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Golden Connections Community Center  
20 Gotham Place  
Red Lion, PA 17356

**RETURN SERVICE REQUESTED**



# Golden CONNECTIONS

20 Gotham Place  
Red Lion, PA 17356  
P:717.244.7229  
[www.gcccenter.com](http://www.gcccenter.com)

## Monthly Newsletter

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Viola Boothe, Kitchen Supervisor



## Upcoming Events for June

- June 6 Art Studio with Jude  
June 7 Chair Massage  
June 8 Outdoor Gardening  
June 11 APPRISE  
June 13 Outreach Program  
June 15 Upcycling with Kasie  
June 18 French Classes Begin  
June 20 “Sounds from the Movies”  
with the Equine Singers  
June 22 BINGO at the Villa  
June 27 Beltone Hearing Care Seminar  
June 27 Bluebirds

*For a full list of June's activities, please see the Activities Calendar located in the center of the June Newsletter.*

## **\* ATTENTION \***

### ***Center Hours are Changing***

As of July 1<sup>st</sup>, 2018, the Golden Connections Community Center hours will be changing to

**Monday - Friday**  
**8:30 a.m. - 2:30 p.m.**

Please make note of these changes.

## Senior Center Sponsors

Why do we need Sponsors? Our mission is to make a positive difference in the lives of older adults living in our community. We accomplish this by offering interesting programs in a warm and welcoming setting.

To continue to offer vital services to everyone, we must expand the way we raise funds. Sponsorships will allow us to continue to provide the services our members have come to rely upon along with the ability to pursue building expansion opportunities, without asking for any out of pocket funds from them.

**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.)

*The Following is a Current List of Center Sponsors,  
who help make our programs possible:*

Founded on guiding principles and core values, our management team has fostered a mission-driven culture based on commitment and empowerment. Our reputation for best-in-class patient care and unparalleled customer service, combined with our local and

regional density make us the provider of choice for both patients and referral sources in the markets we serve. DPTI's services include a comprehensive offering of rehabilitative programs designed to treat sports-related injuries and orthopedic related disorders. We also offer preventative care and training as well as occupational health services in order to meet the diverse needs of our patient populations. To our patients, we commit to provide the most effective, clinically superior physical therapy humanly possible at a fair price. The measure of our success will be found in the trust we build and in the hearts of those we heal.



## York County Senior Games

Registration is now open for the 2018 York County Senior Games!

The 2018 Senior Games are being held June 18 through June 22, featuring 45 different events.

The mission of the York County Senior Games is to promote healthy lifestyles and fitness for York County men and women age 50 and over through competitive activities. The Senior Games are organized by the York County Area Agency on Aging in conjunction with the Senior Games Planning Committee, a membership of community and business volunteers. Any York County resident 50 years of age or older as of December 31, 2018 may participate. There is a \$15 registration fee for an unlimited number of non-conflicting events. Registration deadline is June 11, 2018. Registrations should be submitted as early as possible because of limited openings in certain events.

The registration fee is non-refundable.

There are additional fees, payable at the event site, for some

events. To obtain a registration booklet or registration forms, Contact the GCCC at 717-244-7229.



## CENTER GUESTS

The Golden Connections Community Center is always fortunate to offer a variety of guests and that continues in June. The Golden Connections Community Center will welcome *Vincent Onomastico, back from Beltone, a Hearing Care and Concierge Service for 55+ Communities*. Did you know that 1 in 10 Americans suffer from Hearing Loss...untreated hearing loss can lead to isolation and depression. Don't continue to suffer in silence if you have any form of hearing loss. Feel Free to join GCCC members for a Hearing Care Seminar on **Wednesday, June 27<sup>th</sup> at 10:15 a.m.** Beltone offers a variety of free services such as Hearing Screenings, Regular Hearing Aid Maintenance, CapTel Phones, and much more. Contact Kasie Ream to be supplied a card that you can present at the seminar and receive a FREE GIFT from Beltone.

