



Hamilton Township's

# Senior Center Newsletter



Hamilton Township

Summer 2015 Edition

Mayor Kelly Yaede

## MESSAGE FROM THE MAYOR

Dear Neighbor,

As summer arrives, I hope to see you at our Hamilton Senior Center where you can enjoy the many offerings, amenities, classes and special events that helped our Senior Center earn accreditation from the National Institute of Senior Centers.



Mayor Kelly Yaede dances with Lou Mazzilli at the Senior and Veteran Health and Fitness Day.

Our Senior Center provides an **air-conditioned facility** for seniors to enjoy during warm, summer days, along with a **swimming pool** open weekdays from 8:30 a.m. to 11:00 a.m. **Gentle water exercise classes** are held on Monday, Wednesday and Friday mornings from 8:30 a.m. to 9:30 a.m., while energized **splash fitness classes** take place on Tuesday and Thursday mornings beginning at 9:00 a.m. Inquire at the front desk about cost and registration for these swim programs.

Be sure to mark your calendars for **September 16th** - the date of this year's **Senior Center Picnic**. Remember, **advance tickets are required** for this annual community event.

Please remember to visit our **Senior Center website** for more information throughout the summer:

[www.HamiltonNJ.com/Seniors](http://www.HamiltonNJ.com/Seniors)

Sincerely,

Kelly Yaede  
Mayor

Hamilton Township Senior Center

Accredited by   
National Institute of  
Senior Centers

## IMPORTANT DATES

### July 2

Independence Fireworks & Concert  
Veterans Park, Kuser Rd. Entrance  
Event Begins at 6 pm  
Rain Date 7/3/15

### July 3

Senior Center Closed  
Independence Day Holiday

### July 7

RWJ - Carotid Screening

### July 9

Free Hearing Screenings

### July 14

Atlantic City Trip - Golden Nugget

### August 11

RWJ - Foot & Ankle Screening

### August 12

Atlantic City Trip - Resorts

### August 20

Jefferson House Restaurant Trip

### September 1

Mt. Airy Casino Trip

### September 2

Atlantic City Trip - Resorts &  
Atlantic City Air Show

### September 7

Senior Center Closed  
Labor Day

### September 16

14th Annual Senior Center Picnic  
RainDate: 9/17/15  
10am-2pm

### September 19

Paper Shredding for **Residents**  
Police Headquarters Parking Lot  
8 am - Noon

Hamilton Township  
Senior Center  
409 Cypress Lane  
Hamilton, NJ 08619  
(609) 890-3686  
(609) 588-8074 Fax

**Hours:**

Monday, Tuesday, Wednesday, Friday  
8:00 a.m. - 4:00 p.m.

Thursday  
8:00 a.m. - 7:00 p.m.

**KELLY A. YAEDE, MAYOR**

Martin Flynn  
Director of Health, Recreation,  
Senior & Veteran Services

Kathleen M. Fitzgerald, R.N., BSN  
Supervisor of Senior & Veteran Services

Visit us on the web at  
[www.hamiltonnj.com](http://www.hamiltonnj.com)

To become a member of our center, you must be 60 years of age and a resident of Hamilton Township, Mercer County, New Jersey. Proof of residency is required.

**HAMSTAT  
HAMILTON'S ONE CALL CENTER**

CALL 586-0311 FOR:

- ◆ Garbage Collection
- ◆ Potholes
- ◆ Building Permits
- ◆ Parks & Recreation Programs
- ◆ Township Events
- ◆ Dog Licensing
- ◆ Tax Information

**Attention:**

If you are able to speak, read or write in another language, and would be willing to help non-English speaking members navigate our facility, please let us know at the front office. We would like to accommodate all residents with our events and activities. For further assistance please contact our office 609-890-3686 or email [KFitzgerald@hamiltonnj.com](mailto:KFitzgerald@hamiltonnj.com)

The Hamilton Township Senior Center is an Adult Social and Recreational Facility. All members must be able to physically and mentally care for themselves or have a personal assistant with them. This includes being able to navigate a walker or wheelchair and function independently.

## SENIOR CENTER CLOSED

Friday - July 3rd  
Independence Day Holiday

Monday - September 7th  
Labor Day

## HAMILTON TOWNSHIP COUNCIL

Edward Gore  
David Kenny  
Kevin Meara  
Dennis Pone  
Ileana Schirmer



# DON'T MISS THESE EVENTS!

## FREE Hearing Screening

When: Thursday - July 9th

Time: 9am - 12pm  
By appointment

Where : Computer Room

Delaware Valley Hearing Aid Services will be here on this day to offer free hearing screenings. See sign up sheet in Main Hallway or Call: 890-3686.

