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Golden Connections Community 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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SocialServices@gcccenter.com

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MealCoordinator@gcccenter.com

Viola Boothe, Kitchen Supervisor



September

2018

Upcoming Events for September

September 3	CENTER CLOSED/Labor Day
September 4	Evening Line Dance Classes Begin
September 5	Meet, Greet, & Voter Reg. w/ Candidate Stephen Snell Running for Pa House of Representatives
September 7	Meet & Greet w/ Candidate Judith Higgins Running for State Senate
September 10	APPRISE
September 12	Ice Cream Social with Shannon Shoff from Broadmore Senior Living
September 17	Hair/Nails w/ Missy
September 17	Essential Oils 101 w/ Missy
September 20	Camp Fire Gathering
September 25	“Fall Prevention” w/ Martin Foot & Ankle
September 26	Senior Expo Bus Trip
September 28	Bingo at the Villa

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



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.



CHEVROLET

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\$5,000 off All 2018 Cruze's! Or
lease for \$149 a month.



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\$7,000 off All 2018 Trax's! Or
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Up to \$7,000 off all 2018
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month.



Lease a 2018 Silverado \$295 a
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\$14,000 off our 2017 Corvette.



For more information you can Text us at 717-210-5447 or Call us at 717-244-4036 or Visit
www.applechevyofredlion.com.

Strobeck's Service

Services include Automotive Repair, Inspections,
Alignments, Exhaust, Emissions & Towing.



91 East George Street
Yoe, PA 17313
717-244-6944



**We love our customers
and we love our community!**

**We at Strobeck's Service know that your vehicle is
important to you and it is important to us too!**

**Which is why we do what we do and strive to provide
quality, honest service for our customers. We want you to
have peace of mind when you leave our shop knowing we
took the best care of your vehicle.**

**So, the next time you need service on you vehicle, contact
us and you will see why so many customers trust us at
Strobeck's Service!**

Silent Auction Update!

The Golden Connections Community Center would like to Thank everyone again for your contributions and/or participation in this year's annual Silent Auction. Even though the GCCC was unable to attend this years Red Lion Street Fair, we were still able to have a successful Silent Auction. The GCCC is proud to announce that with the help of Silent Auction Sponsors and member participation we raised \$1,445.02 during this years Silent Auction. THANK YOU to all who took part in this event...

That being said, please take note to the additional ads located in the next several newsletters. The GCCC wanted to make sure we acknowledge those sponsors who supported us this year. We are forever grateful and depend on organizations like yours to assist during events like these. Thank You Again!

Golfers Needed for the "Tee it High & Let it Fly" Golf Tournament

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.

A foursome costs \$320 and includes a breakfast snack, greens fees, your golf cart and your lunch! Skills contest packages are also available for purchase. Please help support our center while having a fun day of golf!

Register today by calling Heather Goebeler, 717-244-7229 or online at <https://www.gcccenter.com/product/tee-high-let-fly-tournament-registration/>

More to look forward to ...

Spirit Month

September is Senior Center Spirit Month at Golden Connections Community Center. We invite members to participate every week in dressing up on each Friday according to the theme listed each Friday in the Activities Calendar. A prize will be given at the end of the month to the participant who dressed the best and participated the most throughout Spirit Month. The following are the list of themes for each Friday:

September 7th: Pajama Day

September 14th: Dress Like a Cowboy Day

September 21st: Hat Day

September 28th: Wacky Dress Day



Line Dance

Everyone enjoys a little Boot Scoot -n- Boogie and The Golden Connections Community Center is going to make sure everyone gets their fill this September as National Line Dance Week falls on September 10th – September 14th.



We will start the month by beginning our *Evening Line Dance Classes every Tuesday night from 6:00 p.m. – 7:00 p.m. starting on September 4th, 2018*. Six-week punch card are now available for \$25 by contacting Kasie Ream, Director of Social Services, at 717-244-7229, or pay \$5 at the door. Walk ins are welcome. Make sure to bring your own water bottle as you are likely to break a sweat. All proceeds from Line Dancing Classes will be used to support programs and services that benefit older adults in our community.

Next, take note of the addition to our regularly scheduled Line Dancing Classes held on Tuesday's & Thursdays. The Center has added an *additional class on Friday, September 14th at 10:00 a.m. to coincide with National Line Dance Week and Dress Like a Cowboy Day*. Add this to your calendar and feel free to join us for a little Boot Scootin.

