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8:30 a.m. – 2:30 p.m.  
[www.gcccenter.com](http://www.gcccenter.com)

Monthly Newsletter



# Upcoming Event for August

- August 1 Fruits & Veggie Vouchers
- August 2 Book Club Distribution ~ Tattooist of Auschwitz
- August 6 Wash Day Program
- August 12 Hair/Nails w/ Missy
- August 12 APPRISE
- August 13 “Scams” w/ Dana A’Hearn
- August 14 Outreach Program
- August 14 Art Studio
- August 15 “Lyme Disease” w/ Vadim
- August 20 “Difference Between Natural Aging & Dementia” w/Time McCallister
- August 21 Bluebirds
- August 22 End of Summer Luau
- August 23 “Fall Prevention” w/ Kraig Herman
- August 27 WINGS Meeting  
~ ”When There Are No Words”
- August 28 Art Studio
- August 30 Meet & Greet w/ Wally and Scrappy  
the Alligators

***For a full list of Augusts’ activities, please see the Activities Calendar located in the center of the August Newsletter.***

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Cell: 717-205-6924  
melissa.ruffing@gmail.com  
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# Senior Center Sponsors

## Why Good Posture Matters



Maintaining good posture can become more challenging as you age. This can be due to tightness and weakness of muscles that stabilize the spine.

Poor posture can also lead to other health concerns including:

- Increased risk of falls
- Decreased ability to properly swallow, chew and breath
- Increased pain and other joint problems throughout the body
- Headaches

Physical therapy can assist by improving posture with stability exercises, stretching and increasing self-awareness.

175 N. Main Street  
Spring Grove, PA 17362  
Christopher M. Beck, Supervisor  
(717) 225-1677



3670 East Market Street  
York, PA 1740  
Nicholas Beck, Supervisor  
(717) 714-6033  
Branch Location

## MISCOMCEPTIONS of Planning Your Funeral in Advance

1. I Don't Need to Talk About It
2. My Insurance Will Take Care of Everything
3. I Can't Afford It
4. My Children/Brother/Uncle/Friend/Lawyer Will
5. I Don't Need to Plan Because I want to be Cremated
6. My Family Knows My Wishes
7. I am A Veteran – The Government Will Take Care of Me
8. I'm Not from This Area, And I Don't Know Where My Funeral Will Be
9. I Need to Know More About This
10. I Don't Know Your Phone Number.... (717)225-1677

For more detailed information about these misconceptions, check

## Golden WINGS

WIDOWS IN NEED OF GREIF SUPPORT

The next WINGS meeting will be held on Tuesday, August 27<sup>th</sup> at 10:30 a.m. This meeting will host guest speaker Joan Groh to discuss "When There Are No Words".

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. 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 August Luncheon will be on Wednesday, August 21<sup>st</sup> at 11:30 a.m., at the Boardwalk Restuarant, 3625 E. Market St., York. Any Questions, please contact: Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076.

**ALL LADIES ARE WELCOME!!!**

## 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, August 1<sup>st</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.



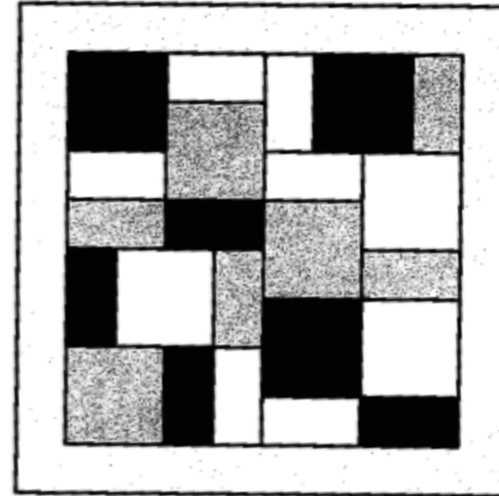
## Continued...

### Turning on Your Engine

## Quilt Quest

Spatial Reasoning

In the quilt below, find a small three-colored rectangular pattern that repeats exactly twice. Its diagram is shown next to the quilt. Note that these patterns can be rotated but not overlapped.



