

Brookfield Senior Center

“... a place where things are happening!”

May 2022 Newsletter

It's so wonderful that we can finally celebrate our members, our mothers and each other in-person! However, as Covid numbers are on the rise again, we continue to be mindful about social distancing and managing our program sizes. Each month, we're safely adding additional programs. This month we're bringing back our Mother's Day event and line dancing with Jill. Please join us. *Registration for May programming begins on April 25. Please use the enclosed registration form.*



Mother's Day Luncheon and Presentation

Friday, May 6 at noon



Join us as we celebrate mothers, mother figures, and of course, each other. Please remember to wear your fancy hat for this special event, which is free for all Senior Center members, their mothers, and daughters. A light lunch will be served, and special Mother's Day flowers will be given courtesy of Synergy Home Care.

After lunch, we'll welcome Susan Jerome, Collections Manager at the University of Rhode Island Historic Textile and costume Collection. Susie's presentation will look at the ways in which clothing was used to illustrate or inspire broader transformations within society. Starting with the 1800's, Susie will discuss the people and ideas that continue to influence what is worn today. *Register on the enclosed form.*

Charm Bracelet Workshop in honor of Mother's Day

Thursday, May 5 at 10:30 a.m.

Join Nicole Believe, of Candlewood Valley Health and Rehab and make your own charm bracelet. Learn the art of making your own custom jewelry in this fun workshop. *Register on the enclosed form.*

AARP Safe Driving – In Person Class

Friday, May 20 from 9:00 a.m. to 1:00 p.m.



The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips. Connecticut residents age 60 and older who complete this class will qualify for a minimum of a 5 percent automobile liability insurance discount for at least two years. *You must register using the enclosed registration form and pay in advance – your check holds your spot in the class. Cost is \$20/AARP members and \$25/nonmembers (checks only - made payable to AARP Safe Driving).*

Games and Tournaments!

Tuesday, May 3 and 24 at 10:30 a.m. – Corn Hole. This is a game everyone can participate in. We'll take some time to learn how to play, play a few games and perhaps have a tournament.



Tuesday, May 17 and 31 at 10:30 a.m. – Nintendo Wii Bowling

Come join us and get ready for some bowling fun. You'll learn how to set up the system, how to play on the virtual bowling alley, and then play a few games.

Mark your Calendars:

Join us For Lunch. We're serving lunches Monday through Thursday at noon. You need to register at least one week in advance. The suggested donation is \$3.00 per lunch.

Coloring Club - Mondays at 1:30 p.m. Get out of the house and enjoy the company of others while having some fun coloring. Coloring books are not just for kids! Adult coloring has been shown to help reduce stress, boost mental clarity, exercise fine motor skills, and help train the brain to focus and generate a creative mindset. Bring your own coloring supplies or use ours.

Knitting, Crocheting and Quilting – Tuesdays at 10:00 a.m. Bring your own project and enjoy the company of other like-minded seniors. This is a great way to make new friends.

Art with Adele - Tuesdays, 1:00 p.m. – 3:00 p.m. Bring your own supplies and painting project and join Adele and friends. Space is limited to ten participants. *Register on the enclosed form.*

Bridge, Mahjongg, Canasta, Scrabble and POKER – Tuesdays and Thursdays at 1:00 p.m. Gather your table and join us for cards and games Tuesdays and Thursdays. You can play either day or both days. We will be setting up the **POKER** table on Thursdays only.

Let's Talk- Wednesdays at 10:45 a.m. This friendly group will gather to connect and chat. Just walk in and join this fun and lively group.

Weekly Activity Packets - Weekly Activity Packets are available for pickup every Friday. Packets are filled with coloring sheets, puzzles, articles, and more. (No need to sign up – just enjoy the fun)

Ask an Attorney Roundtable - Thursday, May 5 at 9:30 a.m. Michelle Ligouri, JD, is here to help you with your *general legal questions*. A public, round-table format will be used for this informative session. Space is limited to six participants who have not previously attended. Register on the enclosed form.

NOTE DATE CHANGE! Friends of Brookfield Senior Center (FOBSC) – Tuesday, May 17 at 12:15 p.m. Please join us as we discuss activities at the Center.

Blood Pressure Screening - Thursday, May 19 from 9:00 a.m. – 1:00 p.m. Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton.

Reflexology with Eileen – Friday, May 13 and 27. Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Use the enclosed registration form and Eileen will contact you to schedule. *Cost is \$35 for a 30-minute session payable directly to Eileen.*

Fabulous Friday Bingo. Friday, May 27 at 1:00 p.m. Join us for an afternoon of fun and prizes, compliments of Bethel Health Care. Registration is required on the enclosed form.

