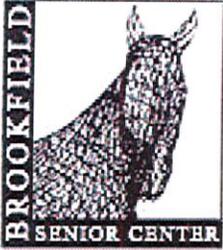


# Brookfield Senior Center

*".... a place where things are happening!!"*



## June 2016

Monday through Friday 8:00am – 4:00pm

100 Pocono Road, Brookfield CT 06804

Telephone: 203-775-5308

[http://www.brookfieldct.gov/Pages/BrookfieldCT\\_Senior/index](http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index)

Director of Senior/Social Services: Ellen Melville - [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

Social Services Program Coordinator/ Municipal Agent: Jeanette Holliday - [jholliday@brookfieldct.gov](mailto:jholliday@brookfieldct.gov)

Senior/Social Services Program Coordinator: Amy Diezemann - [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)



**Lions Club Cookout**  
**Saturday, June 18 at 12:00 noon**



Brookfield Lions Club is hosting everyone's favorite annual event again this summer at the Brookfield Senior Center. Join your friends and neighbors for a fun-filled Saturday afternoon. *Sign up now – space is limited!*



**Father's Day Brunch**  
**Friday, June 17 at 9:30am**

In honor of Father's Day, we would like to invite all fathers, father-figures, and those who love fathers everywhere to a SPECIAL Festive Men's Breakfast! Western Rehabilitation Care Center will be sponsoring a special omelet station. *Please sign up at the front desk.*



**AARP Safe Drivers Class**  
**Friday, June 10 at 9:00am**

The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips for adapting your driving to compensate for physical and cognitive changes that come with aging. By law, Connecticut residents age 60 and older who complete this class qualify for a minimum of 5 percent automobile liability insurance discount for at least two years. *Please sign up and pay in advance. Cost is \$15/AARP members and \$20/nonmembers.*

*A special THANK YOU to Brookfield Boy Scout Troop 5 for cleaning and mulching the flower beds all around Brookfield Senior Center. They look beautiful!*

## *Mark your Calendar - don't forget*

**Bingo – Monday, June 6 at 10:30am.** Join us for laughter, fun and games!

**Men's Breakfast –** Join us **Friday, June 17 at 9:30am** for our Festive Father's Day Men's Breakfast. Please sign up so that we know how many to expect. Please note date change!

**Friends of Brookfield Senior Center meeting is Friday, June 10 at 11:00am.** Come see what's going on at the Center and join your friends for an informative discussion of business and social happenings.

**Farkle – Mondays at 1:00pm.** An afternoon of fun and laughter.

**Let's Talk is Wednesday mornings at 11:00am.** Join this friendly group that will introduce you to everything at Brookfield Senior Center.

**Ask an Attorney Round Table - Wednesday, June 15 at 9:30am.** Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Space is limited so please sign up early.*

**Housatonic Probate Judge Martin Landgrebe - Friday, June 24 at 9:30am.** This is your opportunity to meet with and ask questions of our local Probate Judge. He will answer your questions about wills, probate, conservatorship and more in confidential one-on-one sessions. *Please call to schedule an appointment.*

**Blood Pressure Screening (New Milford VNA) – Tuesday, June 28 at 11:30am.**

**Scrabble Play is Fridays at 11:00am.** Join us to meet some new friends!

### *Lunch and Learn*

**Friday, June 24 at 12:00 Noon**

Join us for an informative luncheon with Dr. Chris Maslowski from Sophia Natural Health Center. He will discuss Chinese dietary therapy and Chinese medicine and will prepare a tasty lunch for us! *Please sign up so that he might know how many to expect.*



It's the HOTTEST PARTY in town! Mark your calendar!