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:*

Gait ASSESSMENT

A physical therapist can help diagnose the cause of gait dysfunction. Whether we are working with an athlete or a patient that has developed changes in their gait due to disease progression, we can design a plan to address individual goals.

The Assessment May Include:

- Comprehensive history review:** a full review of medical history, injury or disease progression and goals
- Observation:** clinician will observe walking or running patterns
- Gait speed measurements:** commonly used for neurologic disorders, such as Parkinson's disease, multiple sclerosis or post-stroke
- Balance assessment**
- Functional training:** evaluation of biomechanical faults, joint restriction, muscle imbalance or weakness
- Strength and range of motion testing**

Gait abnormalities can be the result of a number of underlying orthopedic or neurologic conditions. If they are addressed early, many improvements can be made to decrease the risk of falls, loss of time from activity or other complications.

*Visit us online
to request an
appointment!*

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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

October 25, 2018 – **“One Night in Memphis”** featuring the night that Rock and Roll Royalty of Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins met and jammed in Sun Studios, Memphis. This is a tribute show at Dover Downs that includes a luncheon buffet, concert and \$25 slot play. ~\$120pp

November 8, 2018 – **Queens of Country ~Tribute to Dolly, Patsy, and Reba!** At Mt. Airy Resort and Casino include a delicious buffet luncheon, the show and \$15 in Slot Play ~\$105pp

December 1, 2018 – **Dickens Christmas Festival** in Wellsboro, Pa. ~\$149pp



Step up with the Pacesetters ~ 717-757-3209

RAINBOW PLAYHOUSE “LOVE, LIES AND THE LOTTERY” ~ \$60.00 - Thursday, October 18th
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 4th

Deadline: September 28th

BIRD-IN-HAND “A CHRISTMAS TO REMEMBER” ~ \$67.00 - Wednesday, November 14th
Christmas Day approaches in the town of Paradise. The new owners of a thrift store face many challenges and some nosy and noisy neighbors make for many bumps in the road. The Rabbit bus will depart from at 10:00 from Infinito’s Pizza at Queen Street Plaza at 10:00

Deadline: October 12th

BLUEBIRDS

THE BLUEBIRDS WILL BE GOING TO LUNCH ON WEDNESDAY, SEPTEMBER 26TH, 2018 AT 11:30 A.M. AT MARINO’S, 3595 E. MARKET ST., YORK. PLEASE SIGN UP AND INDICATE IF YOU NEED A RIDE. ANY QUESTIONS, PLEASE CONTACT TISHA ECKENRODE 717-586-5936 OR ISABEL MURPHY 516-641-4076



ALL LADIES WELCOME!!!

16th ANNUAL 50plus EXPO

YORK COUNTY

SEPT. 26, 2018
9:00 a.m. - 2:00 p.m.

YORK EXPO CENTER
Memoria Hall East
334 Carlisle Ave., York

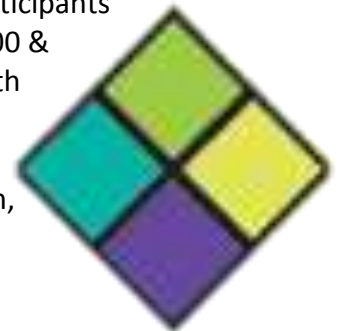
Please join us for this FREE event!

Exhibitors • Health Screenings • Seminars
Demonstrations • Entertainment • Door Prizes

www.50plusExpoPA.com

BUS TRIP TO THE 50plus Expo

The Golden Connections Community Center will offer a bus trip to this years 16th annual 50 plus Expo in York County. Bus departure from the center will be 9:00 a.m. Participants will arrive at the Expo around 9:30 a.m. and will then enjoy time browsing the Expo Center to visit any of the more than 70 vendors. Participants will then leave the Expo Center between 12:00 & 12:30 to go to lunch at the Lyndon Dinner with an expected arrival time back at the GCCC around 1:45 p.m. This is a sign-up mandatory event! Please contact Kasie Ream, Director of Social Services to sign up at 717-244-7229.