Senior Center Book Club – Wednesday, May 25 at 1:30 p.m. Our book for May is *The Sweetness of Water* by Nathan Harris. In the waning days of the Civil War, two freed black men seek refuge on the farm of a white family who have just lost their only son to the war. A moving novel of profound beauty and terror. Books will be on reserve for us at the Brookfield Library. *Register on the enclosed form.*

Brookfield Knights of Columbus brings lunch to you - Saturday, May 14

Community volunteers are delivering a hot lunch to Brookfield seniors on the second Saturday of the month. Please use the enclosed registration form to sign up by Thursday, April 5. Delivery is between 11:15 a.m. and 12:15 p.m. *You must be home to accept delivery.*

***From Lorraine Kelley, LCSW, Social Services Coordinator
203-775-7312***

Elderly and Disabled Homeowner's Property Tax Credit

There's still time to file a Homeowner's Property tax credit for persons 65 and older or disabled. The filing period ends May 15. To file, you'll need your 2021 tax return if you filed one and a 2021 SS 1099 form from Social Security (should be with your tax return). If you did not file a 2021 return, you'll need to provide all your 2021 1099s for Social Security, pensions, interest and dividends and distributions. You may go directly to the Assessor's Office to file. They'll provide assistance if you need it.

Using the equity you have in your home

There are options to obtain financing to be able to remain in one's home without having to sell or move. One option is a Reverse Mortgage (RM). The idea behind a RM is to be able to access the equity in your home to pay off debt (*i.e.*, a mortgage or credit card debt), finance necessary repairs, pay property taxes, purchase necessary items (such as a car, lift chair, stair glide, etc.) or just be able to do some things you'd like to do (*i.e.*, travel, visit grandkids, buy new clothing or gifts, etc.). The amount of money that you can get from a RM will depend on many factors including the value of your home and how much you still owe on it. Please use the link below to understand a little more about them and to determine whether they would be right for you. <https://www.dummies.com/article/business-careers-money/personal-finance/loans-credit/mortgages/reverse-mortgage-work-251551>.

There are other credit loan options that may work better for you. You can speak to a licensed loan officer or contact HUD for a list of housing counselors who will walk you through your options and explain them to you. For more information call this nationwide number (800) 569-4287 to get a list of HUD counseling agencies in CT.

Renter's Rebate

Filing period continues through October 1. If you rented in 2021, were age 65 or older or disabled and your income (including Social Security) was no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a rebate from the State. For more information about this program and your eligibility, please contact Lorraine Kelley at 203-775-7312.

CEAP

Applications for CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$39,027 (individuals) and \$51,035 (couples), you may be eligible for assistance with your heating bills. Please call Lorraine Kelley at 203-775-7312 if you think you qualify.

Brookfield seniors! Have you gotten your second COVID-19 booster shot?

Data continue to show the importance of vaccination and booster doses to protect individuals from both infection and severe outcomes of COVID-19. As with vaccines for other diseases, people are best protected against infection with the virus that causes COVID-19 when they stay up to date with vaccinations.

The CDC recently updated its recommendations to allow people over the age of 50 who received an initial booster dose at least 4 months ago to be eligible for another mRNA booster to increase their protection against severe disease from COVID-19. These updated recommendations acknowledge the increased risk of severe disease in certain populations, including those who are elderly or over the age of 50.

The Brookfield Health Department is currently providing the Moderna COVID-19 booster on Tuesdays and Thursdays from 1:00 – 3:00 p.m. at the clinic in Town Hall. Please call Tracey Cahill RN, Brookfield's Public Health Nurse at (203) 775-7314 to schedule your booster. Tracey is available any time to answer your COVID or other health-related questions. She would love to hear from you.

Brookfield Senior Center



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

Brookfield Senior Center

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

Senior/Social Services Program Coordinator:

Amy Diezemann adiezemann@brookfieldct.gov

Senior/Social Services Administrator

Kathy Creighton kcreighton@brookfieldct.gov

Social Services Coordinator

Lorraine Kelley, LCSW
lkelly@brookfieldct.gov

All Are Welcome Here!

Brookfield Senior Center respects the diversity of our members. You will find a warm welcome regardless of sex, age, race, ethnicity, religion, national origin, range of abilities, sexual orientation, gender identity, financial means, education level and political



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:

Main Phone: 203-744-4070

Reservations: Press 3

Meals on Wheels:

Home delivered meals for those 60 years of age or older who are homebound.

Main number: 800-994-9422

Elder Justice Hotline:

If you are the victim of scam, or neglected, exploited, or abused, they are here to help.

Main phone: 860-808-5555

Improve Your Mind & Body

Yoga with Eileen: Mondays at 10:00 a.m. This yoga class includes postures to work on strength, flexibility, balance, and movement to make you feel stronger. Bring your own floor mat.

NEW DAY! NEW TIME! *Back in Balance with Kathy - Entry Level Class:* Mondays at 1:15 p.m. **and** Thursdays at 10:30 a.m. Gently work on balance, range of motion, flexibility, and strength. Gentle enough for those with arthritis or other limitations. Learn about your body and its asymmetries. Practice different styles of meditation.

Cardio Dance Party with Matt: Tuesdays at 9:30 a.m. Come for the party music and stay for the dance moves. You won't want to miss this opportunity to dance with Matt every Tuesday morning.

