over 3/4 cup Bowtie Noodles 1/2 cup Green Beans 1 slice Italian Bread Fresh Fruit 	<p style="text-align: center;">September 13</p> Stuffed Pepper 1/2 cup Mashed Potatoes 1/2 cup Sweet Corn 1 slice Wheat Bread 1/2 cup Fruit Crisp	<p style="text-align: center;">September 14</p> Chicken Cobb Salad (3 ounces Diced Chicken, 1 Egg, and Cheese) Sprinkle of Bacon Bits 1 cup Noodle Soup with Crackers Dinner Roll 1/2 cup Pineapple Tidbits 	<p style="text-align: center;">September 15</p> Mushroom Swiss Burger 1/2 cup Hot German Potato Salad 1/2 cup Baked Beans Hamburger Roll 1/2 cup Apricots
<p style="text-align: center;">September 18</p> Sweet and Sour Meatballs (3) 1/2 cup Rice Pilaf 1/2 cup Vegetable Medley 1 slice White Bread 1/2 cup Applesauce 	<p style="text-align: center;">September 19</p> Veal Roulade with 2 ounces Gravy 1/2 cup Mashed Potatoes 1/2 cup Sliced Carrots 1 slice White Bread Sugar Cookie	<p style="text-align: center;">September 20</p> Chicken Parmesan 1/2 cup Rotini Pasta with Sauce and Cheese 1 cup Tossed Salad with Tomato and Dressing 1 slice Italian Bread 1/2 cup Sliced Peaches 	<p style="text-align: center;">September 21</p> Club Sandwich (1 ounce Ham, Turkey, and Cheese) with 1/4 cup Lettuce and 1 slice Tomato 1 cup Creamy Cauliflower Soup with Crackers 2 slices White Bread 1/2 cup Sliced Apples 	<p style="text-align: center;">September 22</p> Potato Crusted Fish 1/2 cup Macaroni and Cheese 1/2 cup Sweet and Sour Coleslaw 1 slice Wheat Bread 1/2 cup Pineapples and Oranges
<p style="text-align: center;">September 25</p> Meatball Sandwich (3 Meatballs) with 2 ounces Sauce and Cheese 1/2 cup Parsley Potatoes 1/2 cup Mixed Bean Medley Hoagie Roll Brownie	<p style="text-align: center;">September 26</p> Roasted Turkey with Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas and Carrots 1 slice Wheat Bread 1/2 cup Vanilla Ice Cream 	<p style="text-align: center;">September 27</p> Baked Lemon Pepper Chicken Thigh with 1 ounce Gravy 1/2 cup Wild Rice 1/2 cup Lima Beans 1 slice Wheat Bread 1/2 cup Apricots	<p style="text-align: center;">September 28</p> Chef Salad (1 oz Ham, Turkey, Cheese, and 1 Egg) with 1 cup Lettuce, Tomato, and Dressing 1 cup Wedding Soup with Crackers Breadstick 1/2 cup Sliced Pears 	<p style="text-align: center;">September 29</p> BBQ Pork Ribette with Sauce 1/2 cup Sweet Potato Bites 1/2 cup Creamy Coleslaw Buttermilk Biscuit 1/2 cup Applesauce

*** All meals are subject to change ***

*** Served Daily: 8 ounces Milk and 1 teaspoon Margarine



September 2017

Home Delivered Meal Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



September 1

Beef Burrito
with Seasoned Beef and Cheese
Spanish Rice
Warm Fiesta Corn
Tortilla Shell
Apricots

September 4

September 5

September 6

September 7

September 8



Labor Day Special

Hot Dog
Sauerkraut
Potato Salad
Hot Dog Roll
Tropical Fruit Salad

Roast Beef Stroganoff
Buttered Noodles
Peas and Carrots
White Bread
Fresh Fruit

Chicken Salad Sandwich
with Lettuce and Tomato
Carrot Salad
Fruit Juice
White Bread
Sunset Peaches

Baked Pollock
with Dill Sauce
Buttered Potatoes
Creamy Coleslaw
Wheat Bread
Sliced Pears

