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Golden Connections Community Center 20 Gotham Place
Red Lion, PA 17356
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20 Gotham Place Red Lion, PA 17356 P:717.244.7229 8:30 a.m. – 2:30 p.m. www.gcccenter.com

Monthly Newsletter

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Kasie Ream, Director of Social Services SocialServices@gcccenter.com

Michelle Lebow, Meal Coordinator MealCoordinator@gcccenter.com

Viola Boothe, Kitchen Supervisor



Upcoming Events for April

April 1	Garden Preparations
April 3	Plant Gardens
April 5	TAFE Introduction
April 9	"Let's Get Moving for Better Health"
	w/ Robert Fawcett, MD
April 10	Outreach Program w/ Representative
	From Stan Saylor's Office
April 10	Art Studio w/ Jude
April 15	Outdoor Gardening
April 16	Easter Carnival
April 17	Gourdy2Shoes
April 17	Bluebirds
April 18	TAFE Class
April 19	CENTER CLOSED/Good Friday
April 22	Hair/Nails w/ Missy
April 22	Essential Oils 101
April 23	Golden WINGS
April 24	Art Studio w/ Jude
April 24	NICKEL Bingo
April 25	TAFE Class
April 25	Volunteer Appreciation Luncheon
April 29	Introduction to Senior Life
April 30	Dessert Pot Luck
4 * * 4	

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



Home is where your heart is.

Call to learn how your existing benefits can provide access to care in your home and how you can get both **medical** and **prescription drug coverage for \$0 per month!**

Learn what services may be available to you at NO COST!

Senior LIFE ?

Home Today. Home for LIFE. Senior LIFE York: (717) 757-5433

No Cost to Those
Who Qualify

An Approved Medicare and Medicaid Provider

No Co-Pavs

Should I Stayor SHOULD IN

Go 7

Please join me & a guest expert in the field of lending for a FREE seminar designed to help you evaluate your best financing option when downsizing or staying in your current residence for the long term.

April II, 2019 from 6:00 - 7:00 pm Golden Connections Community Center 20C Gotham Drive in Red Lion, PA 17356

Complimentary light refreshments will be served. Please RSVP to Ruffing.Melissa@gmail.com.



REMAX Patriots 1770 East Market Street York, PA 17402

Melissa Ruffing Realtor*, SRES Licensed in MD & PA

Office: (717) 840-4848 Cell: (717) 205-6924 ruffing.melissa@gmail.com







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:



April is National Parkinson's Disease Awareness Month

Provided by Drayer Physical Therapy

Rehabilitation and Parkinson's Disease

Although physical therapy cannot cure Parkinson's disease, Drayer Physical Therapy Institute recognizes that exercise and learning based memory activities can improve independence and quality-of-life, including benefits for emotional health, in addition to slowing progression of the disease. There is increasing evidence to support that aerobic exercise and movements that challenge an individual to change direction, and tempo are key.

Physical Therapy for Parkinson's will address Symptoms associated with the disease including:

- Declining gait speed and shuffling pattern
- Poor balance and risk of falls
- Decline in mobility, stiffness, and posture
- •Overall decrease in independence and function

Treatment will consist of:

- Comprehensive movement evaluation
- Falls prevention screen
- Individual treatment program may include, balance, gait, and transfer training, manual therapy for mobility, flexibility and range of motion, posture training, strength, coordination, endurance and cardiovascular exercise and development of a home exercise program including caregiver education.



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 more trip information or you may choose to contact the travel agency directly.

Krouse Travel Agency ~ 717-244-6410

- Tuesday April 23 Falling water and Flight 93 Memorial Plaza with Lunch \$115 pp
- Wednesday April 24 <u>The Museum of the Bible</u> Includes admission to the Museum of the Bible and a family style Italian Lunch. \$110 pp
- Tuesday May 7 Penn's Peak The Ultimate Johnny Cash

 <u>Tribute</u> includes a delicious family style luncheon plus
 afternoon concert \$110pp
- Saturday May 11 <u>Celebrate Mother's Day with Lititz Tea</u>