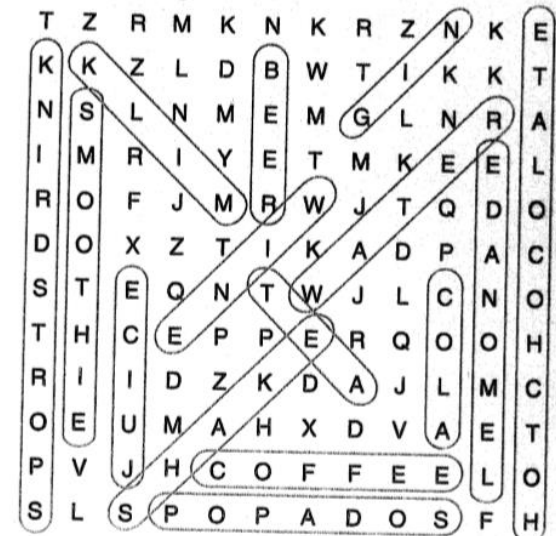
## GET HEALTHY & GET COOKING

The Golden Connections Community Center, Get Healthy & Get Cooking series has begun again for this year's vegetable growing season. Our next class will be held on Thursday, August 8<sup>th</sup> at 10:30 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. A second class will be held on Thursday, August 22<sup>nd</sup> at 10:30 a.m. These are sign-up mandatory events, as we need to plan accordingly. Please sign-up using GCCC Copilot System. Join us on any of our Get Healthy & Get Cooking dates!



## LAST MONTH'S BRAIN FITNESS ANSWERS:

Thirty?

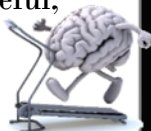


# Brain Fitness

## Have Fun While Stretching Your Mind

The important thing is to have fun while doing something good for you. Puzzles can be engaging, absorbing, and even addictive. An increasing number of people make regular physical exercise part of their daily routines and miss it when circumstances prevent them from exercising. These habitual gym-goers know that strenuous effort is something to look forward to, not to avoid. Similarly, you will strengthen your mental muscle by actively challenging it. Don't put the puzzle book down when the solution is not immediately apparent. By testing your mind, you will discover the joy of a particular kind of accomplishment: watching your mental powers grow. You must have the feeling of mental effort and exertion in order to exercise your brain.

This brings us to the next issue. While all puzzles are good for you, the degree of their effectiveness as brain conditioners is not the same. Some puzzles only test your knowledge of facts. Such puzzles may be enjoyable and useful to a degree, but they're not as useful in conditioning your brain as are the puzzles that require you to transform and manipulate information or do something with it by logic, multistep inference, mental rotation, planning, and so on. These latter puzzles are more likely to give you the feeling of mental exertion, of "stretching your mind," and they are also better for your brain health. You can use this feeling as a useful, though inexact, assessment of a puzzle's effectiveness as a brain conditioner.



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, and August will offer some fun and easy craft projects for our members. First, the GCCC Art Studio Program will host a *Shibori Tye Dye Class*, where seniors will have the opportunity to dye cloth using a Japanese resist dyeing technique, on **Wednesday, August 14<sup>th</sup> at 10:15 a.m.** Then Art Studio participants will have the opportunity to host a Senior Art Exhibit to showcase examples of their effort on **Wednesday, August 28<sup>th</sup> at 10:15 a.m.** All members are welcome to join any of our Art Studio Programs! 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!

## Evening Line Dancing



Summer is coming to a close and the GCCC is ready to start up Evening Line Dance classes again. The first evening class will be Tuesday, August 13<sup>th</sup> from 6:00 p.m. - 7:30 p.m.

Then on Saturday, August 17<sup>th</sup>, 2019 from 6:30 p.m. - 10:00 p.m., the Golden Connections Community Center will host a Welcome Back - Line Dance Party to jump start the next season of Line Dance Classes. Music, snacks, and a lot of boot scoot' in boogying will be provided. So, grab your partner, grab your friend, young and old are welcome to join us at the Golden Connections Community Center, for an evening full of laughing and line dancing. All proceeds will benefit the programs of the Golden Connections Community Center.