Then the GCCC will welcome *the Equine Singers for a summer concert titled "Sounds from the Movies"*. The performance will feature some of your favorite movie songs on **Wednesday, June 20<sup>th</sup> at 10:30 a.m.** So, mark those calendars and plan to join us in remembering some of our favorite movie moments.



## "Tee it High & Let it Fly"

The Golden Connections Community Center will be hosting its First "Tee it High & Let it Fly" Annual Golf Tournament in September 2018 at the Cool Creek Golf Club in Wrightsville, PA. In conjunction with that event the center will be holding a 50/50 cash raffle. Tickets for this raffle are on sale NOW! All of the money received between now and September will be tracked, and the winner will be announced at the Awards and Prize Ceremony for the Golf Tournament. You DO NOT have to be present to win! Tickets are \$5.00 for 1 ticket or \$10.00 for 3 tickets. Take a chance at one of the biggest 50/50 cash raffles we have ever hosted! To purchase tickets, contact the GCCC at 717-244-7229.



*More to look forward to ...*

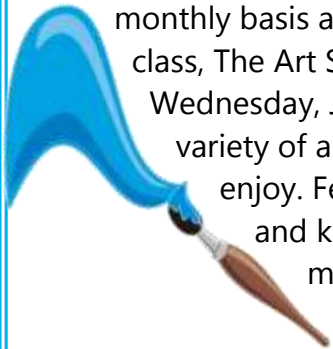
## Bonjour!

Would you like to learn some simple French phrases? Often called the “Language of Love” French is a wonderful way to express emotion. It’s entertaining to hear and fun to learn! Join your friends **June 18, 19, 21, and 22nd** as Dallastown high school sophomore, Hannah Lancaster, will share her love of French culture! Come see famous French paintings and sculptures. Talk about French history. Taste some delicious French recipes. Make sure to sign up on Copilot for this class to allow staff to plan accordingly & **Bon Appetite!**



## The Arts

Over the years members of the GCCC have enjoyed a variety of Arts & Craft opportunities. The GCCC plans to continue these opportunities as we close one door with completing another art residency, we will open a few more. The Golden Connections Community Center is excited to announce we have decided to welcome artist Jude Hawkins back into our building on a monthly basis as an art consult and Instructor for a new class, The Art Studio. The first class is scheduled for Wednesday, June 6<sup>th</sup> at 10:15 a.m. Jude will offer a variety of art experiences for our members to enjoy. Feel free to join us monthly for these classes and keep an eye out for class dates in our monthly calendar of activities as they may differ month to month.



## BLUEBIRDS

THE BLUEBIRDS WILL BE GOING TO LUNCH ON WEDNESDAY, JUNE 27<sup>TH</sup>, 2018 AT 11:30A.M. AT STONE GRILL & TAPHOUSE (PATIO), 204 ST. CHARLES WAY, YORK. PLEASE SIGN UP AND INDICATE IF YOU NEED A RIDE. ANY QUESTIONS, PLEASE CONTACT KASIE REAM AT 717-244-7229.

ALL LADIES WELCOME!!!

### *Farmer's Market Vouchers 2018*

The Golden Connections Community Center will hold its annual Farmers Market Vouchers event, provided by the York County Area Agency on Aging. Nutrition Vouchers can be used at local farm markets for fresh fruits & vegetables. The vouchers will be distributed at the center on Tuesday, August 7<sup>th</sup> from 9:30 a.m. to 11:30 a.m.

Eligibility Guidelines are as follows:

- 60 years of age or older, by Dec. 31, 2018 (Proof Required)
- York County Resident (Proof Required)
- Gross Annual Household income at or below \$22,459 for individual and \$30,451 for a couple

When picking up vouchers for another individual (including spouse), be sure to have on hand: the 2018 SFMNP Proxy Form, Proof of age and York County residency verification for the person you are picking up for, and a photo ID also required for the Proxy.

