

Non-Profit  
US Postage Paid  
York, PA  
Permit No. 766

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

RETURN SERVICE REQUESTED



20 Gotham Place  
Red Lion, PA 17356  
P:717.244.7229  
8:30 a.m. – 2:30 p.m.  
[www.gcccenter.com](http://www.gcccenter.com)

### Monthly Newsletter

Heather Goebeler, Executive Director  
[ExecutiveDirector@gcccenter.com](mailto:ExecutiveDirector@gcccenter.com)

Kasie Ream, Director of Social Services  
[SocialServices@gcccenter.com](mailto:SocialServices@gcccenter.com)  
Viola Boothe, Kitchen Supervisor

Michelle Lebow, Meal Coordinator  
[MealCoordinator@gcccenter.com](mailto:MealCoordinator@gcccenter.com)  
Kameryn Parker, Grounds Supervisor

**June 2019**



# Upcoming Events for June

- June 6 Farmer's Market Vouchers
- June 6 TAFE Performance
- June 12 Outreach Program with Representative  
From Stan Saylor's Office  
*(by Appt. ONLY)*
- June 12 Art Studio w/ Jude
- June 13 GC Crafting Corner  
~Terra Cotta Coasters  
*(Sign-up Mandatory)*
- June 19 Drayer Physical Therapy  
~Pelvic Floor Therapy
- June 19 Bluebirds
- June 24 Hair/Nails w/ Missy
- June 25 WINGS Meeting
- June 26 Art Studio w/ Jude
- June 27 Get Healthy & Get Cooking
- June 28 Get N Step @ York township Park  
*(Car-pool Event)*

***For a full list of Junes' activities, please see the Activities Calendar located in the center of the June 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!**

**SeniorLIFE**

**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-Pays

**What's a SRES® —**

***And why you should consider working with one...***

A Seniors Real Estate Specialist (or SRES®) is a Realtor® who is specifically trained in the challenges and situations that clients age fifty and over face when buying or selling a home. We understand senior housing and financial options and are dedicated to creating a customized approach to your living situation that fits in with your overall life plan... helping you to remain independent longer.



**Golden  
Connections  
Sponsor**

**RE/MAX Patriots**

1770 East Market Street  
York, PA 17402

**Melissa Ruffing**

Realtor®, ABR®, SRES®

Licensed in MD & PA

Office: (717) 840-4848

Cell: (717) 205-6924



[icanopendoors.com](http://icanopendoors.com)

# Senior Center Sponsors



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 makes 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.

*Affordable Excellence*  
*is closer than you think...*  
**Now Open in East York**



**Please call for a complimentary prearrangement consultation.**

**BECK FUNERAL HOME & CREMATION SERVICE, INC.**  
*Proud to offer a Veteran's Discount*

[www.beckfunerals.com](http://www.beckfunerals.com)

**SPRING GROVE**  
 175 North Main Street  
 Spring Grove, PA 17362  
 (717) 225-1677  
 Christopher M. Beck, Supv.

**EAST YORK**  
 3670 East Market Street  
 York, PA 17402  
 (717) 714-6033  
 Nicholas C. Beck, Supv.

PHOTO

## Golden WINGS

WIDOWS IN NEED OF GREIF SUPPORT

The Golden Connections Community Center has decided to continue its Golden Wings Meetings. The next meeting will be held on Tuesday, June 25<sup>th</sup> at 10:15 a.m. The focus of these meetings is to give members the opportunity to connect with one another and to support each other. Hopefully we can listen and learn from each other's struggles. Many of us suffer in silence through our grief, and WINGS Meetings are here to give each of those who suffer the chance to use their voice to release some of the pain they have harbored inside for so long.

If you are alone... if you are scared... if you need a friend... if you need to talk...then please join us at any of our meetings. There is no obligation to attend every meeting and absolutely no pressure to talk about your story if you do not feel comfortable. Our doors are always open.



*Bluebirds*



The Bluebirds June Luncheon will be on Wednesday, June 19<sup>th</sup> at 11:30 a.m., at Isaacs, 2690 Whiteford Rd., York. Any Questions, please contact: Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076.