GET HEALTHY & GET COOKING

The Golden Connections Community Center is happy to offer some Nutrition Education to our members. Earlier this year, we received funds through a grant that enabled us to purchase raised garden beds. We have enjoyed watching these garden beds grow and now we have fresh vegetables that will be incorporated into our programming. In September we will learn and discuss the different nutritional values of Eggplant, along with hands on cooking experiments using the freshly grown Eggplant from our new raised garden beds. This is a sign up mandatory event, as we need to plan accordingly. Signing up for this class can be done on the GCCC Copilot System. Join us on any of our Get Healthy & Get Cooking dates: September 11th or 24th!

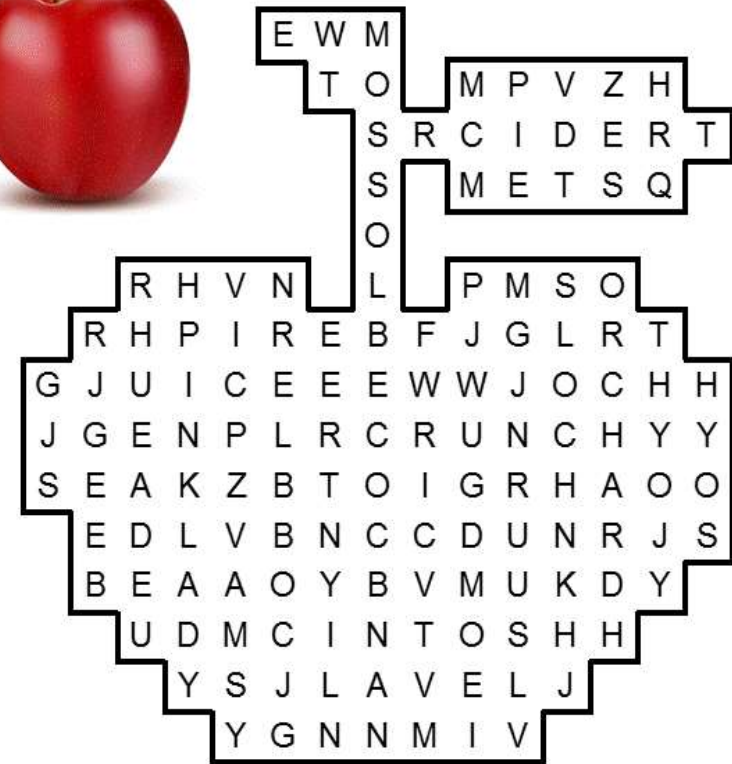


Essential Oils 101

In addition to essential oils natural benefits to plants and their beautiful fragrance, essential oils have long been used for food preparation, beauty treatment, health-care practices, and relaxation. On **Monday, September 17th, at 10:15 a.m.**, the GCCC will welcome Missy Trimmer to share her knowledge about the benefits and everyday uses for these aromatic oils. Missy will meet with us monthly to teach us recipes and tips on how to effectively use this natural oils in our everyday lives. These classes will be mandatory Sign-Up Events, as we will need time to plan ahead. For more information or to sign up, contact Kasie Ream, Director of Social Services, at 717-244-7229.



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JUICY
MCINTOSH
ORCHARD
PEEL
PIE
PINK LADY

RED
SEEDS
STEM
TREE
WORM

Golden Connections Giving Back

Every year community members often donate or contribute to the Golden Connections Community Center. Whether it is a monetary donation or item donation, we are always grateful for the support. This year we want to take the opportunity to give back. The GCCC will select a group or organization in our community to give small gifts we have made to.

We will meet monthly to plan this event and prepare these gifts. Please feel free to join us in giving back monthly. Our first GC Giving Back Planning Event is scheduled for Wednesday, September 19th at 10:15 a.m. Please consider joining us in giving back to a community that has given us so much!



Photography Club

On Friday, September 28th at 10:15 a.m. the Golden Connections Community Center is excited to launch a new group to meet monthly regarding photography. We all have so many memories we wish to hold on to and we will share and learn together as we begin this photo journey. Members can also use this time to share any pictures they may have taken at the center during events and programs. Feel free to join us for this new adventure at the Golden Connections Community Center and don't forget to bring those smart phones!



CENTER GUESTS

The Golden Connections Community Center is always fortunate to offer a variety of guests and that continues in September.

