

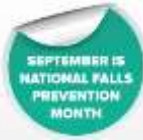


# Sponsors

## What is the Golden Connections Community Center Sponsorship Program?

Businesses/Organizations in the community have the opportunity to purchase a Sponsorship from the GCCC and we will aid them in promoting their company within our center and activities. Profit from the sponsorship will go to benefit the centers programs.

(Sponsors listed in the newsletter are paid advertisers. The center does not endorse any one sponsor.)



Each year, an estimated 646,000 individuals die from falls globally. 25% of adults 65 and older will experience a fall each year, resulting in falls being ranked as the leading cause of death from unintentional injury among older adults in the US. Exercise and Physical Therapy improve the strength and balance of older adults.

Schedule a FREE balance and fall prevention screen by visiting

[DRAYERPT.COM/SCREEN](http://DRAYERPT.COM/SCREEN)

# Golden CONNECTIONS

Community Center

## SEPTEMBER 2022 NEWSLETTER



20 Gotham Place  
Red Lion, PA 17356

### Contact GCCC Staff at

717-244-7229

Monday – Friday

8 :30 a.m. – 2 :30 p.m.

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

### Mission

To assist and empower senior citizens to remain part of a thriving community environment.

### Stay Connected

Are you on the email list? Call 717-244-7229 to make sure GCCC staff have your most recent contact information. Follow or like [www.facebook.com/Goldenconnectionscommunitycenter](http://www.facebook.com/Goldenconnectionscommunitycenter) on Facebook.



# Home Delivered Meals

## Volunteers NEEDED!

The GCCC is in need of caring volunteers to help deliver meals to our local seniors. These seniors rely on our services, as sometimes the only food they get is what we bring them. Volunteers are an integral part of this program. Without them, we couldn't provide this much-needed service. For more information, please contact Ami Barnard, Meal Coordinator, at Golden Connections Community Center at 717-244-7229 or [mealcoordinator@gcccenter.com](mailto:mealcoordinator@gcccenter.com)

# Melissa Ruffing

## REALTOR®

ABR® | SRES® | RENE | SFR®

Licensed in Pennsylvania & Maryland  
1 Shawan Road, Hunt Valley, MD 21030

o: 443-353-5281

c: 717-205-6924

c: 443-910-5592

[ruffing.melissa@gmail.com](mailto:ruffing.melissa@gmail.com)



### KEEPING SENIORS IN THEIR HOMES, IT'S WHAT WE DO.

**\$0** • CO-PAY  
• DEDUCTIBLES  
• PRESCRIPTION DRUG COVERAGE

#### SERVICES INCLUDE:

- Medical care
  - Transportation
  - Medication management
  - Personal & in-home care
  - Telehealth & wellness checks
  - LIFE Health and Wellness Center
- And so much more...

CHECK FOR YOUR ELIGIBILITY: Visit [SeniorLIFEPA.com](http://SeniorLIFEPA.com) or call 717-757-5433 TTY: 711

Senior LIFE Home Today. Home for LIFE.

VISIT US AT [SENIORLIFEPA.COM](http://SENIORLIFEPA.COM)

717-757-5433 TTY: 711  
1500 MEMORY LANE EXT.  
YORK, PA 17402



## Longaberger Basket Bingo

Saturday, November 5th at 2 p.m.

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



**Cost for 20 Games of Bingo:** \$12 if purchased in advance  
\$15 if purchased at the door

Mystery Games, Extra Cards, Raffle Tickets, Small Games of Chance and Food Products will also be available for purchase.

To purchase your tickets call Heather at 717-244-7229 or go online to [www.gccccenter.com/shop/](http://www.gccccenter.com/shop/)

## REMINDERS:

- Bring a \$5.00 wrapped gift for Now you have it, Now you don't; on Thursday, September 8<sup>th</sup> at 9:30 a.m.
- October is Breast Cancer Awareness Month, the GCCC is asking members to wear pink on Tuesday, October 4<sup>th</sup> so show support for Breast Cancer Survivors.
- The GCCC still has the Programs Scholarships, if a member would like to participate in a program that costs money but does not have the means to pay, then speak with a staff member, and the scholarship program can be used to ensure members have the opportunity to enjoy that program.
- Mason Jar lids needed for upcoming projects

## Arts & Crafts

The GCCC is happy to have the opportunity to offer a variety of Art Classes at this time. A few things to keep in mind are : All classes are sign-up mandatory and may require a small fee. All fees collected for these classes are NON-REFUNDABLE, projects must be completed on the date scheduled in the Activities Calendar, and dates will not be available to make-up missed projects. Class sizes are limited to 12 participants, first come first serve basis. Please keep this in mind and be sure you are available for classes prior to signing up. Please contact Dottie Swann, Program Assistant, or Kasie Ream, DOSS to sign up for all Art Programs.