**ALL LADIES ARE WELCOME!!!**

# CENTER GUESTS

The Golden Connections Community Center offers a variety of Speakers, Presentations, Seminars, and/or Workshops. Staff and members alike are grateful to welcome this month's Center Guests.

Starting in April, members of the Golden Connections Community Center, had the opportunity to join a local Theatre Arts Group. The group allowed them to use their life experiences, creativity, imagination, and observation skills while having fun and working with others. TAFE (Theatre Arts for Everyone) was an 8-10 week residency program. Each week participants experienced a different art form, and now as the program comes to a close, participants will take what they have learned and experienced to hold a *one-time only performance* on **Thursday, June 6<sup>th</sup> at 10:45 a.m.** Feel free to join us in supporting our members by attending this show.

The GCCC will host *Drayer Physical Therapy* on **Wednesday, June 19<sup>th</sup> at 10:15 a.m.** to discuss *Pelvic Floor Therapy*. What is Pelvic Floor Therapy? It involves the pelvic floor muscle group which is responsible for a variety of functions such as supporting the pelvic organs and assisting in bowel and bladder control. This presentation will educate members about Pelvic Floor Therapy and give them the opportunity to ask questions. Feel free to join us as we always enjoy having Drayer Physical Therapy in the building.

The Golden Connections Community Center always offers a variety of presentations, workshops, and seminar. 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.

# Continued...

Turning on Your Engine

## Word Ladder

LANGUAGE

.....  
 Change just one letter on each line to go from the top word to the bottom word. Do not change the order of the letters.

B A L L

\_\_\_\_\_

\_\_\_\_\_

G A M E

.....  
**LAST MONTH'S BRAIN FITNESS ANSWERS:**

Count on This!

				15
1	9	7	6	23
8	7	3	5	23
6	4	8	9	27
2	2	1	5	10
17	22	19	25	21

# Brain Fitness

## Diversify Your Mental Workout

It is true that any relatively complex cognitive function – be it memory, attention, perception, decision making, or problem solving – relies on a whole network of brain regions rather than on a single region.

Therefore, any relatively complex mental challenge will engage more than one part of the brain. Yet no single mental activity will engage the whole brain.

Therefore the diversity of your mental life is key to your overall brain health. The more vigorous and varied your cognitive challenges, the more efficiently and effectively they'll protect your mind from decline. Imagine a Physical gym. No single exercise machine will make you physically fit. Instead, you need a balanced and diverse workout regimen.

You have probably always assumed that crossword puzzles and sudoku are good for you, and they are. but your cognitive workout will benefit more from a greater variety of exercises, particularly if these exercises have been selected with some knowledge of how the brain works.

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 completing the exercises provided in this newsletter. Enjoy!



## GCCC Art Programs

The Golden Connection Community Center is always looking for new and interesting art programs. June will offer some fun and easy craft projects for our members.

First, the GCCC Art Studio Program will host a *Self Portrait Class* on **Wednesday, June 12<sup>th</sup> at 10:15 a.m.** Participants will learn how to draw their face, using the medium of their choice to express yourself through color and shapes, etc. Then Art Studio participants will have the opportunity to try their hands with *The Humble Crayon* on **Wednesday, June 26<sup>th</sup> at 10:15 a.m.** Crayons are not just for kids! Wax color is versatile, and members will learning more about the art of Crayons. All members are welcome to join any of our Art Studio Programs!

The Golden Connections Crafting Corner Program is always looking for project ideas. On **Thursday, June 13<sup>th</sup> at 10:15 a.m.,** members will create *Terra Cotta Coasters*. Crafting Corner projects are SIGN-UP MANDATORY and may be capped due to space and supplies. Please sign-up using the GCCC Copilot System.

We hope you can join us for all of our Art Programs as we continue to open our eyes to the wonderful world of the Arts!