As the election season is fast approaching, The Golden Connections Community Center will welcome *Candidate Stephen Snell, running for PA House of Representatives* on **Wednesday, September 5th at 10:15 a.m.**, to offer another opportunity for members to register to vote and ask any questions they may still have before election day. Then the GCCC will host a *Meet & Greet event for Candidate Judith Higgins, running for State Senate*, on **Friday, September 7th at 10:15 a.m.**

With summer drawing to a close, we want to take the opportunity to welcome *Shannon Shoff from Broadmore Senior Living* to host an *Ice Cream social* on **Wednesday, September 12th at 12:00 noon**. She will share some information and ice cream before Penny Bingo that afternoon. **PLAN ON PENNY BINGO STARTING LATER THAN USUAL AT 12:30 P.M.**

Finally, we will close the month by acknowledging National Fall Prevention Week, which is September 22-28. *Martin Foot & Ankle* will hold a "Fall Prevention" presentation on **Tuesday, September 25th at 10:15 a.m.** We hope you plan to join us in learning how to stay safe and prevent falls in our homes.

*September 2018
Congregate Meal Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 3	<u><i>Labor Day Special</i></u> September 4	September 5	September 6	September 7
	Hot Dog with 2 ounces Sauerkraut 1/2 cup Potato Salad 1/2 cup Baked Beans Hot Dog Roll 1/2 cup Tropical Fruit Salad	Chicken Marsala 1/2 cup Buttered Bowties 1/2 cup Carrots Wheat Bread 1/2 cup Sliced Pears	Antipasto Salad with 1½ ounces Ham and Salami with ½ ounce Mozzarella Cheese, 2 Olives 1 cup Tossed Salad with Tomato 1 cup Wedding Soup with Crackers Breadstick 1/2 cup Sunset Peaches Italian Dressing	Potato Crusted Pollock 1/2 cup Cheesy Twists 1/2 cup Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit (Orange)
September 10	<u><i>September Birthdays</i></u> September 11	September 12	September 13	September 14
4 ounces Beef Stroganoff with Gravy 1/2 cup Buttered Bowties 1/2 cup Mixed Vegetables Wheat Bread Fresh Seasonal Fruit (Melon)	Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw Wheat Bread <p style="text-align: center;">Birthday Cake</p>	Stuffed Pepper with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots Wheat Bread Strawberry Shortcake	Chicken Caesar Salad with 3 ounces Diced Chicken 1 cup Mixed Greens with 1 teaspoon Parmesan Cheese, Croutons, and Caesar Dressing 1 cup Minestrone Soup with Crackers Breadstick 1/2 cup Sliced Peaches	Hot Turkey, Bacon, Cheese Jr. Club Sandwich with 1 slice Turkey, 1 slice Bacon, and 1 slice Cheese 1 cup Cream of Broccoli Soup with Crackers Sandwich Roll 1/2 cup Applesauce Condiments
September 17	September 18	September 19	September 20	September 21
Sweet and Sour Meatballs (4) 1/2 cup Egg Noodles 1/2 cup Hawaiian Coleslaw Dinner Roll 1/2 cup Sliced Pears	Chicken, Spinach, and Cranberry Salad 3 ounces Chicken, 1 tablespoon Cranberries, and Balsamic Dressing 1 cup Mixed Greens and Spinach with Cucumber 1/2 cup Pickled Diced Beets Breadstick Cookie	Meatloaf with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans White Bread 1/2 cup Banana Pudding with 2 Nilla Wafers	3 ounces Pork Carnita Taco topped with Sweet and Sour Slaw 1/2 cup Rice with Chives 1/2 cup Corn Tortilla Fresh Melon	Steak Sandwich with 2 ounces Onions and Peppers, Cheese 1/2 cup Ranch Seasoned Potatoes Hoagie Roll Fresh Seasonal Fruit Condiments
September 24	September 25	September 26	September 27	September 28
Salisbury Steak with Gravy 1/2 cup Cheesy Whipped Potatoes 1/2 cup Sweet Peas White Bread Brownie	Orange Glazed Pork Loin 1/2 cup Vegetable Rice Pilaf 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Applesauce	Baked Salmon with Dill Sauce Baked Potato with Margarine 1/2 cup Lima Beans White Bread Cookie	4 ounces Creamy Chicken Salad Croissant with Lettuce and Tomato 1 cup Tomato Soup with Crackers Whole Grain Croissant Fresh Seasonal Fruit	Chicken Primavera with Vegetable Cream Sauce 1/2 cup Penne Pasta 1 cup Tossed Salad with Cucumber, Hardboiled Egg and Italian Dressing Garlic Breadstick 1/2 cup Sliced Pears