Each eligible person is qualified to receive one set of vouchers per year. Seniors who are living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible to receive vouchers. Please contact The Golden Connections Community Center if you have any further questions or need to pick up a Proxy form, 244-7229.



## Pet Food Program

Pet Food will now be distributed  
**Tuesday's & Wednesday's ONLY**  
**9:00 a.m. - 1:00 p.m.**



Please see Brenda, the Receptionist, at the front desk to receive your Pet Food. Members are now provided 1 bag of dry & 1 bag of wet food for their pets. Please contact Mark Innerst, Meal Coordinator, with any further questions at 244-7229.



## Trips

Golden Connections Community Center has collaborated 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***

- August 4, 2018 – **Pittsburgh Steelers Training Camp** at Vincent College in Latrobe, Pa. ~\$80 pp
- August 18, 2018 – Little League World Series in Williamsport, Pa. includes Admission to the World of Little League Museum, Guided Walking Tour of the Grounds, Reserved Seating for 2 Games, \$10 Food Voucher, WS Program and Pin, Goody Bag, Motor Coach and Escort for ~ \$149 pp
- September 13, 2018 – “New” **Museum of the Bible and the National Cathedral** in D.C. includes all Admissions, Guided tour of the National Cathedral, Luncheon and Tour of Buca-di-Beppo ~\$110pp
- September 20, 2018 – **Fallingwater and Flight 93 Memorial Plaza with Lunch** ~\$110pp



***Step up with the Pacesetters ~ 717-757-3209***

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***TOTEM POLE PLAYHOUSE “THE QUEENS OF BINGO” ~ \$92.00 - Wednesday, August 22<sup>nd</sup>***

This show is a cute comedy about two bored men who want to add excitement in their lives, so they dress up as two old ladies and decide to go play bingo. You’ll howl with laughter at their craziness. First, we will enjoy a delicious lunch at the popular *Hickory Bridge Farm Restaurant*. Bailey Coach will depart from rear parking lot behind Frank’s Theatre at 10:00

***Deadline: July 20<sup>th</sup>***

***AMERICAN TREASURE TOUR ~\$65.00 - Thursday, September 20<sup>th</sup>***

Ride the tram through the gigantic warehouse and enjoy the guided tour where you will see all kinds of treasures which include old cars, dolls, animated figures, music boxes, organs, holiday and patriotic collections. We will be having lunch at Bob Evans along the way, however, cost of lunch is not included so you can choose from their menu. Bailey Bus will depart from the rear parking lot behind Franks Theatre’s at 7:45 A.M.

***Deadline: August 16<sup>th</sup>***

***RAINBOW PLAYHOUSE “ LOVE, LIES AND THE LOTTERY” ~ \$60.00 - Thursday, October 18<sup>th</sup>***

A delightful comedy about one winning ticket and 5 people who think they are the winners, BUT the ticket is missing. There will be a lot of laughing as we hear the people who love to tell lies for the millions of dollars. Rabbit bus will depart from opposite Infinito’s Pizza at Queen Street Plaza at 10:00. Start calling Rabbit on October 4<sup>th</sup>

***Deadline: September 28<sup>th</sup>***

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## **Update on Pleasant Acres from the office of the Commissioners:**

The York County Board of Commissioners agreed to sell Pleasant Acres Nursing & Rehabilitation Center at its May 2 regular business meeting, to Premier Health Care Management for \$30.8 million. The sale includes the County Annex building and the Elm Springs independent living units. In addition to the cash offer for the home and its facilities, Premier has extended free rent to the county for the Annex building through Dec. 31, 2020, a contribution of \$500, 00 to match the county’s \$500,000 contribution to develop an endowment will subsidize a resident support fund used for emergency and designated needs for Pleasant Acres residents. This perpetual fund will be overseen by a soon-to-be created advisory board.

Premier has also committed \$4.2 million in capital improvements to Pleasant Acres such as new medical equipment and supplies, as well as building improvements and much more. As part of the acquisition, Premier will keep current residents in the facility, provide first admission preference to York County residents and maintain at least an 80 percent Medicaid census.

