



# Brookfield Senior Center

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

## June 2018

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

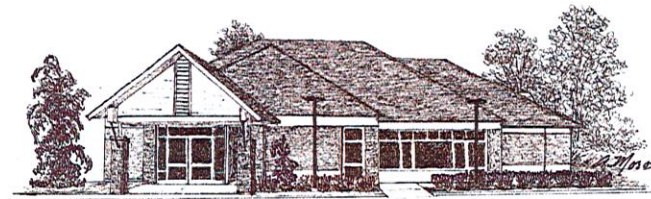
<https://www.brookfieldct.gov/senior-center>

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)

Social Services Outreach Coordinator- [ncronin@brookfieldct.gov](mailto:ncronin@brookfieldct.gov)



### **AARP Safe Driving** **Friday, June 8, 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 Breakfast** **Friday, June 15 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 by Tuesday, June 12 so we know how many to prepare for!*

### **Annual Membership Applications Due**

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

### **Fabulous Friday Hot Dog Bingo** **Friday, June 22 at noon**



Join us for an afternoon of Bingo and a hot dog lunch. Cost is \$5 per person. *Sign up by June 19 so you don't miss the fun!*

***Please pay attention to our Calendar for closings related to rescheduled installation of Sound System.***



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

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

**Let's Talk – Wednesday at 11 a.m.** Join this friendly group that discusses one topic each meeting.

**Ask an Attorney Round Table – Wednesday, June 20 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.*

**Are You From the Bronx? – Monday, June 18 at 11 a.m.** Join this wonderful group of Bronx transplants and make some new friends.

**Blood Pressure Screening (New Milford VNA) – Tuesday, June 26 at 11:30 a.m.**

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

**Alzheimer's Support Group – Wednesday, June 27, from 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 is led by an Alzheimer's Association Facilitator.

**Friends of Brookfield Senior Center - Tuesday, June 12 at 12:30 p.m.** Please join as we discuss happenings at the Senior Center. We will be voting on officers for next year so every vote counts. Refreshments will be provided.

### ***Aging Gracefully***

#### ***A Three-part Lunch and Learn Series Continuing June 1 and 15***

We're pleased to partner with New Milford VNA, The Village at Brookfield Common and River Glenn Health Center to present this informative series. *Please sign up so we know how many to prepare for.*

### ***Movie Matinee***

**Friday, June 8 at 1 p.m. *I, Tonya.*** (2017 Rated R 2hr)  
This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics.



### ***Brookfield Trekkers***

#### ***It's a Mystery!***

***Thursday, June 14 at 9 a.m. (Rain date: June 21)***

Join us on Thursday, June 14 for a mystery hike! We have some great hikes in mind, full of fauna and flat trails in some of your favorite locations, but we couldn't decide. It might be very close by or it might be up north. *Please sign up so we can figure out the driving situation. Cost is \$3 per person payable in advance.*

### ***Brain Drain Trivia and Lunch Friday, June 29 at noon***

Nothing says summer like a little trivia! It's the "Brain Drain Trivia Game"! Join JaKeith Jackson from The Watermark at East Hill as he tests your knowledge of the world's fun historical trivia. Topics will include music, the 50s, movies and more. Have a team? Great! Solo act? Even better! Everyone has a shot at the top and a chance to win prizes with the "Brain Drain Trivia Game".

*Please sign up so we know how many to expect.*



## **TRY IT FREE**

**Free round trip  
SweetHART ride**



**Door-to-door transportation  
service for seniors age 65  
or older and persons of  
any age with a  
mobility disability.**

**Get picked up at your residence for rides for  
any purpose: medical trips, shopping etc.**

**Ask your Senior Center Staff  
for a free pass and more info**





## *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 with Kris – Tuesdays at 1 p.m.** 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.

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

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

**Strong Women Strong Bones with Lisa – Thursdays at 2 p.m.** 7 week series continues this month.

**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 check with your instructor to ensure you are wearing appropriate footwear and don't forget to bring your water bottle. Please consult your personal physician before beginning any new exercise class.*

## ***Painting with Adele***

***Beginning Monday, June 11 from 1 p.m. – 3:30 p.m.***

Adele Moros will be teaching a 6-week, still-life class beginning June 11. The cost is \$50 for the full six weeks. You will be working in the medium of your choice. For the first class, bring an object or drapery you'd like to use in your still life, your sketch book, charcoal or pencil. You will be guided on composing a still life; how to look for proper values, connective areas, color coordination and backdrops.