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





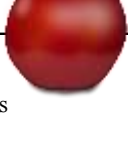



September 2018
Home Delivered Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 3	<u>Labor Day Special</u> September 4	September 5	September 6	September 7
	Hot Dog with Sauerkraut	Chicken Marsala	Antipasto Salad	Potato Crusted Pollock
	Potato Salad	Buttered Bowties	with Ham and Salami, Mozzarella Cheese, and Olives	Cheesy Twists
	Baked Beans	Carrots	Tossed Salad with Tomato	Stewed Tomatoes
	Hot Dog Roll	Wheat Bread	Beets	Wheat Bread
	Tropical Fruit Salad	Sliced Pears	Breadstick	Fresh Seasonal Fruit (Orange)
			Sunset Peaches	
			Italian Dressing	
September 10	September 11	September 12	September 13	September 14
Beef Stroganoff with Gravy	Ham and Cheese Sandwich	Stuffed Pepper with Tomato Sauce	Chicken Caesar Salad with Diced Chicken	Hot Turkey, Bacon, Cheese Jr. Club Sandwich
Buttered Bowties	Potato Salad	Garlic Whipped Potatoes	Mixed Greens with Parmesan Cheese, CROUTONS, and Caesar Dressing	with Turkey, Bacon, and Cheese
Mixed Vegetables	Carrot and Raisin Salad	Coin Carrots	Three-Bean Salad	Seasoned Potatoes
Wheat Bread	White Bread	Wheat Bread	Breadstick	Green Beans
Fresh Seasonal Fruit (Melon)	Cookie	Strawberry Shortcake	Sliced Peaches	Sandwich Roll
				Applesauce
				Condiments
September 17	September 18	September 19	September 20	September 21
Sweet and Sour Meatballs	Chicken, Spinach, and Cranberry Salad	Meatloaf with Gravy	Old Fashion Spread Sandwich	Steak Sandwich
Egg Noodles	with Chicken, Cranberries, and Balsamic Dressing	Whipped Potatoes	with Lettuce and Tomato	with Onions, Peppers, and Cheese
Hawaiian Coleslaw	Mixed Greens and Spinach with Cucumber	Green Beans	Broccoli Salad	Ranch Seasoned Potatoes
Dinner Roll	Pickled Diced Beets	White Bread	Pineapple Salad	Hoagie Roll
Sliced Pears	Breadstick	Banana Pudding with Nilla Wafers	White Bread	Fresh Seasonal Fruit
	Cookie		Cookie	Condiments
September 24	September 25	September 26	September 27	September 28
Salisbury Steak with Gravy	Chef Salad	Baked Salmon with Dill Sauce	Creamy Chicken Salad Croissant	Chicken Primavera
Cheesy Whipped Potatoes	with Ham, Turkey, Cheese, Egg, Lettuce, Tomato, and Dressing	Baked Potato with Margarine	with Lettuce and Tomato	with Vegetable Cream Sauce
Sweet Peas	Pasta Salad	Lima Beans	Tomato and Cucumber Salad	Penne Pasta
White Bread	Wheat Dinner Roll	White Bread	Macaroni Salad	Tossed Salad with Cucumber, Hardboiled Egg and Italian Dressing
Brownie	Tropical Fruit	Cookie	Whole Grain Croissant	Garlic Breadstick
			Fresh Seasonal Fruit	Sliced Pears