An estimated closing date is anticipated in July. Premier’s commitments will be memorialized with forthcoming contract. Premier will meet with Pleasant Acres employees and residents to conduct town hall meetings before closing on the property.

Premier has bought four other county-owned nursing facilities – Armstrong, Schuylkill, Butler, and Washington counties – in Pennsylvania, some of which were in financial distress and have since improved. In its past transitions, Premier has hired more than 95 percent of incumbent employees. Premier has stated its intention to continue Kountry Kids Daycare, the child Daycare program. Under its new ownership, the facility will continue to retain Pleasant Acres as part of its future branding.

## **Subaru Share the Love**

The Golden Connections Community Center is pleased to announce that we had another successful year participating in the Subaru Share the Love Event. The center has been awarded \$8,778.55 from Meals on Wheels America for its participation in the event. After 10 years of successful partnership, Subaru’s commitment to Meals on Wheels is equivalent to nearly 2 million meals nationwide and the GCCC is proud to take part! Funds raised through this event will go towards improving the programs and services we offer to older adults in our community.



**June 2018  
Congregate Meal Menu**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
|   |    | <b>June 1</b>  |  |  |
|   |  | Roasted Pork Loin with Gravy<br>1/2 cup Whipped Potatoes<br>1/2 cup Green Beans<br>Wheat Bread<br>Cookie   |  |  |
| <b>June 4</b>   | <b>June Birthdays</b>  | <b>June 5</b>  | <b>June 6</b>  | <b>June 7</b>  |
| 4 ounces Beef Stroganoff with Gravy<br>1/2 cup Buttered Bowties<br>1/2 cup Mixed Vegetables<br>Wheat Bread<br>Fresh Seasonal Fruit (Melon)                        | Chicken Caesar Salad (3 ounces Chicken)<br>1 cup Mixed Greens with 1 tablespoon<br>Parmesan, Croutons, and Caesar Dressing<br>1 cup Minestrone Soup with Crackers<br>Breadstick<br>1/2 cup Sliced Peaches<br>Birthday Cake-Chocolate | Stuffed Pepper with Tomato Sauce<br>1/2 cup Garlic Whipped Potatoes<br>1/2 cup Coin Carrots<br>Wheat Bread<br>Strawberry Shortcake                   | Turkey, Bacon, and Cheese Jr. Club Sandwich<br>(2.5 ounces sliced Turkey, 1 Bacon Round,<br>and 1 slice Cheese)<br>1 cup Cream of Broccoli Soup with Crackers<br>Sandwich Roll<br>1/2 cup Applesauce<br>Condiments                         | 1 slice Pineapple Glazed Ham<br>1/2 cup Whipped Sweet Potatoes<br>1/2 cup Creamy Coleslaw<br>Wheat Bread<br>1/2 cup Chocolate Pudding                            |
| <b>June 11</b>  | <b>June 12</b>   | <b>June 13</b>   | <b>June 14</b>   | <b>June 15</b>   |