 <u>Tour with Chocolates!</u> Includes a stop at Wilbur Store in Lititz, High Tea Luncheon at the Tea Affair Tea Room and Shop plus free time in downtown Lititz, Pa. \$105pp

Step up with the Pacesetters ~ 717-757-3209

Thursday – April 25 – Welcome Spring at Shady Maple – Cost of meal is \$15.90 payable in advance to Pacesetters. Rabbit Bus can be arranged for an additional \$14.00. Deadline: April 19th

Sunday – April 28 – <u>The Doo Wop Project at the Pullo Center in York</u> – This is a carpool trip, there will be no transportation available. Seat reservations limited. Featuring current and former members of Broadway's smash hits Jersey Boys and Motown: The Musical. Tickets must be payed for in advance. \$32.00 pp Deadline: March 15th

Thursday - May 30 – <u>Dutch Apple "Camelot"</u> – Lunch Buffet included with show. \$70.00 pp Deadline: April 18th

Thursday – June 20 – <u>Rainbow Comedy Playhouse "Divorce Southern Style"</u> - \$70.00 pp Deadline: May 6th

MORE TO LOOK FORWARD TO ...

GCCC Art Programs

The Golden Connection Community Center is always looking for new and interesting art programs. April will offer a few of these opportunities to members. First, the GCCC will offer one last chance for those who still needed to finish their "Spoon Wreaths" on Tuesday, April 2nd at

10:15 a.m. Then the Golden Connections Art Studio program will offer an Oil Pastels Class on Wednesday, April 10th at 10:15 a.m. The GCCC is excited to welcome back Gourdy2Shoes, on Wednesday, April 17th at 10:30 a.m., for yet another gourd craft, where members will turn locally grown gourds into birdhouses. This event is a sign-up mandatory event. The Gourd class cost is \$20 but the GCCC will cover half of the class for each participant. So each participant will pay \$10 at time of sign-up. Please see Kasie Ream, Director of Social Services for more information or to sign up. Finally, The Golden Connections Art Studio Program will take the opportunity to learn the Japanese art of origami with fun and easy step by step instructions and big beautiful paper on Wednesday, April 24th at 10:15 a.m. Feel free to join as all of our Art Programs continue to open our eyes to the wonderful world of the Arts!



Dessert Pot Luck



It's been a looong winter... and spring has finally sprung! So just as a little pick me up to welcome a new season, the GCCC will host a Dessert Pot Luck on Tuesday, April 30 at 10:30 a.m. Feel Free to bring your favorite dessert to share with your friends here at Golden Connections.

Bluebirds

The Bluebirds April Luncheon will be on Wednesday, April 17th at 11:30 a.m., at Cheddars, 1540 Toronita & Rt. 30, York. Any Questions, please contact: Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076.



ALL LADIES WELCOME!!!

CENTER GUESTS

This month the Golden Connections Community Center will offer multiple different presentation opportunities.

We will start the month with an *Introduction to TAFE* on Friday, April 5th at 11:15 a.m. TAFE (Theatre Arts for Everyone) is a 8-10 week residency program. Each week participants will experience an art form that allows them to use their life experiences, creativity, imagination, and observation skills while having fun and working with others. Members will learn more about the program at this introduction and will then have an opportunity to attend this residency starting **Thursday**, **April 18th at 10:00 a.m.**, feel free to join us as we welcome this new and exciting program at the GCCC.

Next, we will welcome retired physician, *Dr. Robert Fawcett, MD for his seminar, "Lets Get Moving for Better Health"* on Tuesday, April 9th at 10:15 a.m. Dr. Rob Fawcett will share information on the many health benefits of exercise and physical activity. Dr. Fawcett's open and lively approach is both motivational and inspiring. Health experts agree that adults should be active every day to maintain their health. Fortunately, there are many ways to be physically active. Learn about the ways you can be active that suit your lifestyle, interests, health, and budget. Consider these benefits: Helps improve mood and attitude, Helps with mental focus, Increases energy and ability to complete tasks, Assists with weight loss, Strengthens bones, increases muscle tone and flexibility, Reduces the risk of certain diseases and poor health conditions. As you consider those benefits we hope you can plan to attend this Health conscious presentation!