## BOOK OF THE MONTH CLUB

August's Book of the month is the "*Tattooist of Auschwitz*" by Heather Morris. Here is a brief synopsis: April 1942, Lale Sokolov, a Slovakian Jew, is forcibly transported to a concentration camp and once his captors realize he speaks several languages, he is put to work as a tattooist who is responsible for permanently marking his fellow prisoners. Through years of horrific atrocities and barbarism - but also incredible acts of bravery and compassion, Lale comforts a trembling young woman waiting in line to have her number tattooed. Lale vows that day to somehow survive and marry her. *The Tattooist of Auschwitz* is a testament to the endurance of love and humanity under the darkest possible conditions. The book will be distributed on Friday, August 2<sup>nd</sup> at 9:15 a.m. Members will discuss this book on Friday, August 30<sup>th</sup> at 9:15 a.m.

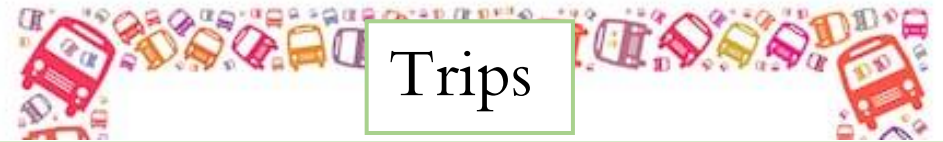
# Center Guest Speakers

It's the year 1700. Do you know how the wash was done?...Bob and Susie Lee know all about it and are ready to share their extensive antique laundry day collection and knowledge of **Wash Day** from the 1700s to 1940 with you on **Tuesday, August 6<sup>th</sup> at 10:30 a.m.** This informative and entertaining program will take folks of all ages back to the old-fashioned laundry days where pushing a button just didn't get it done. Soaps, machines, and all kinds of other tools are on display and explained with humor and history during this hour-long traveling program. Historic items are passed around to touch and examine and printed materials reinforce the presentation. We hope you all can join us for a little piece of history.

On **Tuesday, August 13<sup>th</sup> at 10:30 a.m.**, we will welcome Board Member & York Traditions Branch Manager, Dana A'Hearn to host a **"Scams"** Seminar to members of the GCCC. How many of you know someone who has been victimized by a scam? There are new scammers and new scams – or new twists on old scams – all the time. Scams come in all varieties – there's a list of 30 different types on Federal Trade Commission's website. The ones we'll focus on at this seminar are those that are often directed at seniors. We hope you can all find time in your busy schedules to attend this important and informative event!

**Lyme disease**, also recognized as "the great imitator," is essentially one of the most misunderstood and widely growing illnesses in our country. Because its symptoms resemble that of so many other diseases and because our conventional medical community continues to be misinformed, stricken patients fail to receive the Lyme disease treatment necessary to restore their health. Come visit the GCCC on **August 15<sup>th</sup> at 10:30 a.m.** to learn about prevention measures, signs/symptoms of the disease, and the various treatment options available to you should you contract this virus.

Dementia is often mistaken for being a part of the normal aging process, but just because you are aging doesn't mean you will develop dementia. The belief that dementia in old age is inevitable stems from the fact that many older adults experience cognitive decline. As we age, we may notice that we forget where we placed our keys or maybe we can't recall someone's name. But do these bouts of forgetfulness necessarily mean impending dementia? Come find out the difference between natural aging and dementia at the GCCC's August 20<sup>th</sup> Presentation on **"the Difference Between Natural Aging and Dementia"** with **Tim McCallister at 10:30 a.m.**



## Trips

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

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>

Thursday, October 3<sup>rd</sup> – **Cape May For The Day** – *Transportation ONLY* : The bus will park at the Welcome Center so you can go in and see what is available in the area, you can go shopping, tour the town on a trolley, take a whale watch cruise, or much more! Its really up to you!

\$56.00pp Deadline: September 11<sup>th</sup>

\*\*\*\*\*

The Pacesetters invite you to come along with them to

## HOLLYWOOD CASINO

On the following dates

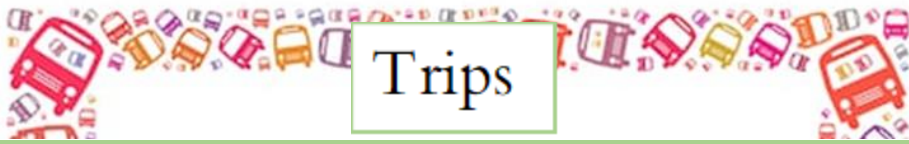
*(All dates are the Last Thursday of each month)*

August 29<sup>th</sup>  
October 31<sup>th</sup>

September 26<sup>th</sup>  
November 21<sup>th</sup>

Casino Packages include: \$30.00 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, 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