| 3 ounces Pork Carnita Taco<br>Topped with 2 ounces Sweet and Sour Slaw<br>1/2 cup Rice with Chives<br>1/2 cup Corn<br>Tortilla<br>Fresh Melon                     | Sweet and Sour Meatballs (4)<br>1/2 cup Penne Pasta<br>1/2 cup Hawaiian Coleslaw<br>Dinner Roll<br>1/2 cup Sliced Pears  | 1 slice Meatloaf with 2 ounces Gravy<br>1/2 cup Whipped Potatoes<br>1/2 cup Green Beans<br>White Bread<br>1/2 cup Banana Pudding with 2 Nilla Wafers | Chicken, Spinach, and Cranberry Salad<br>(3 ounces Chicken, 1 tablespoon Cranberries<br>with Balsamic Dressing - (1.5 ounce packet)<br>1 cup Mixed Greens and Spinach with Cucumber<br>1/2 cup Pickled Diced Beets<br>Breadstick<br>Cookie | Steak Sandwich<br>with 2 ounces Onions/Peppers, 1/2 ounce Cheese<br>1/2 cup Ranch Seasoned Potatoes<br>Hoagie Roll<br>Fresh Seasonal Fruit (Melon)<br>Condiments |
| <b>June 18</b>  | <b>June 19</b>   | <b>June 20</b>   | <b>June 21</b>   | <b>June 22</b>   |
| <u>Father's Day Special</u><br>Bratwurst Sandwich<br>with 2 ounces Sauerkraut Topping<br>1/2 cup Potato Salad<br>1/2 cup Baked Beans<br>Hot Dog Roll<br>Apple Pie | 1/2 cup Creamy Chicken Salad Croissant<br>with Lettuce and Tomato<br>1 cup Tomato Soup with Crackers<br>Whole Grain Croissant<br>Fresh Seasonal Fruit  | Orange Glazed Pork Loin<br>1/2 cup Vegetable Rice Pilaf<br>1/2 cup Mixed Vegetable Medley<br>Wheat Bread<br>1/2 cup Applesauce                       | Chicken Primavera<br>with 3 ounces Vegetable Cream Sauce<br>1/2 cup Penne Pasta<br>1 cup Tossed Salad with Cucumber,<br>Hardboiled Egg, and Italian Dressing<br>Garlic Breadstick<br>1/2 cup Sliced Pears                                  | Salisbury Steak with 2 ounces Gravy<br>1/2 cup Cheesy Whipped Potatoes<br>1/2 cup Sweet Peas<br>White Bread<br>Brownie   |
| <b>June 25</b>  | <b>June 26</b>   | <b>June 27</b>   | <b>June 28</b>   | <b>June 29</b>   |
| 3 ounces Roasted Turkey<br>1/2 cup Whipped Potatoes with Gravy<br>1/2 cup Peas and Carrots<br>Wheat Dinner Roll<br>1/2 cup Gelatin                                | Hamburger<br>with Lettuce and Tomato<br>1/2 cup Sweet Potato Bites<br>1/2 cup Green Beans<br>Sandwich Roll<br>Fresh Seasonal Fruit (Melon)<br>Condiments   | Baked Breaded Chicken Cutlet<br>1/2 cup AuGratin potatoes<br>1/2 cup Sweet Peas<br>White Bread<br>Cookie   | 1/2 cup Tuna Salad Sandwich<br>with Lettuce and Tomato<br>1 cup Creamy Potato Soup with Crackers<br>2 Slice Wheat Bread<br>1/2 cup Pineapple and Cherries  | Kielbasa<br>1/2 cup BBQ Butterbeans<br>1/2 cup Macaroni Salad<br>Hot Dog Roll<br>Fresh Seasonal Fruit (Orange)   |

\*\*\* All meals are subject to change \*\*\*  
 \*\*\* Served daily: 8 ounces Milk and 1 teaspoon Margarine