## SPLASH VOLLEYBALL

WHEN: WEDNESDAYS

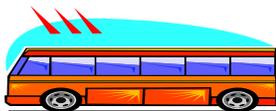
TIME: 1:00 - 2:30 PM

WHERE: SENIOR CENTER INDOOR POOL

COST: \$3.00 (REGISTER AT FRONT DESK)

Join the new volleyball program in our indoor swimming pool. This is a great way to get some exercise and meet new friends! Locker room accommodations are provided and located in our fitness room. Lifeguard on duty. **BEGINS: WEDNESDAY - JULY 8TH**

## Atlantic City Bus Trips



|           |           |               |
|-----------|-----------|---------------|
| Tuesday   | July 14th | Golden Nugget |
| Wednesday | Aug 12th  | Resorts       |
| Wednesday | Sept 2nd  | Resorts       |

Depart Senior Center: 9:00 AM

Depart Casino: 5:00 PM

Tickets will be on sale approximately one month before the scheduled trip. Look for the flyers on the trip table in the hallway! Bus departs from senior center parking lot.

Any questions, call 890-3686.

## 14th ANNUAL SENIOR PICNIC

WHEN: Wednesday - Sept. 16th  
*RainDate: Sept. 17th*

TIME: 10:00 AM - 2:00 PM

TICKETS: \$6.00

### TICKETS AVAILABLE:

**WEDNESDAY - JULY 15TH**

MUST SHOW HAMILTON SENIOR ID!

\*\*CASH ONLY ACCEPTED

IF BUYING A TICKET FOR SOMEONE ELSE,  
PLEASE HAVE THEIR ID CARD

**NO LIMIT ON NUMBER  
OF TICKETS PURCHASED**



# SUMMER SAFETY TIPS

BE SURE TO FOLLOW THESE TIPS DURING THE HOT DAYS OF SUMMER.:

- ◆ DRINK PLENTY OF WATER
- ◆ PROTECT YOUR SKIN: WEAR HATS & SPF
- ◆ LIMIT STRENUOUS ACTIVITY & EXERCISE
- ◆ TAKE FREQUENT BREAKS TO “COOL DOWN”



# BALLROOM DANCING

**WHEN:** FRIDAYS:  
JULY 10 & 31

**TIME:** 10:00 - 11:00 AM

**WHERE:** ALL PURPOSE ROOM

**COST:** \$5.00 PER CLASS



BALLROOM DANCING IS OFFERED ON FRIDAY MORNINGS HERE AT THE SENIOR CENTER BY *MARK J. SCHAUB*. IF YOU ARE INTERESTED, CHECK OUT THE CLASS ON ANY OF THE DAYS LISTED.

SEE FLYER IN HALLWAY FOR FURTHER DATES!

## RWJ @ HAMILTON PRESENTS: FOOT & ANKLE SCREENING

**WHEN:** TUESDAY - AUGUST 11, 2015

**TIME:** 9-11 AM  
BY APPOINTMENT

**WHERE:** ALL PURPOSE ROOM

Join Jason Levy, DPM to discuss concerns you may have. He will share information about arthritis, bunions, peripheral neuropathy & diabetic foot ulcers. Get a free screening this day .

SEE SIGN UP SHEET IN MAIN HALLWAY!

# Canvas Painting

**WHEN:** THURSDAY - AUG. 27th

**TIME:** 4:30 PM

**WHERE:** All Purpose Room

**COST:** \$20.00 Per Class  
(All Supplies Provided)

Enjoy an afternoon with Caitlyn & Jane from *Color Me Mine* (from The Shoppes @ Hamilton) for a session of canvas painting at the senior center and bring home your masterpiece! Feel free to bring a dish of your favorite snacks and/or refreshments to share! (Alcohol not permitted)

**REGISTER AT FRONT DESK!**  
**\*\*Open to Members & Guests**

## BEGINNER LINE DANCING

**WHEN: MONDAYS & THURSDAYS**

**TIME: 9:00 - 10:00 AM**

**WHERE: ALL PURPOSE ROOM**

**COST: FREE**

**DON'T BE SHY! JOIN OUR  
BEGINNER CLASS TO LEARN  
THE BASIC LINE DANCING  
STEPS TO GAIN CONFIDENCE  
AND HAVE FUN!**

## Computer Assistance

Please leave your information with the front desk of the Hamilton Senior Center if you are looking for ANY help with the computer. Our volunteer computer instructor can offer assistance of learning the basics of the computer, setting up a free e-mail account, navigating the internet, or help with your tablet and/or laptop.

