



# Brookfield Senior Center

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

## June 2017

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

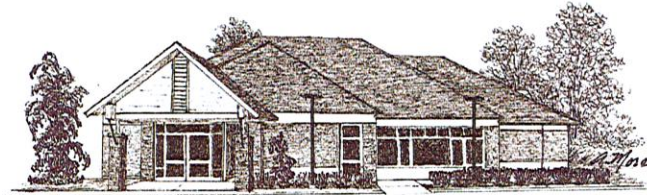
Telephone: 203-775-5308

[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)

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

Social Services Coordinator: Lorraine Kelley - [lkelly@brookfieldct.gov](mailto:lkelly@brookfieldct.gov)



### **Grief Support Group beginning Monday, June 5 at 1:30 p.m.**

Regional Hospice and Palliative Care is offering a grief support group for seniors coping with the loss of a spouse within the last two years. Please call the Center to register – registration required.

### **AARP Safe Driving**

**Friday, June 9 9 a.m. – 1 p.m.**



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 will 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 (checks only).



### **Father's Day Brunch**

**Friday, June 16 at 9:30 a.m.**

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.

### **Annual Membership Applications Due**

In order to update our files and information, we request that everyone complete an Annual Senior Center Membership Application this month. If you are not a resident of Brookfield, please submit your annual \$20 fee at the same time. The forms are enclosed. Please return the application to the front desk by June 30. Thank you for your cooperation.



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

**Men's Breakfast** – This month our Men's Breakfast will be on Friday, June 16 as we celebrate fathers everywhere! Please sign up at the front desk to reserve your seat.

**Bingo** – Monday, June 5 at 10:30 a.m. Join us for laughter, fun and games!

**Friends of Brookfield Senior Center** - Tuesday, June 13 at 11 a.m. We will be electing officers for the next year at this important meeting. Refreshments will be provided.

**Farkle** – Mondays at 1 p.m. Join us for a fun dice game and an afternoon of laughter.



**Let's Talk - Wednesdays at 11 a.m.** Join this friendly group that discusses one topic each meeting. No political discussion is allowed.

**Are You From the Bronx?** – Monday, June 19 at 11 a.m. – Join this wonderful group of Bronx transplants as they walk down memory lane. You may live in Connecticut, but your heart will always be in the Bronx.

**Ask an Attorney Round Table** - Wednesday, June 21 at 9:30 a.m. 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.*

**Blood Pressure Screening (New Milford VNA)** – June 27 at 11:30 a.m.

**Scrabble Play** - Wednesdays at 1 p.m. and Fridays at 11 a.m. Join us and meet some new friends!

**Housatonic Probate Judge Martin Landgrebe** - Friday, June 23 at 9:30 a.m. 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

### ***Lunch and Learn Friday, June 9 at noon***

Come join the team from Masonicare for a "Taste of Summer" lunch and learn. Their chefs will be providing a cooking demonstration on seasonal dish ideas for the perfect picnic, while also explaining the health benefits of preparing fresh foods for the season. You won't want to miss this delicious and informative event! *Please sign up by June 7.*



### ***I Scream, You Scream, We all Scream for Ice Cream! Friday, June 23 at 1 p.m.***

Almost everyone loves ice cream and to celebrate the start of the summer season, join us for a relaxing hour of socializing with friends and making sundaes. We'll have the nuts, the fudge and the sprinkles. All we need is you! Free of charge. *Please sign up at the front desk by Wednesday, June 21 so we know how many to expect.*



### ***Fabulous Friday Hot Dog Bingo Friday, June 30 at noon***

Join us for an afternoon of Bingo and a hot dog lunch. Cost is \$5 per person. *Sign up by June 28.*



### ***Tech Assistance with Gregory Thursday June 8 & 22 2 - 3:45 p.m.***

iPads? iPhones? Kindle? Internet? E-mail? If you find yourself struggling with technology, he's here to help! Thursday afternoons he will be offering his assistance with any of these devices and more. *Please sign up.*

### ***Brookfield COA***

The Brookfield Commission on Aging has prepared a trifold *Senior Resource Guide*, which we have included in this Newsletter. Please take this out and keep it handy near your telephone. We want to thank the Commission for its hard work and dedication in preparing this. If you would like to find out more about the Commission or how to get involved, please contact them at [coaging@brookfieldct.gov](mailto:coaging@brookfieldct.gov).