Friday, July 8 at 12:00 Noon. Brookfield Senior Center presents its *SUMMER SIZZLER* complete with fried chicken, potatoes, cole-slaw and ice cream. After lunch you should expect to laugh, dance, clap and be thoroughly entertained by Brian Gillie and T-Bone. Don't miss this party! Cost is \$15 per person. *Please sign up by Tuesday, July 5.*

### *Brookfield Trekkers Continues on its Great Adventures This Month*

**Tuesday, June 9 at 9:00am (Rain date June 23)**

*Approximately 2-2.5 miles*

Our June hike will be along a flat section of the Appalachian Trail which is the old River Road, paralleling the Housatonic River, north of Kent School. It is a wooded hike, so we will be out of the sun most of the time, but with views of the river. We will pass an old foundation and orchard. All hikes will have a \$3 registration fee that will help cover costs of carpooling, entrance fees and instructor time. *Please sign up and pay fee at least two days in advance so that we know who to expect.*

### *Movie Matinees*

**Friday, June 3: *The Revenant.*** Leonardo DiCaprio, as a frontiersman on a fur trading expedition in the 1820s, fights for survival after being mauled by a bear and left for dead by members of his own hunting team. *Also starring Tom Hardy and Will Porter.*

**Friday, June 10: *Joy,*** about a self-made millionaire who created her own business empire. Mangano was a divorced mother with three children in the early 1990s when she invented the Miracle Mop and became an overnight success. *Starring: Jennifer Lawrence, Robert DeNiro and Bradley Cooper.*

## *Improve Your Mind & Body*



**Zumba Gold is on Mondays at 9:30am.** This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. *Come and join the fun!*

**Yoga with Kris on Mondays and Wednesdays from 2:30pm – 3:45pm.** Join us for a gentle Vinyasa flow class. This is a playful yoga class that will focus on proper alignment, movement modifications (if needed) and your breathing.

**Strength/Balance with Claudia is on Mondays at 1:00pm.** Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

**Low Impact Aerobics with Dee is on Tuesdays at 9:30am.** You will love Dee's enthusiasm and music.

**Chair Yoga is on Tuesdays at 1:00pm.** It's a great class for those who have hip or knee limitations. This class will give you all of the benefits of a traditional yoga class without getting on the floor!



**Tai Chi with Susan is on Wednesdays at 9:30am.** Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Also join us for **Advanced Tai Chi at 6:45pm on Thursdays.**

**Functional Strength and Balance with Cassie on Wednesdays at 1:00pm.** Join this great program and start moving again!



**Low Impact Aerobics is on Thursdays at 9:30am with Claudia.** Great for all levels.

**Walk & Talk is on Thursdays at 11:00am with Cassie.**

**Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am.** This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

**Zumba with Coleen is on Saturday mornings at 9:30am.** It's the perfect way to start your weekend!

*Please consult your personal physician before beginning any new exercise class.*

### ***Ongoing Classes/activities:***

**Wood Carving Group** meets Mondays at 1:00pm. Join this group and learn something new! Bring your friends.

**Quilting Group** meets Tuesday mornings at 10:00am.

**Wii Bowling** is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

**Knitting group** meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas.

**Painting and Drawing with Adele** meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

**Sharps & Flats band and singing group** meets Thursdays at 10:30am. Join this fun group of musicians and singers. **The 4-Strings Ukulele Group** meets Thursdays at 1:00pm.

### ***Brookfield CARES Hope and Support Group***

Brookfield CARES meets weekly at Brookfield Senior Center on Monday evenings at 7:00pm. This group is for all those with loved ones affected by substance abuse or other at-risk behaviors and is facilitated by an experienced drug and alcohol abuse counselor.

### ***Alzheimer's Support Group***

**Wednesday, June 8 from 6:30pm – 8:00pm and Wednesday, June 22 from 1:00pm – 2:30pm:** For caregivers, family members or friends of people affected by Alzheimer's disease or Dementia. This ongoing educational group meets in a safe and caring environment twice a month. Please join us as often as you like!