# Get N Step

## WAY TO GO GCCC!!!

Members have done a great job these past several months launching our Get N Step Program! One of the best ways to get healthier is to get moving and moving could mean something as simple as walking for even 15 minutes a day. Those 15 minutes a day could completely change your life! That is why the GCCC started a new program called Get-n-Step. Every week members are encouraged to get up and move, even if it is only for 15 minutes. And they have! The GCCC has had huge success with getting members moving, we are so proud of everyone who has committed and stuck with it. We hope this will help to inspire participants to continue this movement every day, as it is so important for us all to continue to move towards healthier lives. The GCCC now would like to try something new with the Get N Step Program. On Friday, June 28<sup>th</sup> at 12:30 p.m., the GCCC will hold its first Get N Step session off campus at the York Township Park. This will be a Carpool event and participants are responsible for securing their own rides. Please sign up using the GCCC Copilot system, so staff can know who to expect at the gathering. We look forward to seeing who joins us for this first off-site Get N Step Session!

## GET HEALTHY & GET COOKING

The Golden Connections Community Center is excited to launch its Get Healthy & Get Cooking series again for this year's vegetable growing season. Our first class will be held on Thursday, June 27<sup>th</sup> at 10:15 a.m. The topic for this first class will depend on what we can harvest out of our garden. This year we have planted tomatoes, zucchini, cucumbers, and strawberries. Using these fruits & vegetables, we will learn about the health benefits of our produce, and complete various cooking recipes. This is a sign-up mandatory event, as we need to plan accordingly. Please sign-up using GCCC Copilot System. Join us on any of our Get Healthy & Get Cooking dates!



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

Thursday, July 25 – **Mystery Trip?????** – Treat your adventurous spirit to a day of fun including a bit of savory and a bit of sweet, a treasure down a back street, a habit from yesteryear, and true faith held dear, inspiring artistic expression, plus more to keep you guessing!

\$110.00pp Deadline: June 10<sup>th</sup>

Thursday, August 22 – **Gretna Playhouse USO Show Troupe** – Lunch will be a stop at the Golden Corral, and then on to the show. This show performs around the world and will bring the same popular American Heartland Music we all grew up with.

\$80.00pp Deadline: August 16<sup>th</sup>

Wednesday, September 18<sup>th</sup> – **Bird-In-Hand : “Stolen”** – An old fashioned, light hearted who done it. A small PA town is shaken when the infant son of a prominent Amish family is kidnapped. This musical mystery tells a moving story about learning to forgive yourself.

\$68.00pp Deadline: August 14<sup>th</sup>

\*\*\*\*\*

The Pacesetters invite you to come along with them to

## HOLLYWOOD CASINO

On the following dates

*(All dates are the Last Wednesday of each month)*

May 30<sup>th</sup>

June 27<sup>th</sup>

July 25<sup>st</sup>

August 29<sup>th</sup>

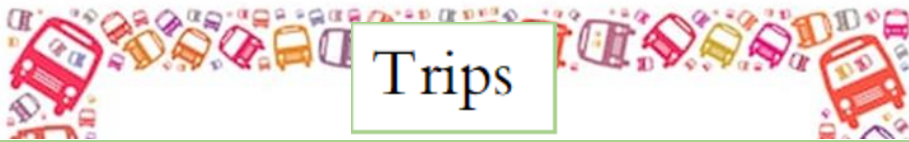
September 26<sup>th</sup>

October 31<sup>th</sup>

November 21<sup>th</sup>

Casino Packages include: \$25.00 in FREE slot play and \$5.00 off the epic buffet or 25% off at any of the other restaurants

Contact “Pacesetters” for more information or to sign up.



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

***Krouse Travel Agency ~ 717-244-6410***

Saturday, June 22 – **Philly Food Tour & Museum of the American Revolution** – This professionally guided tour venture through the hot-spots of this famous city sampling foods and historical areas and ending with Philly’s newest attraction, the Museum of the American Revolution!