**June 2018  
Home Delivered Meal Menu**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
|  |  | <b>June 1</b>  |  |   |
|  |  | Roasted Pork Loin with Gravy<br>Whipped Potatoes<br>Green Beans<br>Wheat Bread<br>Cookie                           |  |   |
| <b>June 4</b>  | <b>June 5</b>  | <b>June 6</b>  | <b>June 7</b>  | <b>June 8</b>   |
| Beef Stroganoff with Gravy<br>Buttered Bowties<br>Mixed Vegetables<br>Wheat Bread<br>Fresh Seasonal Fruit (Melon)                            | Chicken Caesar Salad<br>Mixed Greens with Parmesan, Croutons, and Caesar Dressing<br>Beets<br>Breadstick<br>Sliced Peaches           | Stuffed Pepper with Tomato Sauce<br>Garlic Whipped Potatoes<br>Coin Carrots<br>Wheat Bread<br>Strawberry Shortcake | Turkey, Bacon, and Cheese Jr. Club Sandwich with Turkey, Bacon Round, and Cheese<br>Broccoli and Cauliflower Salad<br>Marinated Beans<br>Sandwich Roll<br>Applesauce<br>Condiments | Pineapple Glazed Ham<br>Whipped Sweet Potatoes<br>Creamy Coleslaw<br>Wheat Bread<br>Chocolate Pudding                                 |
| <b>June 11</b>   | <b>June 12</b>   | <b>June 13</b>   | <b>June 14</b>   | <b>June 15</b>  |
| Pork Carnita Taco<br>Topped with Sweet and Sour Slaw<br>Rice with Chives<br>Corn<br>Tortilla<br>Fresh Melon                                  | Ham and Cheese Sandwich with Lettuce and Tomato<br>Hawaiian Coleslaw<br>Wheat Bread<br>Sliced Pears<br>Cookie                        | Meatloaf with Gravy<br>Whipped Potatoes<br>Green Beans<br>White Bread<br>Banana Pudding with Nilla Wafers          | Chicken, Spinach, and Cranberry Salad with Chicken, Cranberries, and Balsamic Dressing<br>Mixed Greens and Spinach with Cucumber<br>Pickled Diced Beets<br>Breadstick<br>Cookie    | Steak Sandwich with Onion, Peppers and Cheese<br>Ranch Seasoned Potatoes<br>Hoagie Roll<br>Fresh Seasonal Fruit (Melon)<br>Condiments |
| <b>June 18</b>   | <b>June 19</b>   | <b>June 20</b>   | <b>June 21</b>   | <b>June 22</b>  |
| <u><i>Father's Day Special</i></u><br>Bratwurst Sandwich with Sauerkraut Topping<br>Potato Salad<br>Baked Beans<br>Hot Dog Roll<br>Apple Pie | Creamy Chicken Salad Croissant with Lettuce and Tomato<br>Tomato Soup with Crackers<br>Whole Grain Croissant<br>Fresh Seasonal Fruit | Orange Glazed Pork Loin<br>Vegetable Rice Pilaf<br>1/2 cup Mixed Vegetable Medley<br>Wheat Bread<br>Applesauce     | Chef Salad with Ham, Turkey, Cheese, Egg, Lettuce, and Tomato with Dressing<br>Beets<br>Italian Bread<br>Tropical Fruit  | Salisbury Steak with Gravy<br>Cheesy Whipped Potatoes<br>Sweet Peas<br>White Bread<br>Brownie   |
| <b>June 25</b>   | <b>June 26</b>   | <b>June 27</b>   | <b>June 28</b>   | <b>June 29</b>  |
| Roasted Turkey<br>Whipped Potatoes with Gravy<br>Peas and Carrots<br>Wheat Dinner Roll<br>Gelatin  | Old Fashion Spread Sandwich with Lettuce and Tomato<br>Broccoli Salad<br>Pineapple Salad<br>White Bread<br>Cookie                    | Baked Breaded Chicken Cutlet<br>AuGratin potatoes<br>Sweet Peas<br>White Bread<br>Cookie                           | Tuna Salad Sandwich with Lettuce and Tomato<br>Potato Salad<br>Three-Bean Salad<br>Wheat Bread<br>Pineapple and Cherries   | Kielbasa<br>BBQ Butterbeans<br>Macaroni Salad<br>Hot Dog Roll<br>Fresh Seasonal Fruit (Orange)  |

\*\*\* All meals are subject to change \*\*\*  
 \*\*\* Served daily: Milk and Margarine