# Brookfield Senior Center



P.O. Box 5106  
100 Pocono Road  
Brookfield, CT 06804



*Check us out on Facebook*

**Senior Center Membership:** Those wishing to use Senior Center services must become members. Brookfield residents age 60 and over can join the Senior Center at no cost. Nonresidents age 60 and over will be charged a \$20 annual membership fee. Underage spouses may become members and may participate in activities with their spouses who are registered members.

Only participants with current memberships are allowed to attend Senior Center activities. All members must sign in at the front desk upon entering the Senior Center and before participating in any activities. This is a safety measure so staff is aware of who is in the building. This also allows us to track how many seniors we serve.

**Personal Conduct:** The Brookfield Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is therefore necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully towards them and each is responsible to act respectfully towards others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination towards any person for any reason will not be tolerated.

Town of Brookfield employees are here to serve you. They should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.

## *Escape With Us!*

**SAMSON at The Sight & Sound Theater: June 20-21. Day 1-** stop at the Sands Casino; then on to your hotel - the Double Tree by Hilton. **Day 2 –** After a buffet breakfast you will travel into neighboring Lancaster County. Then take your seats for SAMSON”. You will stop for dinner on the way home. Cost: \$281pp (double ).

**Essex Steam Train and Riverboat: Wednesday, June 29:** Enjoy a 3 course lunch aboard the restored 1920’s Pullman Diner followed by a Riverboat cruise on the Connecticut River. Cost is \$94pp. (*Waiting list only*)

**Texas Tenors: August 3, 2016:** Back by popular demand at the Fox Theatre at Foxwoods. Your ticket includes Gold Seating and Foxwoods Bonus Package. Cost is \$89pp.

**Connecticut Lighthouse Cruise: Wednesday, August 24:** Board the high-speed Sea Jet in New London and travel to see eight lighthouses. Enjoy a late lunch at The Steak Loft in Olde Mystick. Cost is \$97pp. (*Waiting list only*).

**Wednesday, September 28: We’re heading to Broadway to see “Beautiful, The Carol King Musical.”** Lunch will be at DaRosina’s on Restaurant Row. Cost is \$185pp. (*Waiting List only*).

**Thomaston Opera – Dream Girls: Sunday, October 16.** Follow the music and lives of the music trio, The Dreamettes! Pre-lunch show will be at Black Rock Tavern in Thomaston, CT. Cost is \$81pp.

**Saturday Night Fever- The Musical at Westchester Broadway Theatre: Thursday, November 10.** Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon. Cost is \$98pp. We will begin accepting reservations June 1.

**NEW: Governor’s Mansion & Wadsworth Atheneum: Sunday, December 4.** We will start at the Governor’s Mansion to enjoy their festive holiday decorations. Lunch is at Carbone’s Kitchen in Bloomfield, followed by a trip to Wadsworth Museum of Art and the Annual Festival of Trees. Cost is \$88pp. We will begin accepting reservations July 1.

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which final payment is received.*

### ***Friends of Brookfield Senior Center Friday, June 10 at 11:00am***

All members of Brookfield Senior Center are considered members of The Friends of Brookfield Senior Center (“Friends”). Our Friends group holds annual fundraising events to supplement our town budget. The Friends group also advises the Director on future events, issues and other items of interest. All members are invited to monthly Friends meetings to discuss programs, issues, problems and concerns.

The Friends group has a Board which is elected each May. It is made up of a President, Vice-president, Secretary and Treasurer, and two members at large. Members can always discuss problems or issues with any Board member. Please join us for bagels and coffee while we discuss this month’s happenings!

### ***Are You from the Bronx? Monday, June 13 at 11:00am***

We often hear “are you from the Bronx?” around Brookfield Senior Center. On Monday, June 13 at 11:00am, we are calling all of you to join us for coffee and a chance to chat and reminisce. Join us as we share memories and experiences and meet other “Bronx transplants.” We may live in Connecticut now, but our hearts will always be in the Bronx!