- ❖ **Arts & Crafts: Tuesday, September 6<sup>th</sup> at 9:30 a.m. – Fall Bucket List**  
This class is FREE of charge and members will have a variety of art choices to get creative with. (Must sign up by Friday, September 2<sup>nd</sup>)
- ❖ **Design with Dottie: Friday, September 9<sup>th</sup> at 10:30 a.m. – Styrofoam Fall Flowers**  
There is a small fee of \$3.00 for this class to be paid at time of sign-up. (Must sign up by Friday, September 2<sup>nd</sup>)
- ❖ **Arts & Crafts: Tuesday, September 20<sup>th</sup> at 9:30 a.m. – Terra Cotta Pot Pumpkins**  
There is a small fee of \$3.00 for this class to be paid at time of sign-up. (Must sign up by Friday, September 9<sup>th</sup>)
- ❖ **Design with Dottie: Friday, September 23<sup>rd</sup> at 10:30 a.m. – Mason Jar Leaf Tealight**  
There is a small fee of \$3.00 for this class to be paid at time of sign-up. (Must sign up by Friday, September 9<sup>th</sup>)
- ❖ **Arts & Crafts: Tuesday, October 4<sup>th</sup> at 9:30 a.m. – Pumpkin Wine Glasses**  
There is a small fee of \$3.00 for this class to be paid at time of sign-up. (Must sign up by Friday, September 16<sup>th</sup>)
- ❖ **Design with Dottie: Friday, October 14<sup>th</sup> at 10:30 a.m. – Scarecrow Hat**  
There is a small fee of \$3.00 for this class to be paid at time of sign-up. (Must sign up by Friday, September 23<sup>rd</sup>)
- ❖ **Arts & Crafts: Tuesday, October 18<sup>th</sup> at 9:30 a.m. – Mesh Halloween Wreath**  
There is a fee of \$10.00 for this class to be paid at time of sign-up. This project does cost more than usual to purchase supplies to complete. Keep in mind that this project is more tedious than most and will require patience. (Must sign up by Friday, September 16<sup>th</sup>)
- ❖ **Design with Dottie: Friday, October 28<sup>th</sup> at 10:30 a.m. – Scarecrow craft**  
There is a small fee of \$3.00 for this class to be paid at time of sign-up. (Must sign up by Friday, September 23<sup>rd</sup>)



## Scrapbooking

The Golden Connections Community Center is hosting a new Scrapbooking group, to give members the opportunity to reminisce and share memories, all while giving participants the chance to create something beautiful with pictures from their past. Gather your pictures and memories as we create your own scrapbook. This is a sign-up mandatory group, you must sign up using the GCCC Copilot system, and **must be sign up three days prior to each class**, to allow staff time to prepare. Participants can bring their own scrapbook or use a binder provided by the GCCC. The group will meet the 1<sup>st</sup> & 3<sup>rd</sup> Friday of each month. Below is a list of upcoming meetings with topics so participants know what type of pictures to bring.

September 2 – Intro to Scrapbooking

September 16 – When I was born

October 7 – Family/Siblings

October 21 – Family Customs & Traditions

(Copies of pictures can be made for scrapbooking purposes if participants so choose.)

## Garden Club

Garden club took a big back seat this summer due to so many other programs being hosted at the GCCC. Now with more staff and more time, we will reignite this program. Not just gardening, we will do many different activities, including crafts, learning about the environment, horticulture, landscape designs, and much more. This group should be viewed as a club, open to anyone interested. Being a club format, members are encouraged to take an active role in planning and organizing activities. The GCCC Garden Club can be whatever the members want it to be. So, get involved and enjoy the many aspects of Gardening with the GCCC on *Tuesday, September 13<sup>th</sup> at 10:30 a.m.*



The Golden Connections Community Center is starting a new service group called the Golden Angels. The GCCC is so grateful for all that our community does for us and would like to start to give back to the community. Members can join the Golden Angels monthly to assist with planning and executing service projects. This group's goal is to help those less fortunate or in need of a caring hand. The Golden Angels hope is to bring smiles to faces and fill hearts with love and compassion. The GCCC asks members to consider taking an active role in this group and encourages members to take the lead on services projects. Consider joining the Golden Angels on **Monday, September 26<sup>th</sup> at 10:30 a.m.** for our first planning session.