Saturday, December 7 – **Dickens Christmas Festival** in Wellsboro,  
Pa. To begin the Christmas celebration this small mountain  
town closes its main street to traffic and opens them to an  
array of craft and food vendors, Christmas decorations,  
strolling bands and chorus’ plus costumed players. Included  
is a performance in the Coolidge Theater plus a dinner buffet  
enroute home. \$149pp

# Silent Auction – August 10<sup>th</sup> 2019

Dear Community Member:

I want to invite you to participate in a very special event. The Golden Connections Community Center will hold its annual silent auction in conjunction with the Red Lion Area Street Fair on Saturday, August 10<sup>th</sup>. We need your help to make it a success.

The Golden Connections Community Center is a not-for-profit organization open to all York County residents 60 years of age or older. The center serves as places where older persons may come for fellowship and activities. Senior centers help to provide companionship, enhance the dignity of older adults, support their independence, and encourage involvement in and with the community. Our center provides a nutritious meal at lunch, and daily programmed activities. The activities and programs include movies, games, sports, educational events, crafts, music and trips to places of interest and fun. The work of the Golden Connections Community Center is supported through the York County Area Agency on Aging and by tax deductible contributions made by individuals, companies, and organizations.

Here are 3 ways that you can help your local senior center:

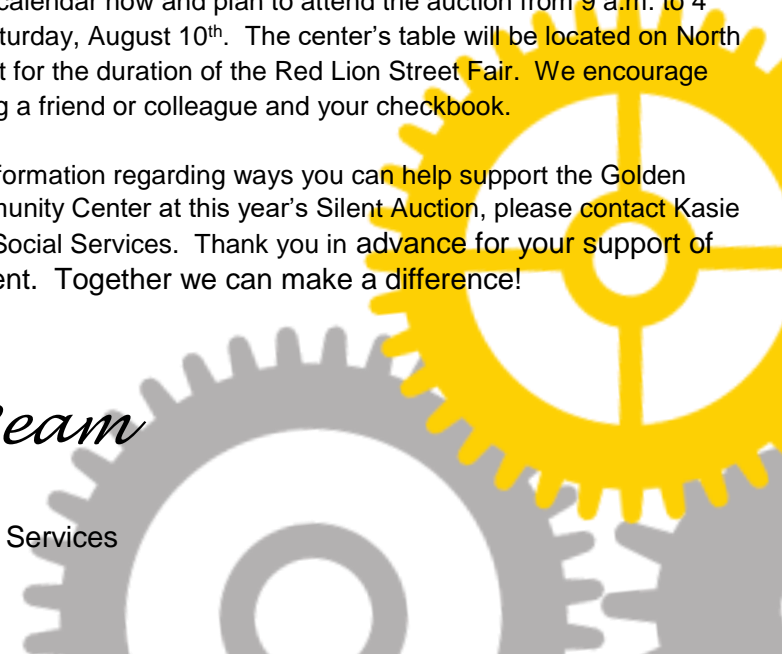
1. Contribute an item to the silent auction. You, your employer, or both can donate the item. Some items that have sold well in the past are gift baskets, wine, holiday items, children’s items, food items, gift certificates, electronic equipment, artwork, and books.
2. Purchase an advertising space in our Silent Auction Programming Guide to promote your business.
3. Mark your calendar now and plan to attend the auction from 9 a.m. to 4 p.m. on Saturday, August 10<sup>th</sup>. The center’s table will be located on North Main Street for the duration of the Red Lion Street Fair. We encourage you to bring a friend or colleague and your checkbook.

To receive more information regarding ways you can help support the Golden Connections Community Center at this year’s Silent Auction, please contact Kasie Ream, Director of Social Services. Thank you in advance for your support of this important event. Together we can make a difference!