## YOGA

**WHEN: TUESDAYS**

**TIME: 8:45AM**

**WHERE: ALL PURPOSE ROOM**

**COST: \$5.00 Per Class**



Join our Certified Yoga Instructor, Tami for a session of Yoga in the All Purpose Room on Tuesdays. **\*\*Please bring your own yoga mat or non-skid towel & wear comfortable, stretch clothing.**

## Mt. Airy Casino

**WHEN: TUESDAY - SEPTEMBER 1, 2015**

**TIME: Depart Senior Center: 9:00AM  
Depart Mt. Airy: 5:00PM**

**COST: \$25.00 \* Cash Only Accepted**

**PACKAGE: \$30.00 SLOT PLAY**

- Must Pay in Full When Signing Up
- Please Have Exact Change
- Bus Driver Gratuity Included
- Must Bring a Form of ID With You On Trip
- Comfortable Motorcoach Transportation By:  
Triple D Travel

**\*\*If Bus Seats Not Filled By Fri Aug. 21st By Members, Trip Will Then Be Open For Adult Guests To Attend.**

**TICKETS ON SALE: TUESDAY - AUGUST 4TH**

# PROGRAMS & ACTIVITIES

## AVAILABLE AT THE SENIOR CENTER

|                     |             |                 |                  |
|---------------------|-------------|-----------------|------------------|
| ARM KNITTING        | THURSDAY    | 9:00AM & 4:00PM |                  |
| BALLROOM DANCING    | FRIDAY      | 10:00AM         | \$5.00 Per Class |
| BILLIARDS           | MON-FRI     | ALL DAY         |                  |
| BINGO               | MON-FRI     | 9:00 - 11:00 AM |                  |
|                     | MON & THURS | 1:00 PM         |                  |
| BOCCE               | MON-FRI     | ALL DAY         |                  |
| CANASTA             | MON & FRI   | 1:00 PM         |                  |
| CARDS               | MON-FRI     | ALL DAY         |                  |
| CHAIR EXERCISE      | TUESDAY     | 10:00 AM        |                  |
|                     | WEDNESDAY   | 9:00 & 10:00 AM |                  |
|                     | THURSDAY    | 2:00 PM         |                  |
|                     | FRIDAY      | 9:00 AM         |                  |
| CHORAL GROUP        | TUESDAY     | 1:00 PM         |                  |
| COMPUTER ASSISTANCE |             |                 | SEE FRONT DESK   |
| CORNHOLE            | WEDNESDAY   | 1:00 PM         |                  |
| DAILY BREAD         | WEDNESDAY   | 10:00 AM        |                  |
| DOMINOES            | WEDS&FRI    | 1:00 PM         |                  |
| LINE DANCING        | MON & THURS | 9:00 AM         | Beginner Class   |
|                     |             | 10:00 AM        |                  |
| MAH JONGG           | WEDNESDAY   | 1:00 PM         |                  |
| NUTRITION PROGRAM   | MON - FRI   | 8:30 AM -12PM   | 609-586-7272     |
| PING PONG           | MON-FRI     | ALL DAY         |                  |
| SCRABBLE            | WEDNESDAY   | 1:00 PM         |                  |
| SPIN BIKE           | TUESDAY     | 1:30 PM         | \$5.00 Per Class |
| SWIMMING            | MON-FRI     | 8:30-11AM       | \$3.00 Per Class |
| TAP DANCING         | TUESDAY     | 2:30PM          |                  |
| Wii                 | THURSDAY    | 5:00 PM         |                  |
| YOGA                | TUESDAY     | 8:30 AM         | \$5.00 Per Class |

**If there is an activity  
 you would like to  
 see offered at the  
 Senior Center please  
 stop by the office or  
 use the suggestion box located  
 by the front entrance.**

# INFORMATION & ASSISTANCE PROGRAMS

## TRANSPORTATION SERVICES:

The Hamilton Senior Center provides transportation to medical appointments and food shopping **ONLY** for Hamilton senior residents. Service runs Monday - Friday.

**CALL: 609-890-3686 to reserve transportation**

Mercer County T.R.A.D.E. provides transportation to the Hamilton Senior Center. They also offer transportation to beauty appointments, banks, and local malls.

**CALL: 609-530-1971**

## SATELLITE SURROGATE OFFICE:

Mercer County Surrogate, Diane Gerofsky, provides probate services the Third Tuesday of each month at the Hamilton Senior Center.

**CALL: 609-989-6331 to make an appointment.**

## LEGAL ASSISTANCE:

Mercer County Legal Services provides assistance with Housing, Consumer Fraud, Family Legal Issues, Last Will & Testaments.