Finally, on *Monday, April 29th at 10:30 a.m.* members will welcome Senior Life as our newest Center Sponsors. *Bryan Ek, from Senior Life*, will speak with members to share information about Senior Life and what his plan is for the year with the new GCCC Sponsorship. The GCCC is always so grateful to all our sponsors for all they do and hope you can attend this introduction to help us show our appreciation.

The Golden Connections Community Center always offers a variety of presentations, workshops, and seminar. That being said we are also always open to all suggestions. If you have an idea or would like to see a specific topic discussed within our center, then please share your suggestions and staff will look into scheduling an event. As always we thank all of our members for their participation and support at the Golden Connections Community Center.

Easter Carnival

The GCCC will celebrate the upcoming Easter Holiday by hosting our Annual Easter Carnival, on Tuesday, April 16th. The Carnival will begin at 10:00 a.m. with game booths distributed throughout the building with the opportunity to win raffle tickets. Later in the morning raffles will be drawn for prizes, the more tickets you earn the more chances you will have to win the prizes. Then at 10:45 a.m. members will enjoy an Easter Egg Hunt outside and around our building. Sign-up is mandatory for the Egg Hunt. We hope you can join us this year for all the games and fun!



Longaberger Basket BINGO!

The Golden Connections Community Center is hosting a Longaberger Basket Bingo fundraiser on Saturday, May 11th at its facility, located at 20 Gotham Place in Red Lion. Doors will open at 12:00 p.m. and the bingo will start at 2:00 p.m.

The cost for a ticket will be \$12 in advance or \$15 at the door. Tickets can be purchased in advance by calling Heather Goebeler, Executive Director,

at 717-244-7229 or online at https://www.gcccenter.com/shop/.

Your ticket cost will include 20 games of regular bingo. Special Games, raffle tickets, and small games of chance will also be available for purchase. Come hungry because food products will also be sold.



LAST MONTH'S BRAIN FITNESS ANSWERS:

Simply Sudoku

Brain Fitness

3	5	1	7	8	9	2	6	4
4	2	7	6	3	5	8	9	1
6	9	8	1	4	2	7	3	5
2	7	4	9	6	3	5	1	8
9	3	5	4	1	8	6	7	2
1	8	6	5	2	7	9	4	3
5	4	9	8	7	1	3	2	6
7	6	2	3	5	4	1	8	9
8	1	3	2	9	6	4	5	7

How do we know that different cognitive challenges exercise different components of the brain? We've learned this by combining experiments created form real-life circumstances with neuroimaging. Some say that these technologies have done for our understanding of the brain what the invention of the telescope has done for our understanding of the planetary systems. Thanks to these technologies, particularly MRI, we know that certain parts of the brain exhibit an increased size in those who use these parts of the brain more than most people. For example, researchers found that the hippo-campus, the part of the brain critical for spatial memory, was larger than usual in London cab drivers, who have to navigate and remember complex routes in a huge city. Studies revealed that the so-called Heschl's gyrus, a part of the temporal lobe of the brain involved in processing music, is larger in professional musicians than in musically untrained people. And the angular gyrus, the part of the brain involved in language, proved to be larger in bilingual individuals than in those who speak only one language.

Stay tuned to the next newsletter to find out more about Brain Fitness. Please take a few moments each month to work on your brain fitness by completed the exercises provided in this newsletter. Enjoy! And More info is to come...

Name Calling

Attention

Visual Search

Decipher the encoded word in the quip below using the numbers and letters on the phone pad. Remember that each number can stand for 3 or 4 possible letters.

Money is the root of All 9-3-2-5-8-4.