*You must register and pay in advance so that we know how many to set up for. Registration due June 7.*

***FOBSC Board Corner*** - If you are a member of the Brookfield Senior Center, you are a member of the Friends of Brookfield Senior Center. Please join us on *Tuesday, June 12 at 12:30 p.m.* for our last meeting until the fall. We want to hear your opinion and thoughts about improving the center. At the June meeting, we will be voting on officers for the 2018/19 year. Nominations are:

President: Art Gravenhorst  
Vice President: Joan Cirrone  
Treasurer: Mark Labadia  
Secretary: open

Please contact a member of the current Board if you are willing to serve next year. Please join us – your opinion counts, BUT we need to hear it!

# Brookfield Senior Center



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



*Check us out on Facebook*

**Senior Center Membership:** Brookfield residents age 60 and over can join the center at no cost, but you must be a member if you're interested in programs and services. 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 center activities. All members must sign in at the front desk upon entering the 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. 2018-2019 annual membership forms and dues are due by July 1.

**Personal Conduct:** The 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 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 toward others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination toward any person for any reason will not be tolerated. Town of Brookfield employees 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!***

**Wednesday, June 6:** Brooklyn's Best! Join us for a day in Brooklyn's most captivating neighborhoods. Lunch on your own in DeKalb Market Hall. Cost \$70pp. *Wait List only.*

**Wednesday, July 25:** Cruise aboard a 19<sup>th</sup> Century Mississippi Riverboat on Webster Lake in Webster, MA. Cost is \$94/pp. *Wait List only.*

**Thursday, August 23:** Our Annual Mystery Trip – a favorite trip of the year! A destination of mystery; a stop full of history; a delightful motor coach ride; a costumed guide. Cost is \$100/pp. *Wait List Only*

**September 5-7:** Atlantic City and Cape May. We will spend two nights at Resorts Casino located on the Atlantic City Boardwalk, where you can enjoy your casino bonus (slots, food credit, show, meal credits). On day two we depart for beautiful Cape May, NJ, where you can enjoy the day touring the Emlen Physick Estate, the downtown Historic District, Cape May Point and Sunset Beach. Cost \$337pp/double. *Now accepting deposits.*

**Thursday, September 27:** *The Drowsy Chaperone* at Goodspeed Opera House. After a pre-show lunch at LaVita located across the street from the Goodspeed Opera House, you will enjoy this show, which won five Tony awards and features one show-stopping song and dance number after another. Cost \$138pp. *Now accepting reservations.*

**Wednesday, October 24:** Back by popular request, we will be returning to the Culinary Institute for lunch at its American Bounty Restaurant. Menu includes Pumpkin Apple Soup, Roasted Pork Loin with crispy mushroom polenta, Merlot sauce and sautéed spinach, and an apple tarte with vanilla ice cream. Lunch will be followed by a guided tour of The Vanderbilt Mansion National Historic Site. Cost \$97/pp. *Now accepting reservations.*

**Wednesday, November 14:** *Come from Away* on Broadway. This 2017 Tony Award winning musical is the remarkable true story of the small town that welcomed the world. Cost includes lunch and orchestra seats for this show. Cost \$210. *Now accepting reservations.*

**Tuesday, December 11:** *Our Annual Holiday Sparkle Trip to the Big Apple returns!* Join us for a wonderful day in Manhattan. The day includes Bryant Park Craft shopping, lunch, and a guided riding tour of Manhattan's holiday lights. Cost is \$90/pp. *Accepting reservations July 2.*

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

### ***Ongoing Classes/Activities***

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

**Ping Pong and Wii Bowling – Tuesdays 9:30 a.m., Wednesday 8:30 a.m. and Thursdays 10:30 a.m.**

**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.

### ***SafeTEA with People's Bank*** ***Wednesday, June 13 at 2 p.m.***

Our friends from People's bank in Brookfield will be with us to have some fun and tea while we have a serious discussion about crime prevention topics. Join us for this important discussion on a topic that everyone is concerned about. Please sign up.





***News You Can Use from Brookfield Social Services***  
***Lorraine Kelley, LCSW***  
***203-775-7312***

***Good News from the Medicare Savings Program***

There will be no changes to the qualifying income levels for the Medicare Savings Programs. Individuals on these programs will continue to receive the same benefits.