## *Improve Your Mind & Body*

**Zumba Gold with Corrie - Mondays at 9:30 a.m.** This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. *Come and join the fun!*

**Yoga with Kris - Mondays and Wednesdays from 2:30 – 3:45 p.m.** Join us for a gentle Vinyasa flow class. This class focuses on proper alignment, movement modifications (if needed) and your breathing.

**Strength/Balance with Claudia - Mondays at 1 p.m.** Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

**Line Dancing with Jill - Tuesdays at 9:30 a.m.** Everyone will enjoy this fun and entertaining class! Beginners welcome.

**Chair Yoga - Tuesdays at 1 p.m. with Kris.** 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 - Wednesdays at 9:30 a.m.** 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 Thursdays at 6:45 p.m.**

**Functional Strength and Balance with Cassie - Wednesdays at 1 p.m.** Join this great program and start moving again!

**Low Impact Aerobics - Thursdays at 9:30 a.m. with Claudia.** Great for all levels.

**Strengthening with Cassie - Thursdays at 1 p.m.** This chair class will include moderate strength training exercises. Work on strategies to get stronger and more flexible.

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

**Zumba with Coleen - Saturdays at 9:30 a.m.** 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 - Mondays at 1 p.m.** Join this group and learn something new!

**Quilting Group - Tuesdays at 10 a.m.**

**Game Day! Tuesdays 9:30 a.m. to noon and Thursdays 10:30 a.m. to noon.** Includes Ping Pong and Wii!

**Knitting group - Wednesdays at 10 a.m.** This fun group knits, laughs, and shares ideas.

**Painting and Drawing with Adele - Thursdays at 10 a.m.** 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 - Thursdays at 10:30 a.m.** Join this fun group of musicians and singers.

### *Alzheimer's Support Group*

*Wednesday, June 28 1 – 2:30 p.m.*

This ongoing educational support group is for all caregivers, family members or friends of anyone who is affected by Alzheimer's disease or dementia.

*Group led by an Alzheimer's Association Facilitator.*

### *Tuesday, June 13 at 12:30 p.m. Garden Club*

Brookfield Garden Club will be with us in June for a special spring event. Join them as we make picture frames and pins with buttons and flowers. Bring your creative side and join us.

*Please sign up at the front desk by June 9.*



# *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.

## ***Is the Department of Homeland Security Really Calling You?***

The Department of Homeland Security (DHS) issued a stark warning recently about a scam that appears to be using one of their official phone numbers. Thieves are taking advantage of the current immigration climate to rip people off. Scammers figured out how to use the agency's own hotline in their spoofing scam. They are placing calls to innocent Americans, passing themselves off as U.S. immigration agents and then demanding a name, social security number and other personal information.

These scammers alter caller ID systems on your home phone and your cell phone to make it seem as though the call is coming from the DHS. However, DHS will NEVER use its Hotline number to make outgoing calls – the phone line is used only to receive information from the public. For more information please contact the Western CT Area on Aging, Senior Medicare Patrol at 203-757-5449 x 160.



## ***Escape With Us!***

**Thursday, June 22: The New York Botanical Garden with the Dale Chihuly Exhibition.** Enjoy the hand-blown glass sculptures of this world-renowned artist. Lunch will be at Mario's Restaurant on Arthur Avenue followed by time in "Little Italy." Cost is \$94 pp. *Now accepting reservations.*

**Thursday, July 20: 6<sup>th</sup> Annual Mystery Trip.** Enjoy a day of leisure and sites galore, on land and water with great local lore. It's a favorite trip for many! Cost is \$86 pp. *Waiting List Only.*

**Thursday, August 17: Intrepid Sea, Air, Space Museum and Circle Line Cruise.** Join us as we visit the Intrepid and board the Circle Line for a two-hour tour. Cost is \$90 pp. *Now accepting reservations.*

**Wednesday, September 6: Mohegan Sun Special.** Departure from the Center at 8:30 a.m. and return at approximately 6 p.m. Enjoy your day at Mohegan Sun. Cost is \$25 pp. *Now accepting reservations.*