Sincerely,

*Kasie Ream*

Kasie Ream  
Director of Social Services





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>August 1</b> Santa Fe Salad 1 cup Mixed Greens with 3 ounces Diced Chicken, Cheddar Cheese, and 2 ounces Roasted Vegetables Dinner Roll 1 cup Tortilla Soup with Tortilla Strips 1/2c. Pineapple Tidbits	<b>August 2</b> Chili Cheese Hot Dog (2 ounces Chili and 1 ounce Cheddar Cheese) 1/2 cup Warm Potato Salad 1/2 cup Green Beans Hot Dog Roll 1/2 cup Cinnamon Applesauce
<b>August 5</b> Roasted Pork Loin with Gravy 3 ounces Stuffing 1/2 cup Whipped Potatoes 1/2 cup Coleslaw 1/2 cup Sliced Apples	<b>August Birthdays</b> <b>August 6</b> Mild Buffalo Chicken Sandwich with Shredded Lettuce 1 cup Minestrone Soup with Crackers Sandwich Roll Fresh Cantaloupe <b>Birthday Cake</b>	<b>Breakfast For Lunch</b> <b>August 7</b> Egg Omelet Topped with Cheese Sausage Links (2) 1/2 cup Breakfast Potatoes Whole Grain English Muffin Jelly 4 ounces Orange Juice	<b>August 8</b> Mandarin/Cranberry Chicken Salad (3 ounces Chicken, 1 ounce Bleu Cheese, 1 tbs. Cranberries) 1 cup Mixed Greens with Cucumber 1/2 cup Three-Bean Salad Whole Grain Dinner Roll Cookie Balsamic Dressing Packet	<b>August 9</b> Open Face Meatloaf with Gravy 1/2c cup Mashed Potatoes 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit
<b>August 12</b> Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Green Beans Wheat Bread 1/2 cup Sliced Pears	<b>York County Birthday Special</b> <b>August 13</b> Taco Salad (3 ounces Meat and Cheddar Cheese) 1 cup Tossed salad with Tomato 1/2 cup Warm Seasoned Black Beans and Corn 1/2 cup Spanish Rice Naco Chips, Taco Sauce, Sour Cream 1/2 cup Sherbet	<b>August 14</b> 1 cup Roast Beef and Dumplings 1/2 cup Creamy Coleslaw Whole Grain Dinner Roll 1/2 cup Warm Sliced Peaches	<b>August 15</b> Turkey and Cheese Sandwich (2½ ounces Turkey, ½ oz Cheese) with Lettuce and Tomato 1/2 cup Fresh Broccoli Salad Whole Grain Sandwich Roll 1/2 cup Applesauce Condiments	<b>August 16</b> Stuffed Pepper with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots Dinner Roll Strawberry Shortcake
<b>August 19</b> Spinach and Artichoke Chicken 1/2 cup Bowtie Pasta 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Mandarin Oranges	<b>August 20</b> BBQ Pulled Pork Sandwich 1/2 cup Baked Potato with Margarine 1/2 cup Wax Beans Sandwich Roll Chocolate Chip Cake Square	<b>August 21</b> Sweet and Sour Meatballs (4) 1/2 cup Brown Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Mixed Fruit	<b>August 22</b> Antipasto Salad (1½ ounces Ham/Salami, ½ ounce Mozzarella Cheese, 2 Olives) 1 cup Tossed Salad w/Tomato 1/2 cup Beets Whole Grain Dinner Roll 1/2 cup Sunset Peaches Italian Dressing Packets (2)	<b>August 23</b> Bacon Bleu Burger (Burger, Bacon Round, and Bleu Cheese Crumble) 1 cup Creamy Potato Soup with Crackers Sandwich Roll Fresh Apple
<b>August 26</b> Salisbury Steak with Gravy 1/2 cup Cheddar Whipped Potatoes 1/2 cup Sweet Peas White Bread 1/2 cup Pears	<b>August 27</b> Tuna Salad Sandwich with Lettuce and Tomato 1/2 cup Lentil Soup with Crackers 2 Slices White Bread Fresh Orange	<b>August 28</b> Chicken Parmesan with Marinara and Cheese Topping 1/2 cup Penne Pasta with Sauce 1 cup Tossed Salad with Dressing Italian Bread 4 ounces Apple Juice	<b>August 29</b> Sweet Sausage Sandwich with Peppers and Sauce 1/2 cup Cheesy Potatoes Whole Grain Sausage Roll Fresh Melon	<b>August 30</b> Roasted Pork with Dijon Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread 1/2 cup Pineapple Delight