\$155pp

July 20-21, 2019 – **Baseball Hall of Fame Induction Weekend** –

Enshrinement weekend includes motor coach, Hall of Fame Membership, One Hotel Breakfast, Accommodations, Enshrinement Ceremony –

\$295pp double occupancy

Saturday, September 14 – **“Noshing Through Brooklyn”** –

Brooklyn Guide and Food Stops through Iconic Brooklyn Neighborhoods

\$179pp

Saturday, September 21 – **New York City** – 9/11 Memorial Museum and One World Observatory Entrance to Both Venues and a Krouse Travel Escort

\$149pp

Tuesday, October 8 – **Penn’s Peak : “Still Surfin – A Musical Tribute to the Beach Boys”** – At Penn’s Peak in the

beautiful mountaintop setting of Jim Thorpe, PA. includes a delicious family style luncheon plus the afternoon concert

\$110pp

Saturday, November 30 – **New York City Christmas Show** – More info to come...

Wednesday, December 4 – **Always Patsy Cline – A Country Christmas** – At Mt. Airy Resort and Casino include a

delicious buffet luncheon, the Show and \$15 in slot play.

\$105 pp

## *Farmer’s Market Vouchers 2019*

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 ***Thursday, June 6<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, 2019 (Proof Required)
- York County Resident (Proof Required)
- Gross Annual Household income at or below 23,107 for individual and \$31,284 for a couple

When picking up vouchers for another individual (including spouse), be sure to have on hand: the 2019 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.



The GCCC Garden Club has started meeting again this year. We would love to welcome new members to this group. Please consider joining us!

The Gardening schedule for June is as follows:

- June 7th – Fairy Garden
- June 14th – Garden Maintenance
- June 21st – Build a Planter
- June 28th – Garden Maintenance

Feel free to join us for any of these dates as we always need help pulling weeds and maintaining our gardens! If you have gloves, please bring them.

## Garden Club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>June 3</b></p> <p>Baked Meatloaf with Gravy 1/2 cup Baked Potato with Margarine 1/2 cup Wax Beans Wheat Bread Fresh Melon</p>	<p><u>June Birthdays</u></p> <p><b>June 4</b></p> <p>Roasted Pork with Gravy 1/2 cup Whipped Potatoes 1/2 cup Carrots White Bread Applesauce Cake</p> 	<p><b>June 5</b></p> <p>Chicken Marsala 1/2 cup Bow Tie Noodles 1/2 cup Peas Wheat Bread 1/2 cup Mixed Fruit</p>	<p><b>June 6</b></p> <p>1/2 cup Seafood Salad over 1 cup Mixed Greens with Tomato and Hardboiled Egg 1 cup Vegetable Soup with Crackers Whole Grain Dinner Roll 1/2 cup Cottage Cheese and Pineapples</p> 	<p><b>June 7</b></p> <p>BBQ Ribette 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw White Bread 1/2 cup Sliced Pears</p>
<p><b>June 10</b></p> <p>Chili Cheese Hot Dog (2 ounces Chili and 1 ounce Cheddar) 1/2 cup Baked Potato 1/2 cup Green Beans Hot Dog Roll 1/2 cup Cinnamon Applesauce</p> 	<p><b>June 11</b></p> <p>Penne and Meatballs (4) 3/4 cup Pasta with Sauce and Parmesan Cheese 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Warm Peach Crisp</p>	<p><b>June 12</b></p> <p>Roasted Sliced Turkey 1/2 cup Mashed Potatoes with Gravy 1/2 cup Mixed Vegetables Wheat Bread Cookie</p> 	<p><b>June 13</b></p> <p>Santa Fe Salad 1 cup Mixed Greens with 3 ounces Diced Chicken and 2 ounces Roasted Vegetables Dinner Roll 1 cup Tortilla Soup with Tortilla Strips 1/2 cup Pineapple Tidbits</p>	<p><b>June 14</b></p> <p>Breaded Pollock Filet 1/2 cup Vegetable Barley Pilaf 1/2 cup Carrots Wheat Bread Fresh Orange</p> 
<p><u>Father's Day Special</u></p> <p><b>June 17</b></p> <p>Bratwurst 2 ounces Sauerkraut Topping 1/2 cup Potato Salad 1/2 cup Baked Beans Hot Dog Roll Apple Pie Slice Mustard Packet</p>	<p><b>June 18</b></p> <p>1/2 cup Mild Buffalo Chicken Sandwich with Shredded Lettuce 1 cup Minestrone Soup with Crackers Sandwich Roll Fresh Melon</p> 	<p><u>Breakfast for Lunch</u></p> <p><b>June 19</b></p> <p>Egg Omelet Topped with Cheese Sausage Patty 1/2 cup Breakfast Potatoes Whole Grain Muffin with Jelly 4 ounces Orange Juice</p>	<p><b>June 20</b></p> <p>Mandarin and Cranberry Chicken Salad with 3 ounces Chicken, 2 ounces Mandarin Orange, 1 tbl Cranberries 1 cup Mixed Greens with Cucumbers, 1 ounce Blue Cheese Crumble, and Balsamic Dressing Pack 1/2 cup Three-Bean Salad Whole Grain Dinner Roll Cookie</p> 	<p><b>June 21</b></p> <p>Salisbury Steak with Gravy 1/2 cup Mashed Potatoes 1/2 cup Carrots Wheat Bread 1/2 cup Sherbet</p>
<p><b>June 24</b></p> <p>Breaded Chicken Cutlet 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Wheat Bread Fresh Melon</p> 	<p><b>June 25</b></p> <p>Turkey and Cheese Sandwich (2 ounces Turkey and 1/2 ounce Cheese) with Lettuce, Tomato, Condiments 1/2 cup Fresh Broccoli Salad Whole Grain Sandwich Roll 1/2 cup Applesauce</p>	<p><b>June 26</b></p> <p>Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Green Beans Wheat Bread 1/2 cup Sliced Pears</p> 	<p><b>June 27</b></p> <p>Stuffed Pepper with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots Dinner Roll Strawberry Shortcake</p>	<p><b>June 28</b></p> <p>1 cup Roast Beef and Dumplings 1/2 cup Creamy Coleslaw Whole Grain Buttermilk Biscuit 1/2 cup Sliced Peaches</p> 