## Night Wonders of Astronomy

### "Where We Live"

Did you know there is much more to your address than your street and city? How much do you know about the Milky Way? How many galaxies are there? You will be amazed by at the astronomical facts that will be presented to you by the Night Wonders of Astronomy on **Thursday, September 15<sup>th</sup> at 10:00 a.m.**, for the **"Where We Live" Presentation**. Join the GCCC and learn more about where we live from the stars view.



Presents:

## Mystery at Senior Manor

TAFE is excited to announce its first live theatre touring show! And the GCCC was selected as the first center to offer the show, FREE to members. This is York County's first, and currently only, live touring program for and by area Seniors. Join the GCCC on Thursday, September 29<sup>th</sup> at 10:15 a.m. and enjoy the show!

## Armchair Travelers



Have you ever dreamed of traveling the world? Learning about different cultures? Join the GCCC monthly to do so from the comfort of the center. First, members will make their very own passport, on **Wednesday, September 14<sup>th</sup> at 11:15 a.m.** (signup by Sept. 9<sup>th</sup>), to carry with them through this monthly series. Then the first trip will be on **Friday, September 16<sup>th</sup> at 10:30 a.m.** (signup by Sept. 13<sup>th</sup>), as travelers will explore the Isle of Capri. Join us as we learn more about the culture and cuisine of each country we visit. This is a sign-up mandatory program as staff will need to plan accordingly for cuisine samplings. Signup using the GCCC Copilot System & see Ami Bernard, Meal Coordinator, with any questions regarding this program.

## WALK WITH EASE PROGRAM

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease Program can teach you how to safely make physical activity part of your everyday life. Comprehensive studies demonstrate that Walk with Ease reduces pain, increases balance and strength, and improves your overall health. The program will help motivate you to get in great shape and allow you to walk safely and comfortably. Registration is required for participation. Contact Ami Bernard, at 717-244-7229 ext. 104 or by emailing [mealcoordinator@gccccenter.com](mailto:mealcoordinator@gccccenter.com), to register and with any questions regarding this program.





## Evaluating Dietary Supplements for Seniors

Join the Golden Connections Community Center on **Thursday, September 1<sup>st</sup>, 2022, at 10:15 a.m.** for a showing of Mind Matters presentation on Evaluating Dietary Supplements for Seniors with Lynn James, MS, RDN, LDN, Senior Extension Educator with Penn State Extension.

Lynn James provides educational programs for organizations and the community on improving nutrition, health, and food safety. Her program focus is community nutrition research and program development in food and culture, family chronic disease prevention, Type 2 Diabetes, and food safety.

Did you know seniors can be at risk for spending their limited income on supplements they might not even need? Dietary supplements aren't regulated like foods, and some can be unsafe and/or not do what they promise. We'll help you determine whether a supplement has been found to be effective and safe and identify sources of credible information for dietary supplements.



The Golden Connections Community Center is inviting members to take part in a center trip to the York Expo Center for the 2022, 20<sup>th</sup> annual 50+ Senior Expo on **Wednesday, September 28<sup>th</sup>, 2022**. Rabbit Transit will be providing transportation to and from the market with bus fare of \$7.50 round trip for those traveling Center to Center. Those traveling Home to Home will have a slightly different charge depending on their distance from the trip destination. Participants will be picked up at 9:00 a.m. at the GCCC. Members can enjoy exploring the expo and learning more about what opportunities and services are available for seniors in our community. The bus will return to pick up members at 12:30 p.m. to return them to the GCCC. If you are interested in attending, please contact Kasie Ream, Director of Social Services, at 717-244-7229, no later than September 23<sup>rd</sup>.

*See you there!*

## Casino Day

On **Tuesday, September 27<sup>th</sup>, 2022, at 10:00 a.m.** members of the GCCC will have the opportunity to take part our first ever "Casino Day". Participants can purchase "casino money" and raffle tickets for chances to win prizes while playing casino type games such as Roulette, Poker, Blackjack, and more! Members can take this time to learn how to Play a variety of casino games in preparation for our first trip the only York County Casino at the York Galleria. Information about this trip will be announced at a later date. Come on out and find out just how lucky you are.



## BOOK CLUB

If you enjoy reading and would like the opportunity to read and discuss books with others, then the GCCC Book Club is for you! Join the GCCC Book Club and enjoy in sharing the mystery, excitement, and more with those who enjoy reading as much as you.

August's Book of the Month will be *Into the Water* by Paula Hawkins. A single mother turns up dead at the bottom of the river that runs through town. Earlier in the summer, a vulnerable teenage girl met the same fate. They are not the first women lost to these dark waters, but their deaths disturb the river and its history, dredging up secrets long submerged. Left behind is a lonely fifteen-year-old girl. Parentless and friendless, she now finds herself in the care of her mother's sister, a fearful stranger who has been dragged back to the place she deliberately ran from—a place to which she vowed she'd never return.