# August 2019

## Home Delivered Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>August 1</b>	<b>August 2</b>
			Santa Fe Salad Mixed Greens with Diced Chicken, Cheddar Cheese, and Roasted Vegetables Dinner Roll Pasta Salad Pineapple Tidbits	Chili Cheese Hot Dog (Chili and Cheddar Cheese) Warm Potato Salad Green Beans Hot Dog Roll Cinnamon Applesauce
<b>August 5</b>	<b>August 6</b>	<b>Breakfast For Lunch August 7</b>	<b>August 8</b>	<b>August 9</b>
Roasted Pork Loin with Gravy Stuffing Whipped Potatoes Coleslaw Sliced Apples	Mild Buffalo Chicken Sandwich with Shredded Lettuce Macaroni Salad Beets Sandwich Roll Fresh Cantaloupe	Egg Omelet Topped with Cheese Sausage Links Breakfast Potatoes Whole Grain English Muffin Jelly Orange Juice	Mandarin/Cranberry Chicken Salad (Chicken, Bleu Cheese, Cranberries) Mixed Greens with Cucumber Three-Bean Salad Whole Grain Dinner Roll Cookie Balsamic Dressing Packet	Open Face Meatloaf with Gravy Mashed Potatoes Carrots Wheat Bread Mixed Fruit
<b>August 12</b>	<b>York County Birthday Special August 13</b>	<b>August 14</b>	<b>August 15</b>	<b>August 16</b>
Pineapple Glazed Ham Whipped Sweet Potatoes Green Beans Wheat Bread Sliced Pears	Taco Salad (Meat and Cheddar Cheese) Tossed salad with Tomato Warm Seasoned Black Beans and Corn Naco Chips, Taco Sauce, Sour Cream Cookie	Roast Beef and Dumplings Creamy Coleslaw Whole Grain Dinner Roll Warm Sliced Peaches	Turkey and Cheese Sandwich with Lettuce and Tomato Fresh Broccoli Salad Whole Grain Sandwich Roll Applesauce Condiments	Stuffed Pepper with Tomato Sauce Garlic Whipped Potatoes Coin Carrots Dinner Roll Strawberry Shortcake
<b>August 19</b>	<b>August 20</b>	<b>August 21</b>	<b>August 22</b>	<b>August 23</b>
Spinach and Artichoke Chicken Bowtie Pasta Mixed Vegetables Wheat Bread Mandarin Oranges	Old Fashioned Spread Sandwich with Lettuce and Tomato Broccoli and Cauliflower Salad Sandwich Roll Peaches Cookie	Sweet and Sour Meatballs (4) Brown Rice Creamy Coleslaw Wheat Bread Mixed Fruit	Antipasto Salad (Ham/Salami, Mozzarella Cheese, and Olives) Tossed Salad w/Tomato Beets Whole Grain Dinner Roll Sunset Peaches Italian Dresssing Packets	Bacon Bleu Burger (Burger, Bacon Round, and Bleu Cheese Crumble) Buttered Potatoes Baked Beans Sandwich Roll Fresh Apple
<b>August 26</b>	<b>August 27</b>	<b>August 28</b>	<b>August 29</b>	<b>August 30</b>
Salisbury Steak with Gravy Cheddar Whipped Potatoes Sweet Peas White Bread Pears	Tuna Salad Sandwich with Lettuce and Tomato Potato Salad Carrot and Raisin Salad White Bread Fresh Orange	Chicken Parmesan with Marinara and Cheese Topping Penne Pasta with Sauce Tossed Salad with Dressing Italian Bread Apple Juice	Grilled Chicken Salad (Diced Chicken, Egg, and Cheese) Tossed Salad with Tomato/Dressing Dinner Roll Cookie	Roasted Pork with Dijon Mushroom Sauce Vegetable Rice Pilaf Green Beans Wheat Bread Pineapple Delight