**CALL: 609-695-6249 to make an appointment**

## MEDICAL INSURANCE ASSISTANCE:

Meet with a counselor to help you with information & forms regarding Medicare, PAAD, Senior Gold and other medical insurance.

**CALL: 609-890-3686 for an appointment**

## RE-ASSURANCE PROGRAM:

Register **FREE** with the Hamilton Police Division to call in and be checked on your well being everyday. Great program for individuals that live alone.

**CALL: 609-581-4033 to Register**

## NJ SHARES:

Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis.

**Applications for Hamilton Senior Residents ONLY.**



Photos from our  
 "Senior Prom"  
 May 14, 2015

## SENIOR CLUB NEWS

Hamilton Township has many opportunities to join Senior Clubs. Contact our office at 890-3686 for a list of clubs and for information on how to join them. Senior Clubs requesting meeting space in the Switlik Park and McMannimon Centers must contact the **Recreation Office at 609-890-4028.**

### Senior Club Members:

Please stop by and check the Club Mailboxes for announcements and information.

## BECOME A MEMBER

Thinking about becoming a member or know someone that wants to join? Hamilton Senior Photo Identification Cards can issued at the office Monday-Friday between the hours of 9:00AM - 3:30 PM. Call 890-3686 for information. You must be 60 years of age and make sure to bring documents with your name & Hamilton address on it.

Examples: Utility Bill, Tax Bill or Bank Statement are accepted.

## CELL PHONE COLLECTION

The Hamilton Senior Center collects old cell phones to be recycled to raise money for new programming at the center and will also be given to seniors for Emergency 911 purposes only. Please bring old cell phones to the front office.

## WEBSITE INFORMATION AND LINKS

Visit the Hamilton Township Senior Center website at [www.hamiltonnj.com](http://www.hamiltonnj.com) and be informed of the center's hours, transportation services, computer classes, upcoming events, activities and trips.

## VOLUNTEER OPPORTUNITIES

The Senior Center welcomes volunteers for Events, Office Helpers and Activity Leaders. If you have an interest to volunteer at the Hamilton Senior Center, please see the office staff for a Volunteer Application or call 890-3686 for more information.

## THANK YOU VOLUNTEERS!

The staff of the senior center would like to say a special "Thank You" to all of our wonderful volunteers! Their special talents & contributions each day make our center a wonderful place to work and visit!

## SENIOR CRAFT CASE

Visit our Senior Craft Case. It is located in the Main Hallway near the Restrooms. where we have a showcase filled with baby items, scarves, hats, aprons, blankets and much more, all made by our senior crafters. Buy them for yourself or as gifts for loved ones. Ask for assistance in the office to see these great items!

## VETERANS INFORMATION

State Veterans Service Office  
28 West State Street  
Trenton NJ 08625  
609-292-5580

Mercer County Veterans Services  
2280 Hamilton Avenue  
Hamilton NJ 08619  
609-989-6120



# JULY

| Sun   | Mon  | Tue   | Wed  | Thu  | Fri  | Sat   |
|---|--|---|--|--|--|---|
|  |  |   | 1<br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Mah Jongg<br>Scrabble<br>Cornhole  | 2<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise<br><b>Closing @ 4pm</b>   | 3<br><b>Center Closed</b><br><b>Independence Day Holiday</b>   | 4   |
|   | 5  | 6<br>Line Dancing<br>Canasta<br>Bingo   | 7<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing<br><b>RWJ</b>   | 8<br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Splash Volleyball<br>Mah Jongg<br>Scrabble<br>Cornhole | 9<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise<br><b>Hearing Screening</b> | 10<br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta |
| 12  | 13<br>Line Dancing<br>Canasta<br>Bingo               | 14<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing<br><b>AC Trip</b>   | 15<br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Splash Volleyball<br>Mah Jongg<br>Scrabble<br>CornHole<br><b>Picnic Tickets Available</b> | 16<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise                          | 17<br>Chair Exercise<br>Dominoes<br>Canasta  | 18  |
| 19  | 20<br>Line Dancing<br>Canasta<br>Bingo               | 21<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing<br><b>Surrogate</b> | 22<br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Splash Volleyball<br>Mah Jongg<br>Scrabble<br>Cornhole                                    | 23<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise                          | 24<br>Chair Exercise<br>Dominoes<br>Canasta  | 25  |
| 26  | 27<br>Line Dancing<br>Canasta<br>Bingo<br><b>NEC</b> | 28<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing                     | 29<br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Splash Volleyball<br>Mah Jongg<br>Scrabble<br>Cornhole                                    | 30<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise                          | 31<br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta  |   |