1	2	3
	ABC	DEF
4	5	6
GHI	JKL	MNO
7	8	9
PQRS	TUV	WXYZ
	0	





April 2019 Congregate Meal Menu





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	April Birthdays				
April 1		April 3	April 4	April 5	
Sweet Sausage Sandwich	Roasted Pork	Pepper Steak with Gravy	Chicken Parmesan	Tuna Salad Sandwich	
with Peppers and Sauce	with Dijon Mushroom Sauce	1/2 cup Whipped Potatoes	with Marinara Sauce and Cheese	with Lettuce and Tomato	
1/2 cup Cheesy Hashbrowns	1/2 cup Vegetable Rice Pilaf	1/2 cup Sweet Peas	1/2 cup Penne Pasta with Sauce	1 cup Lentil Soup	
Whole Grain Sausage Roll	1/2 cup Green Beans	White Bread	1 cup Tossed Salad with Dressing	with Crackers	
Fresh Watermelon	Wheat Bread	1/2 cup Pears	Italian Bread	2 Slices White Bread	
	1/2 cup Pineapple Delight	<u>'</u>	4 ounces Apple Juice	Fresh Orange	
	Birthday Cake			-	
April 8	April 9	April 10	April 11	April 12	
Cheeseburger	Rotisseri Chicken with Gravy	Beef Brasciole with Gravy	Turkey Chef Salad	Baked Haddock with Cream Sauce	
1/2 cup BBQ Butter Beans	1/2 cup Whipped Potatoes with Chives	1/2 cup Roasted Redskin Potatoes	(2½ ounces Turkey and Cheddar,	1/2 cup AuGratin Potatoes	
1/2 cup Macaroni Salad	1/2 cup Mixed Vegetables	with Rosemary and Garlic	and 1 Hardboiled Egg)	1/2 cup Carrots	
Sandwich Roll	Whole Grain Biscuit	1/2 cup Green Beans	1 cup Tossed salad w/Cucumber	White Bread	
Fresh Cantaloupe	1/2 cup Sliced Peaches	Wheat Bread	1 cup Summer Corn Chowder	1/2 cup Orange Gelatin	
	•	Fresh Banana	with Crackers	with Mandarin Oranges	
			Whole Grain Dinner Roll	<u> </u>	
			1/2 cup Pineapple		
April 15	5 April 16	April 17	April 18	April 19	
Baked Meatloaf with Gravy	•	Chicken Marsala	BBQ Ribette	- P. II 10	
1/2 cup Baked Potato with Margarine	1/2 cup Sauerkraut	1/2 cup Bow Tie Noodles	1/2 cup Parsley Potatoes	The and	
1/2 cup Wax Beans	1/2 cup Whipped Potatoes	1/2 cup Brussel Sprouts	1/2 cup Creamy Coleslaw		
Wheat Bread		Wheat Bread	White Bread	To Chare	
Fresh Watermelon	Applesauce Cake	1/2 cup Mixed Fruit	1/2 cup Sliced Pears	- Castel	
	/ IPP ISSUED CO.IC		- 72 Cap Clicae i Calc		
Easter Special					
April 22	April 23	April 24	April 25	•	
Baked Ham with Cloves	Penne and Meatballs (4)	Chili Cheese Hot Dog	Santa Fe Salad	Honey Mustard Chicken Sandwich	
1/2 cup Sweet Potato Supreme	3/4 cup Pasta with Sauce and	(2 ounces Chili, 1 ounce Cheddar)	(1 cup Mixed Greens with 3 ounces	with Cheese	
1/2 cup Green Beans	Parmesan Cheese	1/2 cup Baked Potato	Diced Chicken and Cheddar, and	1/2 cup Parmesan Redskin Potatoes	
Rye Bread	1 cup Tossed Salad with Tomato and	1/2 cup Green Beans	2 ounces Roasted Veggies)	1/2 cup Mixed Vegetables	
White Cake	•	Hot Dog Roll	Dinner Roll	Sandwich Roll	
with Strawberry Topping	Italian Bread	1/2 cup Cinnamon Applesauce	1 cup Tortilla Soup with Tortilla Chips	Cookie	
	1/2 cup Warm Peach Crisp		1/2 cup Pineapple Tidbits		
April 29	April 30				
Roasted Pork Loin with Gravy	Egg Omelet Topped with Cheese			2 ** * * * * * * * * * * * * * * * * *	
1/2 cup Whipped Potatoes	Sausage Patty	***	Thanks	· · · · · · · · · · · · · · · · · · ·	
1/2 cup Peas	1/2 cup Breakfast Potatoes	THE TENTON			
Dinner Roll	Whole Grain English Muffin with Jelly	11-15-11-11-11-11	Volunteens!	H	
1/2 cup Sliced Apples	4 ounces Orange Juice	ALL ELECTRONICS SELECTION	v outrusers:		
	1 daniede Grange dalee			ľ	
	Tourises Grange Gares				
	Tourises Grange Gales	*** All meals are subject to change ***			