**September 25 – 28: Three night visit to Niagara Falls, Skylon Towers, Fallsview Casino and Peller Estates Winery.** More information available at the Center. *Waiting list only.*

**Wednesday, September 27: Hello Dolly! On Broadway!** Cost is \$175 pp. *Waiting List only.*

**Thursday, October 26: Annual Germanfest.** The Williams Inn in Williamstown, MA, well-known for its outstanding food and special events, will feature interactive, German-influenced entertainment in music, story and song. Delight in the vast Buffet of traditional German dishes. Cost is \$94 pp. *Now accepting reservations.*

**Thursday, December 7: Holiday Sparkle in the Big Apple!** Join us for a wonderful day in Manhattan. The day includes Bryant Park Craft shopping, lunch at Maria's Mont Blanc, and a two-hour guided riding tour of Manhattan's Holiday Lights, including the tree at Rockefeller Center, 5<sup>th</sup> Avenue windows, Lincoln Center and more. Cost is \$84 pp. *We will begin accepting reservations July.*

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

### ***Movie Matinee presents:***

**Friday, June 2 at 1 p.m. The Longest Day.** This Oscar-winning war epic chronicles World War II's harrowing D-Day invasion. Shot on the beaches of Normandy, France, this ambitious film attempts to cover the historic day from all perspectives, focusing on both sides of the conflict. (Cast: John Wayne, Henry Fonda, Robert Mitchum).

**Friday, June 16 at 1 p.m. Parenthood.** Director Ron Howard teams with Steve Martin for a heartwarming comedy about life's most rewarding occupation: parenthood. Gil and Karen Buckman are trying to raise their children the "right" way; so discovering that being the "perfect" parent often means just letting children be themselves. (Cast: Steve Martin, Mary Steenburgen, Dianne Wiest).

**Wednesday, June 21 at 12:30 p.m. The BFG.** Roald Dahl's spooky children's book is transformed into a family-friendly fantasy centering on young orphan Sophie, who meets a colossus called the Big Friendly Giant – who is exiled from his peers for refusing to eat boys and girls.

### ***FISH Medical Transportation***

Transportation for medical appointments weekdays from 9 a.m. – 2 p.m. Ambulatory disabled and/or seniors Brookfield residents only. Call **(203) 616-9678** to submit request at least **3** days prior to appointment.

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

Main Phone: 203-744-4070  
Reservations: Press 3  
Will call, cancellations and confirmations: Press 2



## **News You Can Use from Brookfield Social Services**

**Lorraine Kelley, LCSW (203) 775-7312**

### ***Renters' Rebate for Elderly or Disabled***

Income-eligible renters who are elderly (65 years) or totally disabled (18-64 yrs.) may be eligible for a rebate from the state of CT again this year. Income and housing expenses determine the rebate amount.

#### **What do I need to apply?**

- 2016 gross income below \$35,200 if unmarried or \$42,900 if married.
- A copy of your 2016 income tax return (if filed)
- Proof of all income for 2016 including Social Security, pension, V.A. pension, bank interest, stocks, bonds, rental income, etc.
- Proof of all housing expenses paid for 2016 such as: rent, electric, gas, and fuel bills.

#### **When and where do I apply?**

- April 1 to October 1, 2017 is the filing period.
- Must have been a Connecticut resident for any 12 months prior to applying.
- To set up an appointment, please call Brookfield Social Services.

**\*\*If you, or someone you know, have *low vision* and are interested in learning more about what assistance is available and what new treatments are on the horizon, please call **Lorraine at 203-775-7312**. We would like to get a group together that would provide very useful information as well as allow members to share ideas.**

### ***Summer Fun that Doesn't Cost***

It's June and time to enjoy the outdoors and Connecticut's beautiful landscapes! Connecticut offers many discounts for seniors to enjoy its State Parks. One is the Charter Oak pass, which offers free admission to seniors 65 and older to any day-use areas where a parking fee applies. It also provides free admissions to Gillette Castle, Dinosaur, or Fort Trumbull State Parks. The vehicle driver does not need to be the pass holder, but the pass-holder must present the pass. To obtain a Charter Oak pass by mail, please send a legible photo-copy of your current driver's license or State I.D. card or other legal proof of age and residency, to:

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

Also, available is a Disabled Veteran's pass that provides access to State Parks and Forests. The pass is free to all Connecticut Veterans with a service-connected disability. To apply for the pass, please send a legible photocopy of your current driver's license, State ID card or other legal proof of age and residency and your VA card or VA letter indicating a service-connected disability, to:

DEEP Disabled Veteran Pass  
State Parks Division  
79 Elm Street  
Hartford, CT 06106-5127

The Town of Brookfield also offers a free Town Park Beach Pass to residents age 65 or older. You can get your pass at the Parks & Recreation Department. Visit their new location at the intersection of Route 25 and Silvermine Road across from the Brookfield Historical Society.



## *Brookfield Trekkers*

### *Spring Outdoor Exploration*

Bull's Bridge, Kent

Tuesday, June 6

Rain date: Tuesday, June 13

Meet at the Senior Center at 9 a.m.

We're heading to the picturesque town of Kent to hike a section of the Appalachian Trail (and an easier side of the trail than our last visit). With the covered bridge, rushing water, an iron footbridge over converging rivers, an AT shelter and campsite, there is plenty to see on this 2 ½ mile trip.

Sega Meadow State Park, New Milford

Tuesday, June 20

Rain date: Tuesday, June 27

Meet at the Senior Center at 9 a.m.

Join us for a 3-mile hike on part of New Milford's Rail Trail. It is a relatively flat gravel trail that will take us through an old forest, beside a meadow and pond, and offers views of the Housatonic River. It is a well maintained and quiet trail with plenty of shade.

Cost: \$3 per person

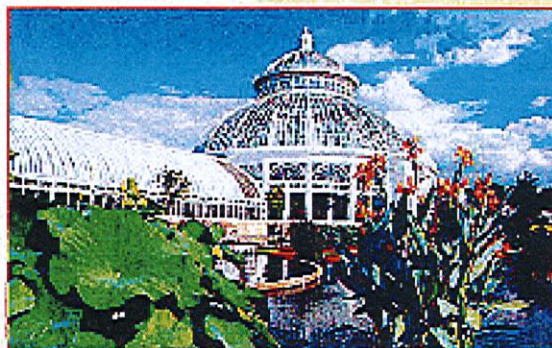
Please sign up at the front desk



Brookfield Senior Center Presents:

# THE NEW YORK BOTANICAL GARDEN

Thursday June 22, 2017



## DALE CHIHULY Exhibition

*For the first time in more than ten years, the artwork of world-renowned sculptor Dale Chihuly will be featured in a major exhibition in New York. The dramatic vistas of the NYBG will be a showcase for Chihuly's dynamic works of art. Now hand-blown glass sculptures, created especially for NYBG will complement the architecture of the Conservatory, itself a work of glass art. These one-of-a-kind installations will highlight the connection of artwork to the natural world. There will also be an exhibition of Chihuly drawings depicting the energy behind his artistic process.*

*Lunch will be at Mario's Restaurant on Arthur Avenue in the Bronx - a well known landmark in this Italian neighborhood. Menu: Salad, Pasta, Choice of Veal Parmesan OR Chicken Francaise OR Filet of Sole Scampi, Vegetable, 2 Wine bottles per table, Mini Pastries, Coffee. (Entree choice in advance)*

*Before heading home, spend time on Arthur Avenue, the "Little Italy" of the Bronx for a chance to purchase wonderful Italian specialties.*

**COST \$94**pp based on 40-52 passengers

**Depart:** 8:30am Brookfield Senior Center,  
100 Pocono Road

**Estimated Return:** 6:00pm Brookfield

**Reservations:** Brookfield Senior Center 203-775-5308



DISCLAIMER: Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled due to weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to shows / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**