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



# AUGUST 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Stop by the Red Lion Street Fair on August 10<sup>th</sup> to participate in the center's Silent Auction Fundraiser!</i></p>			<p><b>1</b></p> <p>9:00 Games 9:15 Aerobic Walking 9:30 Wii 9:30 -11:30 Fruit &amp; Veggie Vouchers 12:15 Pictionary</p>	<p><b>2</b></p> <p>9:00 Games 9:15 Distribute Book "Tattooist of Auschwitz" 10:30 Ladder Golf 12:15 Get In Step 1:00 I-Pad/Computer Q &amp; A</p>
<p><b>5</b></p> <p>9:00 Games 9:15 Sweatin to the Oldies 10:00 Movie Mondays ~ "Mr. Mom" 10:30 Outdoor Gardening 12:15 BINGO</p>	<p><b>6</b></p> <p>9:00 Games 9:15 Strength Training 9:45 Wii 10:30 Wash Day Program 12:15 Line Dancing</p>	<p><b>7</b></p> <p>9:00 Games 9:00 Zumba 9:30 Scrabble Club 12:15 Penny BINGO 1:00 I-Pad/Computer Q &amp; A</p>	<p><b>8</b></p> <p>9:00 Games 9:15 Strength Training 9:30 Wii 10:30 Get Healthy &amp; Get Cooking 12:15 Line Dancing</p>	<p><b>9</b></p> <p>9:00 Games 9:15 Dice Game (Bring Pennies) 10:30 Ladder Golf 12:15 Get In Step 1:00 I-Pad/Computer Q &amp; A</p>
<p><b>12</b></p> <p>9:00 Games 9:15 Sweatin to the Oldies 10:00 Movie Mondays ~ "Daddy Day Care" 10:00 Hair/Nails with Missy 10:00 APPRISE 10:30 Outdoor Gardening 12:15 BINGO</p>	<p><b>13</b></p> <p>9:00 Games 9:15 Strength Training 10:00 Wii 10:30 "Scams" w/ Dana A'Hearn From York Traditions Bank 12:15 Line Dancing</p>	<p><b>14</b></p> <p>9:00 Games 9:00 Zumba 9:00 Outreach Program w/ Rep. form Stan Saylor's Office 9:30 Scrabble Club 10:15 Art Studio w/ Jude 12:15 Penny BINGO 1:00 I-Pad/Computer Q &amp; A</p>	<p><b>15</b></p> <p>9:00 Games 9:15 Strength Training 9:30 Wii 10:30 "Lyme Disease" w/ Vadim 12:15 Line Dancing</p>	<p><b>16</b></p> <p>9:00 Games 10:00 Adult Coloring 10:30 Ladder Golf 12:15 Get In Step 1:00 I-Pad/Computer Q &amp; A</p>
<p><b>19</b></p> <p>9:00 Games 9:15 Sweatin to the Oldies 10:00 Movie Mondays ~ "Rock My Heart" 10:30 Outdoor Gardening 12:15 BINGO</p>	<p><b>20</b></p> <p>9:00 Games 9:15 Strength Training 10:00 Wii 10:30 "Difference Between Natural Aging &amp; Dementia" w/Tim McCallister 12:15 Line Dancing</p>	<p><b>21</b></p> <p>9:00 Games 9:00 Zumba 9:30 Scrabble Club 11:30 Bluebirds 12:15 Penny BINGO 1:00 I-Pad/Computer Q &amp; A</p>	<p><b>22 END OF SUMMER LUAU</b></p> <p>9:00 Games 9:15 Strength Training 9:30 Chair Volleyball 10:30 Get Healthy &amp; Get Cooking 12:15 Luau with Musical Entertainment by Bill Anderson</p>	<p><b>23</b></p> <p>9:00 Games 10:30 "Fall Prevention" w/ Kraig Herman 12:00 Ice Cream Social 12:15 Get In Step 1:00 I-Pad/Computer Q &amp; A</p>
<p><b>26</b></p> <p>9:00 Games 9:15 Sweatin to the Oldies 10:00 Movie Mondays ~ "Cat on a Hot Tin Roof" 10:30 Outdoor Gardening 12:15 BINGO</p>	<p><b>27</b></p> <p>9:00 Games 9:15 Strength Training 10:00 Wii 10:30 WINGS Meeting ~ "When There Are No Words" 12:15 Line Dancing</p>	<p><b>28</b></p> <p>9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Studio w/Jude 12:15 Nickel BINGO 1:00 I-Pad/Computer Q &amp; A</p>	<p><b>29</b></p> <p>9:00 Games 9:15 Strength Training 9:30 Wii 10:30 Chair Volleyball 12:15 Line Dancing</p>	<p><b>30</b></p> <p>9:00 Games 9:15 Book Discussion "Tattooist of Auschwitz" 10:30 Meet Wally &amp; Scrappy the Alligators 12:15 Get In Step 1:00 I-Pad/Computer Q &amp; A 1:30 BINGO at the Villa</p>