***Low Vision Support Group***

The Low-Vision Support Group will meet on Wednesday, June 13 at 9:45 a.m\*. This informative and interactive group meets the second Wednesday of each month, except January and February. Transportation is available for those who need it. June's meeting will welcome Marie Crawford, RN, who has low vision. She will speak about new advancements in gene replacement therapy to treat low-vision. Please call Lorraine for more information. We look forward to meeting you.

\*Please note the time change

***Looking for Help at Home?***

We are excited to introduce our new Job Bank Program! If you need handyman services, a painter, someone to clean your house, a caregiver or gardener, we have people who can assist you at a price that might fit your budget. You are responsible for hiring them, negotiating a price, and setting the hours.

If you want to offer services and make some extra money, this might be the program for you too! Please call our Outreach Coordinator, **Nancy Cronin, at 203-775-5238** with any questions and/or to sign up.

***Renter's Rebate for the Elderly and Disabled***

Income-eligible renters who are over 65 years old or totally disabled (18-64 years old) 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?**

- 2017 gross income below \$35,300 if unmarried or \$43,000 if married
- A copy of your 2017 income tax return, if filed
- Proof of all income for 2017 including Social Security, pension, V.A. pension, bank interest, stocks, bonds, rental income, etc.
- Proof of all housing expenses paid for 2017 such as: rent, electric, gas, and fuel bills

**When and where do I apply?**

- April 1 to October 1, 2018 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 (203-775-7312).

***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



Take  
Control



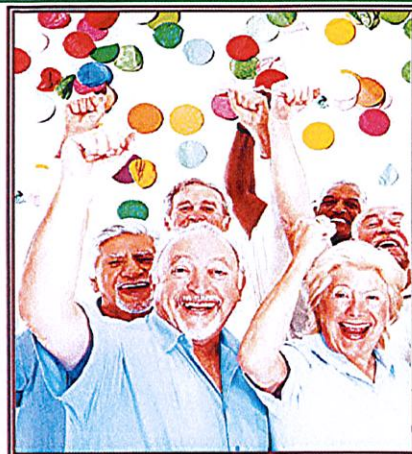
"It's Your Life...Live it Well"

## Join a **FREE** 6-week Live Well Workshop Today!

For more info, call Brookfield Senior Center at 203-775-5308

Feel  
Better

*Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease or depression? Or do you care for someone who does? This workshop can help you be in control and feel better!*



Energize

### **You will learn:**

- Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- Better ways to talk to your doctor about your health
- Communication techniques to make your needs known
- How to make a step-by-step plan to improve your health and your life

Live

**No Cost to Attend • Once a Week for Six Weeks • Caregivers Welcome**

Enjoy

**Dates: Tuesdays, July 24 – August 28, 2018**

**Time: 9:30 a.m. – 12 p.m.**

**Place: Brookfield Senior Center**

**Address: 100 Pocono Road, Brookfield**

**To Register: Call 203-775-5308**

***Space is limited; sign up today! Raffle and giveaways!***



A Self-Management Resource Center (SMRC) Program developed by Dr. Kate Lorig, Virginia González and Diana Laurent





***Brookfield Senior Center  
presents:  
Lunch and Learn Series***

***Aging Gracefully***  
a three-part series:



NEW MILFORD VISITING NURSE  
ASSOCIATION & HOSPICE  
860.354.2216 • newmilfordvna.org

Heidi Bettcher, RN, BSN  
Community Health Nurse Coordinator  
New Milford VNA and Hospice

***Decluttering***

Friday, May 18, 2018

From 12:00pm-1:30pm

***Communicating with  
Your Adult Children***

Friday, June 1, 2018

From 12:00pm-1:30pm



AT  
BROOKFIELD  
COMMON

*A Benchmark Senior  
Living Community*

Debi Coniglio  
Director of Business Development  
phone: 203 775 8696

***Five Wishes***

Friday, June 15, 2018

From 12:00pm-1:30pm



162 South Britain Road, Southbury, CT 06488  
Call today: 203.264.9600

Dana Christos  
Director of Marketing

Presented by  
Catherine Vlasto, LCSW  
Hospice Social Worker  
New Milford VNA & Hospice