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

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p style="font-size: 24pt;">Center Closed</p> <p style="font-size: 18pt;">Labor Day</p> 	<p>4</p> <p>9:00 Games 9:15 ABC's of Fitness 10:15 Upcycling w/ Kasie (Sign-up Mandatory) 12:15 Ladder Golf 12:15 Line Dancing</p> <p>6:00 p.m. Evening Line Dance Class (\$5.00 Cost)</p>	<p>5</p> <p>9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Meet, Greet, & Voter Registration w/ Candidate Stephen Snell Running for PA House of Rep. 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A</p>	<p>6</p> <p>9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Blood Pressure Checks 12:15 Line Dancing</p> 	<p>7</p> <p>9:00 Games 9:15 Strength Training for Seniors. 10:15 Meet & Greet with Candidate Judith Higgins Running for State Senate 10:30 Sit & Be Fit 12:15 BINGO 1:00 Computer Class</p> <p style="color: teal; text-align: center;">Pajama Day</p>
<p>10</p> <p>9:00 Games 9:15 Strength Training for Seniors 10:00 APPRISE 10:30 Sit & Be Fit 12:15 BINGO 1:00 I-Pad Class</p> <p style="color: brown; text-align: center;">National Line Dance Week</p>	<p>11</p> <p>9:00 Games 9:15 ABC's of Fitness 10:15 Get Healthy & Get Cooking (Sign-up Mandatory) 12:15 Outdoor Gardening 12:15 Line Dancing</p> <p>6:00 p.m. Evening Line Dance Class (\$5.00 Cost)</p>	<p>12</p> <p>9:00 Games 9:00 Zumba 9-12:00 Outreach Program (by Appt. ONLY) 9:30 Scrabble Club 10:15 Art Studio w/ Jude 12:00 Ice Cream Social w/ Shannon Shoff from Broadmore Senior Living 12:30 Penny BINGO 1:00 I-Pad/Computer Q & A</p>	<p>13</p> <p>9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:15 Ladder Golf 12:15 Line Dancing</p> 	<p>14</p> <p>9:00 Games 9:15 Strength Training for Seniors 10:00 Line Dancing 10:30 Sit & Be Fit 12:15 BINGO 1:00 Computer Class</p> <p style="color: brown; text-align: center;">Dress Like a Cowboy Day</p> 
<p>17</p> <p>9:00 Games 9:00 Hair/Nails w/ Missy 9:15 Strength Training for Seniors 10:15 Essential Oils 101 w/ Missy (Sign-up Mandatory) 10:30 Sit & Be Fit 12:15 BINGO 1:00 I-Pad Class</p>	<p>18</p> <p>9:00 Games 9:15 ABC's of Fitness 10:15 Upcycling w/ Kasie (Sign-up Mandatory) 12:15 Ladder Golf 12:15 Line Dancing</p> <p>6:00 p.m. Evening Line Dance Class (\$5.00 Cost)</p>	<p>19</p> <p>9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 GC Giving Back Planning Event 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A</p>	<p>20</p> <p>9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:00 Camp Fire Gathering 10:15 Sing-A-Long 12:15 Line Dancing</p>	<p>21</p> <p>9:00 Games 9:15 Aerobics 10:15 Netflix Movie 10:30 Sit & Be Fit 12:15 BINGO 1:00 Computer Class</p> <p style="color: purple; text-align: center;">Hat Day</p>
<p>24</p> <p>9:00 Games 9:15 Strength Training for Seniors 10:15 Get Healthy & Get Cooking (Sign-up Mandatory) 10:30 Sit & Be Fit 12:15 BINGO 1:00 I-Pad Class</p> <p style="color: blue; text-align: center;">National Fall Prevention Week</p>	<p>25</p> <p>9:00 Games 9:15 ABC's of Fitness 10:15 "Fall Prevention" w/ Martin Foot & Ankle 12:15 Outdoor Gardening 12:15 Line Dancing</p> <p>6:00 p.m. Evening Line Dance Class (\$5.00 Cost)</p> 	<p>26</p> <p>9:00 Games 9:00 Zumba 9:00 Senior Expo Bus Trip (Sign-up Mandatory) 9:30 Scrabble Club 10:15 Art Studio w/ Jude 11:30 Bluebirds 12:15 Nickel BINGO 1:00 I-Pad/Computer Q & A</p>	<p>27</p> <p>9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:15 Sing-A-Long 12:15 Line Dancing</p>	<p>28</p> <p>9:00 Games 9:15 Strength Training for Seniors 10:15 Photography Club 10:30 Sit & Be Fit 12:15 BINGO 1:00 Computer Class 1:30 BINGO @ the Villa</p>  <p style="color: blue; text-align: center;">Wacky Dress Day</p> 