September 11

September 12

September 13

September 14

September 15

Salisbury Steak with Gravy
Garlic Mashed Potatoes
Mixed Vegetable Medley
Wheat Bread
Sugar Cookie

Turkey and Swiss Cheese Sandwich
with Lettuce and Tomato
Potato Salad
Baked Beans
Whole Wheat Bread
Mixed Fruit Salad

Stuffed Pepper
Mashed Potatoes
Sweet Corn
Wheat Bread
Fruit Crisp

Chicken Cobb Salad
(Diced Chicken, Egg, and Cheese)
Sprinkle of Bacon Bits
Cottage Cheese
Dinner Roll
Pineapple Tidbits

Mushroom Swiss Burger
Hot German Potato Salad
Baked Beans
Hamburger Roll
Apricots

September 18

September 19

September 20

September 21

September 22

Sweet and Sour Meatballs
Rice Pilaf
Vegetable Medley
White Bread
Applesauce

Chicken Caesar Salad
with Chicken and Parmesan Cheese
Mixed Greens with Tomato
Three-Bean Salad
White Bread
Chocolate Pudding

Chicken Parmesan
Rotini Pasta with Sauce and Cheese
Tossed Salad with Tomato and Dressing
Italian Bread
Sliced Peaches

Club Sandwich
(Ham, Turkey, and Cheese)
with Lettuce and Tomato
Cauliflower and Broccoli Salad
Beets
White Bread
Sliced Apples

Potato Crusted Fish
Macaroni and Cheese
Sweet and Sour Coleslaw
Wheat Bread
Pineapples and Oranges

September 25

September 26

September 27

September 28

September 29

Meatball Sandwich
with Sauce and Cheese
Parsley Potatoes
Mixed Bean Medley
Hotdog Roll
Brownie

Old Fashion Spead Sandwich
with Lettuce and Tomato
Broccoli Salad
Pineapple Salad
White Bread
Mixed Fruit Salad

Baked Lemon Pepper Chicken Thigh
with Gravy
Wild Rice
Lima Beans
Wheat Bread
Apricots

Chef Salad
(Ham, Turkey, Cheese, and Egg)
with Lettuce, Tomato, and Dressing
Beets
Breadstick
Sliced Pears

BBQ Pork Ribette with Sauce
Sweet Potato Bites
Creamy Coleslaw
Buttermilk Biscuit
Applesauce