**The book will be distributed on Friday September 2<sup>nd</sup>, 2022, at 11:00 a.m.** Members will hold a book **Discussion on Friday, September 30<sup>th</sup>, 2022, at 11:00 a.m.**, and books will be collected at this time. Consider picking up a book this summer and joining the GCCC Book Club!



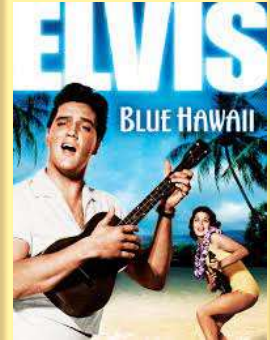
## Brain Fitness



Brain Fitness is about giving your brain span the ability to eclipse your life span!

Training the brain will give you back the joy, excitement, independence, and the quality we all want and desire through life. Join the GCCC on September 20<sup>th</sup> at 10:00 a.m. for the 3<sup>rd</sup> session of this 8-part series. Learn what you can do now to ensure your brain health in the future.

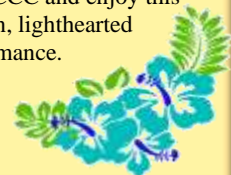
## Movie of the Month



The GCCC's Movie of the Month, "*Blue Hawaii*" is set to show on **Monday, September 19<sup>th</sup>, 2022, at 10:00 a.m.**

After being discharged from the U.S. Army, cool guy Chadwick Gates (Elvis Presley) returns home to Hawaii. Following several years of strict military life, Gates wants nothing more than to hang loose and surf all day. His family pressures him to work for the family pineapple business. Much to the chagrin of his snobby mother (Angela Lansbury), Gates lands a job as a tour guide at the same company where his girlfriend, Maile (Joan Blackman), also works.

Consider joining the GCCC and enjoy this fun, lighthearted romance.




**September 2022  
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><i>*menu subject to change</i></p>	<p>September 1</p> <p>Hot Dog 2oz. Sauerkraut 1/2c. BBQ Butter Beans 1/2c. Potato Salad Hot Dog Bun Tropical Fruit Salad</p>	<p>September 2</p> <p>Homemade Tuna Salad Sandwich w/ Lettuce &amp; Tomato 1/2c Three Bean Salad 2 White Bread Seasonal Fresh Fruit Cookie</p>
<p>HAPPY LABOR DAY!! September 5</p> 	<p>September 6</p> <p>BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread Birthday Cake!</p>	<p>September 7</p> <p>Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>September 8</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>September 9</p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Diced Peaches</p>
<p>September 12</p> <p>Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges</p>	<p>September 13</p> <p>Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll Fruited Gelatin</p>	<p>September 14</p> <p>Pepper Steak w/ 2oz Gravy 1/2c Cabbage &amp; Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>September 15</p> <p>Baked Lemon Pepper White Fish 1/2c Macaroni &amp; Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>September 16</p> <p>Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries</p>
<p>September 19</p> <p>Beef Taco Salad 1c. Lettuce &amp; Tomato 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight</p>	<p>September 20</p> <p>Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie</p>	<p>September 21</p> <p>Sweet &amp; Sour Chicken 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>September 22</p> <p>Penne &amp; Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Applesauce</p>	<p>September 23</p> <p>Egg Omelet w/ Cheese 2 Sausage Oinks 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit</p>
<p>September 26</p> <p>Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple &amp; Mandarin Oranges</p>	<p>September 27</p> <p>Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie</p>	<p>September 28</p> <p>Warm Roast Beef &amp; Cheddar Sandwich 1/2c. Buttered Noodles 1/2c. Corn 1 Sandwich Roll Seasonal Fresh Fruit</p>	<p>September 29</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Sour Cream 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin.</p>	<p>September 30</p> <p>Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges</p>