# June 2018

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|    |   |  |   |  |
|  |   |  |   | <b>1</b><br>9:00 Games<br>9:15 Aerobics<br>9:30 Sequence<br>10:15 Ladder Golf<br>12:15 BINGO   |
| <b>4</b><br>9:00 Games<br>9:15 Wii<br>9:15 Rummikub<br>10:30 Sit & Be Fit<br>12:15 BINGO   | <b>5</b><br>9:00 Games<br>9:15 CBS Class<br>9:30 Netflix<br>10:30 Bean Bag Toss<br>12:15 Line Dancing   | <b>6</b><br>9:00 Games<br>9:00 Zumba<br>9:30 Scrabble Club<br>10:15 Art Studio w/ Jude<br>12:15 Penny BINGO  | <b>7</b><br>9:00 Games<br>9:00 Chair Massage<br>9:15 CBS Class<br>9:30 Wii<br>10:15 Blood Pressures<br>12:15 Line Dancing   | <b>8</b><br>9:00 Games<br>9:15 Aerobics<br>9:30 Outdoor Gardening<br>10:15 Ladder Golf<br>12:15 BINGO  |
| <b>11</b><br>9:00 Games<br>9:00 Hair/Nails w/ Missy<br>9:15 Strength Training<br>for Seniors<br>10:00 APPRISE<br>10:30 Sit & Be Fit<br>12:15 BINGO                               | <b>12</b><br>9:00 Games<br>9:15 CBS Class<br>9:30 Horseshoes<br>10:15 Penny Dice<br>12:15 Line Dancing<br> | <b>13</b><br>9-12:00 Outreach Program<br>(by appt. ONLY)<br>9:00 Games<br>9:00 Zumba<br>9:30 Scrabble Club<br>10:15 Pictionary<br>12:15 Penny BINGO<br>1:00 I-Pad/Computer Q & A | <b>14</b><br>9:00 Games<br>9:15 CBS Class<br>9:30 Wii<br>10:15 Sing-A-Long<br>12:15 Line Dancing<br> | <b>15</b><br>9:00 Games<br>9:15 Aerobics<br>9:30 Upcycling w/ Kasie<br>10:15 Ladder Golf<br>12:15 BINGO  |
| <b>18</b><br>9:00 Games<br>9:15 Strength Training<br>for Seniors<br>10:30 Sit & Be Fit<br>10:15 French Class<br>w/ Hannah<br>12:15 BINGO   | <b>19</b><br>9:00 Games<br>9:15 CBS Class<br>10:15 Blood Pressures<br>10:15 French Class<br>w/ Hannah<br>12:15 Line Dancing   | <b>20</b><br>9:00 Games<br>9:00 Zumba<br>9:30 Scrabble Club<br>10:30 "Sounds from the<br>Movies" w/ the<br>Equine Singers<br>12:15 Nickel BINGO<br>1:00 I-Pad/Computer Q & A     | <b>21</b><br>9:00 Games<br>9:00 Chair Massage<br>9:15 CBS Class<br>9:30 Wii<br>10:15 French Class<br>w/ Hannah<br>12:15 Line Dancing  | <b>22</b><br>9:00 Games<br>9:15 Aerobics<br>10:15 French Class<br>w/ Hannah<br>12:15 BINGO<br>1:30 BINGO at the Villa  |
| <b>25</b><br>9:00 Games<br>9:15 Wii<br>9:15 Aerobics<br>10:30 Sit & Be Fit<br>12:15 BINGO<br> | <b>26</b><br>9:00 Games<br>9:15 CBS Class<br>9:30 Horseshoes<br>10:15 Rummikub<br>12:15 Line Dancing  | <b>27</b><br>9:00 Games<br>9:00 Zumba<br>9:30 Scrabble Club<br>10:15 Beltone Hearing<br>Care Seminar<br>11:30 Bluebirds<br>12:15 Penny BINGO                                     | <b>28</b><br>9:00 Games<br>9:15 CBS Class<br>9:30 Wii<br>10:15 Sing-A-Long<br>12:15 Line Dancing  | <b>29</b><br>9:00 Games<br>9:15 Aerobics<br>9:30 Mind Matters ~ <i>Optical<br/>Illusions: A Look At How<br/>The Human Eye Works</i><br>10:15 Ladder Golf<br>12:15 BINGO<br> |