### ***Cooking With Maplewood Tuesday, June 21 at 10:45am***

Maplewood Senior Living Community presents chef Sushana from their Stony Hill community. Chef Sushana is originally from Thailand and she has put together a fabulous no-cook recipe of veggie spring rolls – they are healthy and she makes her own dipping sauce. Please sign up and join us for this very special event! Space is limited.



Jeanette Holliday, Municipal Agent and Social Services Coordinator

**Phone (203) 775-7312 FAX (203) 775-5243**

Located in the Brookfield Senior Center – 100 Pocono Road

### **Free CT State Park Admission - Charter Oak Pass**

Connecticut residents age 65 or older are eligible for **free** access to Connecticut State Parks and Forests. The Charter Oak Pass is a free life-use pass.

#### **Eligibility Requirements:**

- You must provide proof of age and residency.
- A legible photocopy of a person's current driver's license or legal proof of age and residency (do not send originals) should be submitted:

DEEP Charter Oak Pass  
State Parks Division  
79 Elm Street  
Hartford, CT 06106-5127

Charter Oak Passes are also available at some of the parks. Phone 860-424-3200 for information.

### **Senior Pass for National Parks**

#### **About the Pass:**

- A Lifetime pass for U.S. citizens or permanent residents age 62 or over.
- Valid at over 2000 Federal recreation sites, including National Parks, Wildlife Refuges and many National Forest Lands.

#### **How to Obtain a Senior Pass:**

- In person at most federal recreation sites (\$10)
- Through the mail using paper application or by using an online form at [www.usgs.gov](http://www.usgs.gov)
- Online and mail applications cost \$20. (\$10 for the Senior Pass and \$10 for processing)
- All Applicants must provide documentation of age and residency or citizenship.
- Generally does NOT cover or reduce special recreation permit fees or fees charged by concessioners.
- Lost Passes cannot be replaced and will need to be purchased again.
- *Note: Golden Age Passports are no longer sold. However, these passes are still honored according to the provisions of the pass.*

#### **FISH**

Transportation for medical appointments between 9:00am – 2:00pm; Monday – Friday.

Ambulatory disabled and/or seniors in Brookfield may call **(203) 616-9678** to submit their request at least **3** days but no more than **7** days before the appointment.