\*\*\*\*\*  
**Quarterly Quote:**  
 "In three words I can sum up everything I've learned about life. IT GOES ON."  
 - Robert Frost  
 \*\*\*\*\*

# AUGUST

| Sun            | Mon  | Tue   | Wed   | Thu  | Fri   | Sat |
|----------------|--|---|---|--|---|-----|
|                |  |                 |   |  |   | 1   |
| 2              | 3<br>Line Dancing<br>Canasta<br>Bingo                            | 4<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing                      | 5<br>Chair Exercise<br>Daily Bread<br>Splash Volleyball<br>Dominoes<br>Mah Jongg<br>Scrabble  | 6<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise                                     | 7<br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta  | 8   |
| 9              | 10<br>Line Dancing<br>Canasta<br>Bingo                           | 11<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing<br><b>RWJ</b>       | 12<br>Chair Exercise<br>Daily Bread<br>Splash Volleyball<br>Dominoes<br>Mah Jongg<br>Scrabble | 13<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise                                    | 14<br>Chair Exercise<br>Dominoes<br>Canasta             | 15  |
| 16             | 17<br>Line Dancing<br>Canasta<br>Bingo                           | 18<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing<br><b>Surrogate</b> | 19<br>Chair Exercise<br>Daily Bread<br>Splash Volleyball<br>Dominoes<br>Mah Jongg<br>Scrabble | 20<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise<br><b>Jefferson House<br/>Trip</b> | 21<br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta | 22  |
| 23<br><hr/> 30 | 24<br>Line Dancing<br>Canasta<br>Bingo<br><b>NEC</b><br><hr/> 31 | 25<br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing                     | 26<br>Chair Exercise<br>Daily Bread<br>Splash Volleyball<br>Dominoes<br>Mah Jongg<br>Scrabble | 27<br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise                                    | 28<br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta | 29  |

**NOTE:**

**THE USE AND OR DISPLAY OF HARASSING BEHAVIOR & PROFANE LANGUAGE IS NOT PERMITTED ON THE SENIOR CENTER PREMISES. PLEASE RESPECT OTHERS AS YOU WISH TO BE RESPECTED. THANK YOU FOR YOUR COOPERATION.**

# SEPTEMBER

| Sun       | Mon   | Tue   | Wed  | Thu   | Fri  | Sat       |
|-----------|---|---|--|---|--|-----------|
|           |   | <b>1</b><br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing<br><b>Mt. Airy Trip</b> | <b>2</b><br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Mah Jongg<br>Scrabble<br><b>AC Trip</b>                     | <b>3</b><br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise   | <b>4</b><br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta  | <b>5</b>  |
| <b>6</b>  | <b>7</b><br>Line Dancing<br>Canasta<br>Bingo                | <b>8</b><br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing                         | <b>9</b><br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Mah Jongg   | <b>10</b><br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise  | <b>11</b><br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta | <b>12</b> |
| <b>13</b> | <b>14</b><br>Line Dancing<br>Canasta<br>Bingo               | <b>15</b><br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing<br><b>Surrogate</b>    | <b>16</b><br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Mah Jongg<br>Scrabble<br><b>Annual Picnic<br/>10am-2pm</b> | <b>17</b><br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise<br><b>Picnic<br/>Rain Date<br/>Closing @ 4pm</b> | <b>18</b><br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta | <b>19</b> |
| <b>20</b> | <b>21</b><br>Line Dancing<br>Canasta<br>Bingo               | <b>22</b><br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing                        | <b>23</b><br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Mah Jongg<br>Scrabble                                      | <b>24</b><br>Arm Knitting<br>Splash Fitness<br>Line Dancing<br>Bingo<br>Chair Exercise  | <b>25</b><br>Chair Exercise<br>Dominoes<br>Ballroom<br>Canasta | <b>26</b> |
| <b>27</b> | <b>28</b><br>Line Dancing<br>Canasta<br>Bingo<br><b>NEC</b> | <b>29</b><br>Yoga<br>Splash Fitness<br>Chair Exercise<br>Choral Group<br>Tap Dancing                        | <b>30</b><br>Chair Exercise<br>Daily Bread<br>Dominoes<br>Mah Jongg<br>Scrabble                                      |   |  |           |

**REMINDER:**

**THE SENIOR CENTER IS OPEN THURSDAY EVENINGS UNTIL 7:00 PM!  
 ENJOY A CUP OF COFFEE, PLAY BOCCE, POOL, CARDS, PING PONG, Wii  
 RUMMIKUB, WATCH A MOVIE OR JUST SOCIALIZE.**