786 Essexfield Ave, Essexfield, CT 06030  
860-243-3638 • 810-243-1693









SENIOR ACTIVITIES ~ JUNE 2017

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<div><div>*Sign Up Required</div><div>\$ Fee Required</div></div>	<div>Lunch is served Monday – Thursday At noon.</div> <div>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237.</div>		<div>1</div> <div>9:30 LI Aerobics\$ 10 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Strengthening with Cassie\$</div> <div>6:45 Advanced Tai Chi\$</div>	<div>2</div> <div>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee – <i>The Longest Day</i></div> <div></div>	<div>3/4</div> <div>9:30 Saturday Zumba</div>
<div>5</div> <div>9:30 Zumba Gold\$ 9:30 Canasta 10:30 Bingo 12 Lunch Program* 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ 1 Wood Carving 1:30 Grief Support* 2:30 Yoga\$</div>	<div>6</div> <div>9 Brookfield Trekkers\$ 9 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 12 Lunch Program* 1 Bridge, Pinochle &amp; Mahjongg 1 Chair Yoga\$</div>	<div>7</div> <div>9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength &amp; Balance 1 Scrabble 2:30 Yoga\$</div>	<div>8</div> <div>9:30 LI Aerobics\$ 10 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Strengthening with Cassie\$ 2:30 Tech Assist*</div> <div>6:45 Advanced Tai Chi\$</div>	<div>9</div> <div>9 AARP Safe Driving*\$ 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Taste of Summer with Masonicare *</div>	<div>10/11</div> <div>9:30 Saturday Zumba\$</div>
<div>12</div> <div>9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ 1 Wood Carving 1:30 Grief Support* 2:30 Yoga\$</div>	<div>13</div> <div>9 Brookfield Trekkers\$ (rain date) 9 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 11 FOBSC Meeting 12 Lunch Program* 12:30 Garden Therapy* 1 Bridge, Pinochle &amp; Mahjongg 1 Chair Yoga\$</div>	<div>14</div> <div>9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength &amp; Balance\$ 1 Scrabble 2:30 Yoga\$</div> <div>7 Stamp Club</div>	<div>15</div> <div>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Strengthening with Cassie\$</div> <div>6:45 Advanced Tai Chi\$</div>	<div>16</div> <div>9:30 Father's Day Brunch* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee- <i>Parenthood</i></div> <div></div>	<div>17/18</div> <div>9:30 Saturday Zumba\$</div>
<div>19</div> <div>9:30 Zumba Gold\$ 9:30 Canasta 11 Are You from the Bronx? 12 Lunch Program* 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ 1 Wood Carving 1:30 Grief Support* 2:30 Yoga\$</div>	<div>20</div> <div>9 Brookfield Trekkers 9 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 12 Lunch Program* 1 Bridge, Pinochle &amp; Mahjongg 1 Chair Yoga\$</div>	<div>21</div> <div>9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting 11 Let's Talk 12 Lunch Program* 12:30 Movie Matinee- <i>The BFG</i> 1 Functional Strength &amp; Balance\$ 1 Scrabble 2:30 Yoga\$</div> <div></div>	<div>22</div> <div>9:30 LI Aerobics\$ 10 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Strengthening with Cassie\$ 2:30 Tech Assist* 6:45 Advanced Tai Chi\$</div> <div><i>Trip: NY Botanical Garden. Bus departs at 8:30 a.m.</i></div>	<div>23</div> <div>9:30 Mahjongg 9:30 Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Ice Cream Social*</div>	<div>24/25</div> <div>9:30 Saturday Zumba\$</div>
<div>26</div> <div>9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ 1 Wood Carving 1:30 Grief Support* 2:30 Yoga\$</div>	<div>27</div> <div>9 Brookfield Trekkers\$ (rain date) 9 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 11:30 Blood Pressure NMVNA 12 Lunch Program* 1 Bridge, Pinochle &amp; Mahjongg 1 Chair Yoga\$</div>	<div>28</div> <div>9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength &amp; Balance\$ 1 Alzheimer's Support 1 Scrabble 2:30 Yoga\$</div>	<div>29</div> <div>9:30 LI Aerobics\$ 10 Paint &amp; Draw \$ 10:30 Sharps &amp; Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Strengthening with Cassie\$</div> <div>6:45 Advanced Tai Chi\$</div>	<div>30</div> <div>9:30 Mahjongg 9:30 Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Hot Dog Bingo*\$</div> <div> ANNUAL MEMBERSHIP APPLICATIONS DUE!</div>	<div>1/2</div> <div>9:30 Saturday Zumba\$</div> <div>Reminder: we are closed Monday, July 3 and Tuesday, July 4</div>