#### ***SweetHART Telephone Numbers:***

Reservations: (203) 748-2511

Will call/pickups, cancellations and confirmations: (203) 830-4399

Comments/questions: (203) 744-4070



# SENIOR ACTIVITIES ~ JUNE 2016

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD  
(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>*Sign Up Required</b></p> <p><b>\$ Fee Required</b></p>	<p><i>Lunch is served Monday through Thursday 12:00 Noon</i></p> <p><i>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</i></p>	<p>1</p> <p>9:00 SNAP Outreach*</p> <p>9:30 Tai Chi \$</p> <p>10:00 Knitting</p> <p>11:00 Let's Talk</p> <p>12:00 Lunch Program*</p> <p>1:00 Functional Strength &amp; Balance\$</p> <p>2:30 Yoga \$</p>	<p>2</p> <p>9:30 LI Aerobics \$</p> <p>10:00 Paint &amp; Draw\$</p> <p>10:30 Sharps &amp; Flats</p> <p>10:30 Wii Bowling</p> <p>11:00 Walk &amp; Talk*</p> <p>12:00 Lunch Program*</p> <p>1:00 Four Strings</p> <p>1:00 Bridge &amp; Poker</p> <p>1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>3</p> <p>9:30 Mahjongg</p> <p>10:45 Muscle Sculpt Chair Class\$</p> <p>11:00 Scrabble</p> <p>1:00 Movie Matinee – <i>The Revenant</i></p>	<p>4/5</p> <p>9:30 Saturday Zumba\$</p>
<p>6</p> <p>9:30 Zumba Gold \$</p> <p>9:30 Canasta</p> <p>10:30 Bingo</p> <p>12:00 Lunch Program*</p> <p>12:30 Mahjongg</p> <p>1:00 Farkle &amp; Games</p> <p>1:00 Strength/Balance\$</p> <p>1:00 Wood Carving</p> <p>2:30 Yoga \$</p> <p>7:00 Brookfield CARES</p>	<p>7</p> <p>9:00 Mahjongg</p> <p>9:30 LI Aerobics \$</p> <p>9:30 Wii Bowling</p> <p>10:00 Quilting</p> <p>12:00 Lunch Program*</p> <p>1:00 Bridge, Pinochle &amp; Mahjongg</p> <p>1:00 Chair Yoga\$</p>	<p>8</p> <p>9:30 Tai Chi \$</p> <p>10:00 Knitting</p> <p>11:00 Let's Talk</p> <p>12:00 Lunch Program*</p> <p>1:00 Functional Strength &amp; Balance\$</p> <p>2:30 Yoga \$</p> <p>6:30 Alzheimer's Support</p> <p>7:00 Stamp Club</p>	<p>9</p> <p>9:00 Brookfield Trekkers*\$</p> <p>9:30 LI Aerobics \$</p> <p>10:00 Paint &amp; Draw\$</p> <p>10:30 Sharps &amp; Flats</p> <p>10:30 Wii Bowling</p> <p>11:00 Walk &amp; Talk*</p> <p>12:00 Lunch Program*</p> <p>1:00 Four Strings</p> <p>1:00 Bridge &amp; Poker</p> <p>1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>10</p> <p>9:00 AARP Safe Drivers*\$</p> <p>9:30 Mahjongg</p> <p>10:45 Muscle Sculpt Chair Class\$</p> <p>11:00 FOBSC Meeting</p> <p>11:00 Scrabble</p> <p>1:00 Movie Matinee-Joy</p>	<p>11/12</p> <p>9:30 Saturday Zumba\$</p>
<p>13</p> <p>9:30 Zumba Gold\$</p> <p>9:30 Canasta</p> <p>11:00 Are you from the Bronx?*</p> <p>12:00 Lunch Program*</p> <p>12:30 Mahjongg</p> <p>1:00 Farkle &amp; Games</p> <p>1:00 Strength/Balance\$</p> <p>1:00 Wood Carving</p> <p>2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>14</p> <p>9:00 Mahjongg</p> <p>9:30 LI Aerobics \$</p> <p>9:30 Wii Bowling</p> <p>10:00 Quilting</p> <p>12:00 Lunch Program*</p> <p>1:00 Bridge, Pinochle &amp; Mahjongg</p> <p>1:00 Chair Yoga\$</p> <p><b>Happy Flag Day!