*** All meals are subject to change ***

*** Served Daily: 8 ounces Milk and 1 teaspoon Margarine



September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Pet Food will ONLY be distributed on Mon., Tues., & Wed. from 9a.m. to 1 p.m.*</p> <p>*Food Boxes May Only Be Picked Up Between the Hours of 1:00 - 2:30 p.m.</p>		<p>National Apple Month</p>		<p>1</p> <p>8:30 Wii Golf 9:00 Pictionary 9:15 Computer Class - Excel – Layout 10:00 Kings in the Corner 10:15 Aerobics 12:15 Bingo</p>
<p>4</p> <p>Center Closed</p>	<p>5</p> <p>8:30 Wii Bowling 9:15 CBS Class 9:30 Coloring 10:00 Pinochle 10:30 <i>White Elephant Game</i> (bring a wrapped gift) 12:15 Line Dancing</p>	<p>6</p> <p>8:30 Cards 9:00 Zumba 9:00-10:00 Ipad Open Discussion 9:15 Adult Coloring 9:30 Scrabble Club 10:00 DYK – Peggy Vernon, Memorial Hospital – “Strokes” 12:15 Penny Bingo</p>	<p>7</p> <p>8:30 Wii Tennis 9-1:00 Chair Massages 9:00 Crosswords 9:15 CBS Class 10:30 Blood Pressures 12:00 <i>Applesauce Making</i> 12:15 Line Dancing</p>	<p>8</p> <p>8:30 Puzzles 9:15 Computer Class – Excel – Toolbar 9:30 Horseshoes 10:15 Aerobics 10:30 Coloring 12:15 Bingo 1:00 Crocheting Class w/Jean</p>
<p>11 Remembering 9/11/01</p> <p>8:30 Wii Golf 9-11:00 Bowling Trip 9:15 Sit and Be Fit 10:00 Apprise 10:15 Aerobics 10:30 9/11 Remembering 12:15 Bingo 1:15 Ipad Class – Download Web Md App</p> 	<p>12 Chocolate Milkshake Day</p> <p>8:30 Games 9:15 CBS Class 10:00 Pinochle 10:30 Bocce Ball 11:00 Fashion Show 12:15 Line Dancing 12:30 Chocolate Milkshake Madness</p> 	<p>13 National Peanut Day</p> <p>8:30 Wii Tennis 9:00 Zumba 9:00-10:00 Ipad Open Discussion 9:30 Scrabble Club 9:30 Peanut Guess 10:00 DYK – Dan Calloway Long Term Care 12:15 Penny Bingo</p> <p>Outreach Program</p>	<p>14</p> <p>8:30 Wii Bowling 9:15 CBS Class 9:30 Rummikub 10:00 Kings in the Corner 10:15 Slot Machine 12:15 Line Dancing</p> <p>Veteran’s Assistance based out of Stan Saylor’s Office</p>	<p>15</p> <p>8:30 Deal or No Deal 9:15 Computer Class Excel - Cells 10:15 Aerobics 10:30 Sing A Long 10:30 Cards 12:15 Bingo 1:00 Crocheting w/Jean</p>
<p>18</p> <p>9:00-11:00 Foot Massage Spa Day 9-11:30 Hair & Nails w/Missy 9:15 Sit and Be Fit 9:00 Mind Matters – Glorious Food 10:15 Aerobics 12:15 Bingo 1:15 Ipad Class – Web Md</p> 	<p>19</p> <p>8:30 Plinko 9:15 CBS Class 10:00 Pinochle 10:30 Site Council 12:15 Line Dancing 12:15 Clothing Swap</p>	<p>20</p> <p>8:30 Coloring/Games 9:00-10:00 Ipad Open Discussion 9:00 Zumba 9:30 Scrabble Club 10:00 Kings in the Corner 10:00 Art Residency - India 10:00 Nutrition Workshop 12:00 Hosanna Bell Ringers</p>	<p>21</p> <p>8:30 Wii Golf 9-1:00 Chair Massages 9:15 CBS Class 10:30 Blood Pressures 12:15 Line Dancing</p>	<p>22 Fall Prevention Day</p> <p>9:00 Cards/Crosswords 9:15 Computer Class – Excel Data Entry 10:00 Art Residency – India 10:15 Aerobics 12:15 Purse Bingo \$2.00 1:00 Crocheting w/Jean 1:30 Bingo at the Villa</p> 
<p>25</p> <p>8:30 Wii Bowling 9-11:00 Bowling Trip 9:30 Arts – Stone Flowers 10:15 Aerobics 12:15 Bingo 1:15 Ipad Class – Download Flipboard App</p> 	<p>26</p> <p>8:30 Games/Coloring 9:15 CBS Class 9:30 Rummikub 10:00 Pinochle 10:15 DYK – Beth Miller, OSS Health – Fall Prevention 12:15 Line Dancing</p>	<p>27</p> <p>8:30 Crossword Puzzles 9:00-10:00 Ipad Open Discussion 9:00 Zumba 9:30 Scrabble Club 10:00 Art Residency – India 10:00 DYK – Senior Commons 11:30 Blue Birds 12:15 Nickel Bingo</p>	<p>28</p> <p>8:30 Wii Tennis 9:00 Rummikub 9:30 Cards 10:30 Sing A Long 11:00 <i>Gentleman’s Luncheon</i></p>	<p>29</p> <p>8:30 Scrabble 9:15 Computer Class – Excel Review 10:00 Art Residency – India 10:15 Aerobics 12:15 Bingo 1:00 Crocheting w/Jean 1:15 Cooking for 1 Class</p>