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>June 3</b>	<b>June 4</b>	<b>June 5</b>	<b>June 6</b>	<b>June 7</b>
Baked Meatloaf with Gravy Baked Potato with Margarine Wax Beans Wheat Bread Fresh Melon	Egg Salad Sandwich with Lettuce and Tomato Macaroni Salad Tomato and Cucumber Salad White Bread Sliced Apples 	Chicken Marsala Bow Tie Noodles Peas Wheat Bread Mixed Fruit	Seafood Salad over Mixed Greens with Tomato and Hardboiled Egg Three-Bean Salad Whole Grain Dinner Roll Cottage Cheese and Pineapples 	BBQ Ribette Whipped Sweet Potatoes Creamy Coleslaw White Bread Sliced Pears
<b>June 10</b>	<b>June 11</b>	<b>June 12</b>	<b>June 13</b>	<b>June 14</b>
Chili Cheese Hot Dog (Chili and Cheddar Cheese) Baked Potato Green Beans Hot Dog Roll Cinnamon Applesauce 	Tuna Salad Sandwich with Lettuce and Tomato Potato Salad Carrot and Raisin Salad White Bread Peaches	Roasted Sliced Turkey Mashed Potatoes with Gravy Mixed Vegetables Wheat Bread Cookie 	Santa Fe Salad Mixed Greens with Diced Chicken and Roasted Vegetables Pasta Salad Dinner Roll Pineapple Tidbits	Breaded Pollock Filet Vegetable Barley Pilaf Carrots Wheat Bread Fresh Orange 
<b>Father's Day Special</b>		<b>Breakfast for Lunch</b>		
<b>June 17</b>	<b>June 18</b>	<b>June 19</b>	<b>June 20</b>	<b>June 21</b>
Bratwurst Sauerkraut Topping Potato Salad Baked Beans Hot Dog Roll Apple Pie Slice Mustard Packet	Mild Buffalo Chicken Sandwich with Shredded Lettuce Coleslaw Beets Sandwich Roll Fresh Melon 	Egg Omelet Topped with Cheese Sausage Patty Breakfast Potatoes Whole Grain Muffin with Jelly Orange Juice	Mandarin and Cranberry Chicken Salad with Chicken, Mandarin Orange, and Cranberries Mixed Greens with Cucumbers, Blue Cheese Crumble, and Balsamic Dressing Pack Three-Bean Salad Whole Grain Dinner Roll Cookie 	Salisbury Steak with Gravy Mashed Potatoes Carrots Wheat Bread Pudding
<b>June 24</b>	<b>June 25</b>	<b>June 26</b>	<b>June 27</b>	<b>June 28</b>
Breaded Chicken Cutlet Macaroni and Cheese Stewed Tomatoes Wheat Bread Fresh Melon 	Turkey and Cheese Sandwich with Lettuce, Tomato, Condiments Fresh Broccoli Salad Whole Grain Sandwich Roll Applesauce	Pineapple Glazed Ham Whipped Sweet Potatoes Green Beans Wheat Bread Sliced Pears 	Grilled Chicken Sandwich Three-Bean Salad Mandarin Oranges Sandwich Roll Cookie	Roast Beef and Dumplings Creamy Coleslaw Whole Grain Buttermilk Biscuit Sliced Peaches 