</b></p> 	<p>15</p> <p>9:30 Tai Chi \$</p> <p>9:30 Ask an Attorney*</p> <p>10:00 Knitting</p> <p>11:00 Let's Talk</p> <p>12:00 Lunch Program*</p> <p>1:00 Functional Strength &amp; Balance\$</p> <p>2:30 Yoga \$</p>	<p>16</p> <p>9:30 LI Aerobics\$</p> <p>10:00 Paint &amp; Draw\$</p> <p>10:30 Sharps &amp; Flats</p> <p>10:30 Wii Bowling</p> <p>11:00 Walk &amp; Talk*</p> <p>12:00 Lunch Program*</p> <p>1:00 Four Strings</p> <p>1:00 Bridge &amp; Poker</p> <p>1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>17</p> <p>9:30 Mahjongg</p> <p>9:30 Father's Day Brunch\$*</p> <p>10:45 Muscle Sculpt Chair Class\$</p> <p>11:00 Scrabble</p>	<p>18/19</p> <p>9:30 Saturday Zumba\$ <i>cancelled</i></p> <p>12:00 Saturday Lion's Club Picnic</p> 
<p>20</p> <p>9:30 Zumba Gold \$</p> <p>9:30 Canasta</p> <p>12:00 Lunch Program*</p> <p>12:30 Mahjongg</p> <p>1:00 Farkle &amp; Games</p> <p>1:00 Strength/Balance\$</p> <p>1:00 Wood Carving</p> <p>2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p> <p><b>Samson Trip</b></p> <p><b>Departs at 7:30 AM</b></p> 	<p>21</p> <p>9:00 Mahjongg</p> <p>9:30 LI Aerobics\$</p> <p>9:30 Wii Bowling</p> <p>10:00 Quilting</p> <p>10:45 Cooking with Maplewood*</p> <p>12:00 Lunch Program*</p> <p>1:00 Bridge, Pinochle &amp; Mahjongg</p> <p>1:00 Chair Yoga \$</p>	<p>22</p> <p>9:30 Tai Chi \$</p> <p>10:00 Knitting</p> <p>11:00 Let's Talk</p> <p>12:00 Lunch Program*</p> <p>1:00 Functional Strength &amp; Balance\$</p> <p>1:00 Alzheimer's Support Group</p> <p>2:30 Yoga \$</p>	<p>23</p> <p>9:30 LI Aerobics\$</p> <p>10:00 Paint &amp; Draw\$</p> <p>10:30 Sharps &amp; Flats</p> <p>10:30 Wii Bowling</p> <p>11:00 Walk &amp; Talk*</p> <p>12:00 Lunch Program*</p> <p>1:00 Four Strings</p> <p>1:00 Bridge &amp; Poker</p> <p>1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>24</p> <p>9:30 Mahjongg</p> <p>9:30 Ask Judge Landgrebe*</p> <p>10:45 Muscle Sculpt Chair Class\$</p> <p>11:00 Scrabble</p> <p>12:00 Lunch &amp; Learn – Sophia Natural Health Center*</p>	<p>25/26</p> <p>9:30 Saturday Zumba\$</p>
<p>27</p> <p>9:30 Zumba Gold \$</p> <p>9:30 Canasta</p> <p>12:00 Lunch Program*</p> <p>12:30 Mahjongg</p> <p>1:00 Farkle &amp; Games</p> <p>1:00 Strength/Balance\$</p> <p>1:00 Wood Carving</p> <p>2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>28</p> <p>9:00 Mahjongg</p> <p>9:30 LI Aerobics \$</p> <p>9:30 Wii Bowling</p> <p>10:00 Quilting</p> <p>11:30 Blood Pressure NM VNA</p> <p>12:00 Lunch Program*</p> <p>1:00 Bridge, Pinochle &amp; Mahjongg</p> <p>1:00 Chair Yoga\$</p>	<p>29</p> <p>9:30 Tai Chi \$</p> <p>10:00 Knitting</p> <p>11:00 Let's Talk</p> <p>12:00 Lunch Program*</p> <p>1:00 Functional Strength &amp; Balance\$</p> <p>2:30 Yoga \$</p> <p><b>Essex Steam Train Trip</b></p> <p><b>Departs at 9:30 AM</b></p> 	<p>30</p> <p>9:30 LI Aerobics\$</p> <p>10:00 Paint &amp; Draw\$</p> <p>10:30 Sharps &amp; Flats</p> <p>10:30 Wii Bowling</p> <p>11:00 Walk &amp; Talk*</p> <p>12:00 Lunch Program*</p> <p>1:00 Four Strings</p> <p>1:00 Bridge &amp; Poker</p> <p>1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>1</p> <p>9:30 Men's Breakfast*</p> <p>9:30 Mahjongg</p> <p>10:45 Muscle Sculpt Chair Class\$</p> <p>11:00 Scrabble</p> <p>1:00 Movie Matinee – <i>Walk In the Woods</i></p>	 <p><b>Don't Forget!</b></p> <p><b>Friday, July 8<sup>th</sup></b></p> <p><b>Summer Sizzler at the Senior Center - \$15</b></p>