**Please RSVP to Front Reception at  
Brookfield Senior Center**






**Luncheon Sponsors:**  
The Village at Brookfield Common &  
River Glen Health Care Center





SENIOR ACTIVITIES ~ JUNE 2018  
BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD  
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>*Sign Up Required</p> <p>\$ Fee Required</p>	<p>Lunch is served Monday - Thursday at noon.</p> <p>Please call the kitchen phone <b>TWO</b> days in advance to make a reservation: 203-775-5237</p>			<p>1</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12:00 Lunch &amp; Learn – <i>Aging Gracefully Part 2 - Communicating with Adult Children</i> with NMVNA, River Glenn Health Care Center and The Village at Brookfield Commons*</p>	<p>2/3</p> <p>9:30 Saturday Zumba</p>
<p>4</p> <p>9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ 1 Wood Carving 2:30 Yoga\$</p>	<p>5</p> <p>9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 12 Lunch Program* 1 Bridge, Pinochle &amp; Mahjongg 1 Chair Yoga\$</p>	<p>6</p> <p>8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength &amp; Balance\$ 1 Scrabble 2:30 Yoga\$</p> <p></p> <p>Brooklyn's Best! Bus Departs at 8 a.m.</p>	<p>7</p> <p>9:30 LI Aerobics\$ 10 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Functional Strength &amp; Balance\$ 2 Strong Women\$*</p>	<p>8</p> <p>9 AARP Safe Driving*\$ 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee – <i>I, Tonya</i></p> <p></p>	<p>9/10</p> <p>9:30 Saturday Zumba</p>
<p>11</p> <p>9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ 1 Still Life Class with Adele*\$ 2:30 Yoga\$</p>	<p>12</p> <p>9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 12 Lunch Program* 12:30 FOBSC Meeting 1 Bridge, Pinochle &amp; Mahjongg 1 Chair Yoga\$</p>	<p>13</p> <p>8:30 Ping Pong 9:30 Tai Chi\$ 9:45 Low Vision Support Group 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength &amp; Balance\$ 1 Scrabble 2 SafeTEA with People's Bank* 2:30 Yoga\$</p>	<p>14</p> <p>9 Brookfield Trekkers\$ 9:30 LI Aerobics\$ 10 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling &amp; Ping Pong 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Functional Strength &amp; Balance\$ 2 Strong Women\$*</p> <p></p> <p>HAPPY FLAG DAY</p>	<p>15</p> <p>9 Father's Day Men's Breakfast* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12:00 Lunch &amp; Learn – <i>Aging Gracefully Part 3 – 5 Wishes</i> with NMVNA, River Glenn Health Care Center and The Village at Brookfield Commons*</p>	<p>16/17</p> <p>9:30 Saturday Zumba</p> <p></p> <p>HAPPY FATHER'S DAY</p>
<p>18</p> <p>9:30 Zumba Gold\$ <b>Cancelled</b> 9:30 Canasta 11 Are You from the Bronx? <b>Library</b> 12 Lunch Program* <b>Craft Room</b> 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ <b>Cancelled</b> 1 Still Life Class with Adele*\$ 2:30 Yoga\$ <b>Cancelled</b></p>	<p>19</p> <p>9 Mahjongg 9:30 Line Dancing\$ <b>Cancelled</b> 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting <b>Cancelled</b> 12 Lunch Program* <b>Craft Room</b> 1 Bridge, Pinochle &amp; Mahjongg <b>Cancelled</b> 1 Chair Yoga\$</p>	<p>20</p> <p>8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength &amp; Balance\$ 1 Scrabble 2:30 Yoga\$</p>	<p>21</p> <p>9 Brookfield Trekkers\$ <i>(rain date)</i> 9:30 LI Aerobics\$ 10 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Functional Strength &amp; Balance\$ 2 Strong Women \$*</p>	<p>22</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Hot Dog Bingo*</p> <p></p>	<p>23/24</p> <p>9:30 Saturday Zumba</p>
<p>25</p> <p>9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle &amp; Games 1 Strength/Balance\$ 1 Still Life Class with Adele*\$ 2:30 Yoga\$</p>	<p>26</p> <p>9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 11:30 NMVNA Blood Pressure Clinic 12 Lunch Program* 1 Bridge, Pinochle &amp; Mahjongg 1 Chair Yoga\$</p>	<p>27</p> <p>8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength &amp; Balance\$ 1 Scrabble 1 Alzheimer's Support Group 2:30 Yoga\$</p>	<p>28</p> <p>9:30 LI Aerobics\$ 10 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge &amp; Poker 1 Mahjongg 1 Functional Strength &amp; Balance\$ 2 Strong Women</p>	<p>29</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Lunch and Trivia with Watermark*</p> <p><b>ANNUAL MEMBERSHIP APPLICATIONS DUE!</b></p>	<p>30</p> <p>9:30 Saturday Zumba</p> <p>Reminder: we are closed on Wednesday, July 4</p>