All meals are subject to change  
Served Daily: Milk and Margarine

# June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00 Games 9:15 Strength Training for Seniors  9:30 Wii 10:30 Family Feud 12:15 BINGO	<b>4</b> 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:30 Ladder Golf 12:15 Line Dancing	<b>5</b> 9:00 Games 9:00 Zumba 9:30 Scrabble Club 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	<b>6</b> 9:00 Games 9:15 ABC's of Fitness 9:30 -11:30 Farmer's Market Vouchers  10:00 TAFE Rehearsal 10:45 TAFE Performance (in Program Room) 12:15 Line Dancing	<b>7</b> 9:00 Games 9:15 Strength Training for Seniors  10:30 Outdoor Gardening 12:00 Get N Step 12:15 Outdoor Gardening Continued...
<b>10</b> 9:00 Games 9:15 Strength Training for Seniors  10:00 APPRISE 10:30 Pictionary 12:15 BINGO	<b>11</b> 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:30 Blood Pressure Checks 12:15 Line Dancing	<b>12</b> 9:00 Games 9:00 Zumba 9:00 Outreach Program w/ Rep. form Stan Saylor's Office (by Appt. ONLY) 9:30 Scrabble Club 10:15 Art Studio w/ Jude 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	<b>13</b> 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:15 GC Crafting Corner ~ <i>Terra Cotta Coasters</i> (Sign-up Mandatory) 12:15 Line Dancing	<b>14</b> 9:00 Games 9:15 Strength Training for Seniors  10:30 Outdoor Gardening 12:00 Get N Step 12:15 Ladder Golf
<b>17</b> 9:00 Games 9:15 Sweat into the Oldies 10:00 Bean Bag Toss 10:30 Mind Matters: <i>Flying the Big Jets!</i> 12:15 BINGO	<b>18</b> 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:15 Ladder Golf 12:15 Line Dancing	<b>19</b> 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Drayer PT ~ Pelvic Floor Therapy 11:30 Bluebirds 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	<b>20</b> 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:15 Giant Bowling 12:15 Line Dancing	<b>21</b> 9:00 Games 9:15 Sweat into the Oldies 10:30 Outdoor Gardening 12:00 Get N Step 12:15 Outdoor Gardening Continued...
<b>24</b> 9:00 Games 9:15 Sweat into the Oldies 10:00 Hair/Nails w/ Missy 10:30 Blood Pressure Checks 12:15 BINGO	<b>25</b> 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:30 WINGS Meeting 12:15 Line Dancing	<b>26</b> 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:30 Art Studio w/ Jude 12:15 Nickel BINGO 1:00 I-Pad/Computer Q & A	<b>27</b> 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:15 Get Healthy & Get Cooking (Sign-up Mandatory) 12:15 Line Dancing	<b>28</b> 9:00 Games 9:15 Strength Training for Seniors  10:30 Outdoor Gardening 12:30 Get N Step @ York Township Park (Sign-up Mandatory) 1:30 Bingo at the Villa