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

# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>31</b> 9:00 Brain/Board Games & Trivia 9:15 Ladder Golf 10:30 Circus Res. Makeup Day 10:45 Qigong <b>12:00 Lunch</b> 12:30 Get-n-Step	<b>1</b> 9:00 Brain Games Station 9:30 Sequence 10:00 Crochet Club 10:15 Mind Matters Video: Evaluating Dietary Supp. 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii	<b>2</b> 9:00 Brain/Board Games & Trivia 9:15 Strength Training for Seniors 10:30 Scrapbooking Intro. 10:45 Scrabble 11:00 Book Club: Distribution <b>12:00 Lunch</b> 12:45 Regular BINGO
<b>5</b>  <b>Center Closed</b>  <i>Labor Day</i>	<b>6</b> 9:00 Brain Games Station 9:30 Arts & Craft ~ Fall Bucket List 10:00 Bean Bag Toss 11:00 Basic Steps Line Dance 11:15 Penny Dice <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii	<b>7</b> 9:00 Brain/Board Games & Trivia 9:00 Outreach Program 10:00 Early-Stage Support Group: Brain Nutrition Pres. With Barbara Goll 10:45 Qigong 11:00 Balloon Toss <b>12:00 Lunch</b> 12:30 Get-n-Step	<b>8</b> 9:00 Brain Games Station 9:30 Now You Have It... 10:00 Crochet Club 10:15 Games w/ Jill Kaylor 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii	<b>9</b> 9:00 Brain/Board Games & Trivia 9:15 Strength Training for Seniors 10:30 Designs w/ Dottie ~ Styrofoam Fall Flowers 11:00 Scattegories <b>12:00 Lunch</b> 12:45 Regular BINGO
<b>12</b> 9:00 Brain/Board Games & Trivia 9:15 Strength Training for Seniors 10:00 Card Games 11:15 Blood Pressure Checks <b>12:00 Lunch</b> 12:45 Penny BINGO	<b>13</b> 9:00 Brain Games Station 10:30 Garden Club 10:00 Tech Tuesday w/ Garrett 11:00 Basic Steps Line Dance 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:45 Rhyming Riddles Game	<b>14</b> 9:00 Brain/Board Games & Trivia 9:15 Chair Volleyball 10:00 Bible Study 10:45 Qigong 11:15 Arm-Chair Travelers Passport <b>12:00 Lunch</b> 12:30 Get-n-Step	<b>15</b> 9:00 Brain Games Station 9:30 Ladder Golf 10:00 "Where We Live" Pres. w/ The Night Wonders of Astronomy 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii	<b>16</b> 9:00 Brain/Board Games & Trivia 9:15 Strength Training for Seniors 10:30 Scrapbooking 10:30 Arm-Chair Travelers ~ Isle of Capri <b>12:00 Lunch</b> 12:45 Regular BINGO
<b>19</b> 9:00 Brain/Board Games & Trivia 9:15 Strength Training for Seniors 10:00 Movie: Blue Hawaii 10:30 "Giant" Games <b>12:00 Lunch</b> 12:45 Penny BINGO	<b>20</b> 9:00 Brain Games Station 9:30 Arts & Craft ~ Terra Cotta Pot Pumpkins 10:00 Brain Fitness Series 3 ~ Brain Fitness 11:00 Basic Steps Line Dance 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:45 Thumb Ball Game	<b>21</b> 9:00 Brain/Board Games & Trivia 10:00 Jim Henson Sock Puppets 10:45 Qigong 11:00 Pictionary <b>12:00 Lunch</b> 12:30 Get-n-Step	<b>22</b> 9:00 Brain Games Station 9:30 Nail Art 10:00 Crochet Club 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii	<b>23</b> 9:00 Brain/Board Games & Trivia 9:15 Strength Training for Seniors 10:30 Designs w/ Dottie ~ Mason Jar Leaf Tealight 11:00 Card Games <b>12:00 Lunch</b> 12:45 Regular BINGO
<b>26</b> 9:00 Brain Games & Trivia 9:15 Strength Training for Seniors 10:30 Golden Angels: Intro 11:15 Blood Pressure Checks <b>12:00 Lunch</b> 12:45 Quarter BINGO	<b>27</b> 9:00 Brain Games Station 10:00 Casino Games 11:00 Basic Steps Line Dance 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:45 Phrases Game	<b>28</b> 9:00 Brain/Board Games & Trivia 9:00 Bus Trip: 50+ Senior Expo 9:15 Balloon Racket Game 10:00 Bible Study 10:45 Qigong 11:00 Family Feud <b>12:00 Lunch</b> 12:30 Get-n-Step	<b>29</b> 9:00 Brain Games Station 9:30 Dessert Potluck 10:15 TAFE Live Theatre Show: ~ Mystery at Senior Manor 11:15 Stix & Tones <b>12:00 Lunch</b> 12:30 Line Dancing 12:30 Wii	<b>30</b> 9:00 Brain Games & Trivia 9:15 Strength Training for Seniors 10:30 "Importance of Service Dogs" w/ Dottie 11:00 Book Club : Discussion <b>12:00 Lunch</b> 12:45 Regular BINGO