April 2019 Home Delivered Meal Menu





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1	April 2	April 3	April 4	April 5
Sweet Sausage Sandwich	Egg Salad Sandwich	Pepper Steak with Gravy	Grilled Chicken Salad	Tuna Melt Sandwich (warm)
with Peppers and Sauce	with Lettuce and Tomato	Whipped Potatoes	with Chicken and Cheddar Cheese,	Buttered Potatoes
Cheesy Hashbrowns	Macaroni Salad	Sweet Peas	Lettuce, Tomato, and Dressing	Mixed Vegetables
Whole Grain Sausage Roll	Carrot and Raisin Salad	White Bread	Pasta Salad	White Bread
Fresh Watermelon	White Bread	Pears	Dinner Roll	Fresh Orange
	Sliced Apples		Fruit Juice	
April 8	April 9	April 10	April 11	April 12
Cheeseburger	Old Fashioned Spread Sandwich	Beef Brasciole with Gravy	Turkey Chef Salad	Baked Haddock with Cream Sauce
BBQ Butter Beans	with Lettuce and Tomato	Roasted Redskin Potatoes	with Turkey, Cheddar Cheese, and	AuGratin Potatoes
Macaroni Salad	Coleslaw	with Rosemary and Garlic	Hardboiled Egg	Carrots
Sandwich Roll	Marinated Beans	Green Beans	Tossed Salad with Cucumber	White Bread
Fresh Cantaloupe	White Bread	Wheat Bread	Macaroni Salad	Orange Gelatin
·	Pineapple	Fresh Banana	Whole Grain Dinner Roll	with Mandarin Oranges
			Pineapple	_
April 15	April 16	April 17	April 18	April 19
Baked Meatloaf with Gravy	Grilled Chicken Filet Sandwich	Chicken Marsala	BBQ Ribette	
Baked Potato with Margarine	with Lettuce and Tomato	Bow Tie Noodles	Parsley Potatoes	
Wax Beans		Brussel Sprouts	Creamy Coleslaw	Ju - The Company
Wheat Bread	Baked Beans	Wheat Bread	White Bread	Ga Store
Fresh Watermelon	Sandwich Roll	Mixed Fruit	Sliced Pears	T. O.S. COV
	Cookie			
Easter Special				
April 22	April 23	April 24	April 25	April 26
Baked Ham with Cloves	Roast Beef and Cheese Sandwich	Chili Cheese Hot Dog	Santa Fe Salad	Honey Mustard Chicken Sandwich
Sweet Potato Supreme	Macaroni Salad	with Chili and Cheddar Cheese	Mixed Greens with Diced Chicken,	with Cheese
Green Beans	Beets	Baked Potato	and Cheddar Cheese, and Roasted	Parmesan Redskin Potatoes
Rye Bread	Wheat Bread	Green Beans	Veggies	Mixed Vegetables
White Cake	Mandarin Oranges	Hot Dog Roll	Dinner Roll	Sandwich Roll
with Strawberry Topping		Cinnamon Applesauce	Cookie Pineapple Tidbits	Cookie
April 29	April 30			
Roasted Pork Loin with Gravy	Cold Meatloaf Sandwich			
Whipped Potatoes	Potato Salad	**************************************		***
Peas	Three-Bean Salad			
Dinner Roll	White Bread	41 517 517	Volunteers!	74-15-15-16
Sliced Apples	Orange Juice	MATERIA	*	W. D. L. FLAN

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

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

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ivioliday	1 uesday 2 9:00 Games	wednesday 3	1 nursday	Friday 5
9:00 Games	9:15 ABC's of Fitness	9:00 Games	9:00 Games	9:00 Games
9:15 Strength Training	10:00 Wii	9:00 Zumba	9:15 ABC's of Fitness	9:15 Strength Training
for Seniors	10:15 Rescheduled Crafting	9:30 Scrabble Club	9:30 Wii	for Seniors
10:30 Garden Preparations	~Pt. 3 Spoon Wreath	10:15 Plant Gardens	10:30 Blood Pressure Checks	10:30 BINGO
12:15 Get N Step	12:15 Beginners Line Dancing	12:15 Penny BINGO	12:15 Beginners Line Dancing	11:15 TAFE Introduction
12:15 Everybody Knows	12:30 Line Dancing	1:00 I-Pad/Computer Q & A	12:30 Line Dancing	12:15 Get N Step
A	C 000 E :			1:00 I-Pad/Computer Q & A
	6:00 p.m. Evening Line Dance Classes		Taxes	
8	9 9:00 Games	10	11	12
9:00 Games	9:15 ABC's of Fitness	9:00 Games	9:00 Games	9:00 Games
9:15 Strength Training	9:15 Wii	9:00 Zumba	9:15 ABC's of Fitness	9:15 Strength Training
for Seniors	10:15 "Lets Get Moving for	9-12:00 Outreach Program w/	9:30 Wii	for Seniors
10:00 APPRISE	Better Health"	Rep. from Stan Saylors Office	10:30 Mind Matters	10:30 BINGO
12:15 Get N Step	w/ Robert Fawcett, MD	9:30 Scrabble Club	12:15 Beginners Line Dancing	12:15 Get N Step
12:15 Who Wants To Be	12:15 Beginners Line Dancing	10:15 Art Studio w/ Jude	12:30 Line Dancing	1:00 I-Pad/Computer Q & A
A Millionaire	12:30 Line Dancing	12:15 Penny BINGO	12.50 Eme Building	1.00 1 1 day compater & a 11
		1:00 I-Pad/Computer Q & A	Taxes	
	6:00 p.m. Evening	-	Tuxes	
	Line Dance Classes			
15	16 9:00 Games	17	18	19
9:00 Games	9:15 ABC's of Fitness	9:00 Games	9:00 Games	Center
9:15 Strength Training	10:00 Easter Carnival	9:00 Zumba	9:15 ABC's of Fitness	Center
for Seniors	12:15 Beginners Line Dancing	9:30 Scrabble Club	9:30 Wii	Closed
10:30 Outdoor Gardening	12:30 Line Dancing	10:30 Gourdy2Shoes	10:00 TAFE	Cioseu
12:15 Get N Step	6:00 p.m. Evening	11:30 Bluebirds	12:15 Beginners Line Dancing	Good Friday
12:15 Pictionary	Line Dance Classes	12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	12:30 Line Dancing	
22	23	24	25	26
9:00 Games	9:00 Games	9:00 Games	9:00 Games	9:00 Games
9:15 Sweat into the Oldies	9:15 ABC's of Fitness	9:00 Zumba	9:15 ABC's of Fitness	9:15 Strength Training
(Video)	10:15 Golden WINGS	9:30 Scrabble Club	9:30 Wii	for Seniors
10:00 Hair/ Nails w/ Missy	10:30 Blood Pressure Checks	10:15 Art Studio w/ Jude	10:00 TAFE	10:30 BINGO
12:15 Get N Step	12:15 Beginners Line Dancing	12:15 Nickel BINGO	10:15 Sing A Long	12:15 Get N Step
12:15 Essential Oils 101	12:30 Line Dancing	1:00 I-Pad/Computer Q & A	12:15 Beginners Line Dancing	1:00 I-Pad/Computer Q & A
	6.00 m m Francisco		12:30 Line Dancing	_
	6:00 p.m. Evening			
Earth Day	Line Dance Classes		Volunteer Appreciation	Arbor Day
Earth Day			Luncheon	Alboi Day
29	30		100000000000000000000000000000000000000	
9:00 Games	9:00 Games			
9:15 Strength Training	9:15 ABC's of Fitness		AAA	
for Seniors	10:30 Dessert Pot Luck			
10:30 Introduction to Senior Life	12:15 Beginners Line Dancing			
w/ Bryan Ek	12:30 Line Dancing			
12:15 Get N Step			AND THE RESERVE THE PARTY OF TH	
12:15 Deal or No Deal	6:00 p.m. Evening			
	Line Dance Classes			