NEW! *Line Dancing with Jill:* Tuesdays at 1:30 p.m. We are thrilled to welcome back our favorite Line Dancing instructor! Everyone will enjoy this fun and entertaining class. Beginners welcome.

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. Susan's gentle encouragement and enthusiasm will help you quickly feel the benefits of this class.

Functional Strength and Balance with Cassie – Intermediate Level Class: Wednesdays at 1:00 p.m. The focus of this class is on movement and range of motion exercises through all the joints and muscles in your body with multiple directional movements. Bring your hand weights.

Chair Yoga with Eileen: Wednesdays at 2:30 p.m. You get all the benefits of movement and breath work without having to get down on the floor. You can do everything in chair yoga that you do in floor yoga. This class is appropriate for beginner and advanced students.

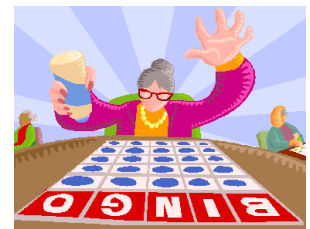
Bandstand Boogie with Matt: Thursdays at 9:30 a.m. This fun and easy class mixes basic choreography with freestyle movements. No dance experience needed. Open to all fitness levels.

Wellness and Wisdom with Eileen: Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen your body and mind. Bring your own light hand weights and a small ball. Class includes movement, strength training with hand weights and balance work and can be adapted to your level.

Register and pay using the enclosed form each month. Please consult your personal physician before beginning any new exercise class. Wear appropriate footwear and clothing for and always bring your water.

Fabulous Friday Hot Dog Bingo! ***Friday, May 27 at noon***

Join us for a hot dog lunch and bingo starting at noon.
Bingo and prizes are sponsored by Danielle Ramos at Bethel Health Care.
Please register on the enclosed form – cost is \$5 per person.



Men's Breakfast ***Friday, May 13 at 9:00 a.m.***

Come join your friends for a simple breakfast and time to talk and catch up.
Please register on the enclosed form.



Programs and Life-Long Learning ~ Come explore and discover

AARP Virtual U Community offers a wide variety of FREE interactive online events and classes designed for learning, self-improvement, and fun. It changes daily: <https://local.aarp.org/brookfield-ct/aarp-events/>

Center for Interactive Learning: Happy Trails, Follow the Buffalo: Tuesday, May 10 at 4:00 p.m. Join us for a lesson with a park ranger on the different ways American Indian tribes utilized the sacred animal. Programs are held in collaboration with the Penn Museum and the National Park Museum. *Register on the attached form and the Center will send you a Zoom link.*

Oasis Senior Advisors Downsize Gourmet: Monday, May 16 at 3:00 p.m. Enjoy preparing smaller scale recipes from the comfort of your home. *Register on the enclosed form. The Center will send you the link.*

Movie Matinee

Friday, May 13 at 1:00 p.m. CODA. As a CODA (Child of Deaf Adults), Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents. Winner of the Oscar for Best Motion Picture of the Year. *Co-starring Marlee Matlin and Troy Kotsur; 1hr 51min.*

Friday, May 20 at 1:00 p.m. King Richard. Armed with a clear vision, Richard Williams is determined to write his daughters, Venus and Serena, into history. The girls are shaped by their father's unyielding commitment and their mother's balanced perspective and keen intuition, defying the seemingly insurmountable odds. *Co-starring Will Smith and Anjanue Ellis; 2hr 25m.*

Friday, June 3 at 1:00 p.m. West Side Story. *Mark your calendar!*

Mark Your Calendar:

- Brookfield Day & Lions Club Shred Day is Saturday, May 21: 9:00 a.m. to 1:00 p.m.
- Candlewood Lake free beach passes are available through Parks and Recreation
- The Brookfield Farmer's Market opens Friday, June 17 at 3:00 p.m.
- The Concerts in the Park begin on Friday, June 17 at 6:30 p.m.

Memorial Day Cupcakes Mimi's Cake Decorating Wednesday, May 25 from 10:00 a.m. - noon

Feeling festive and creative? Want to try something new? Then, join Jen from Mimi's Cake Decorating and learn how to properly frost a cupcake – Memorial Day style. Each participant will receive twelve cupcakes to practice on, decorate and take home.

There is a twelve person maximum for this event.
Register on the enclosed form.



Bird & Nature Walk Still River Greenway Wednesday, May 11 at 10:00 a.m.

There is so much to see, explore and learn about right out our back door. Cathy Hagadorn, Deer Pond Farm in Sherman, will lead a 2-hour walk along the Still River Greenway. Cathy will talk about the different birds, flora and fauna along this path. Meet Cathy at the Police Station entrance. Be sure to wear appropriate clothing and walking shoes for weather. No rain date. *Register on the attached form.*

Wildlife Wednesday Bear Reality Wednesday, May 18 at 10:00 a.m.

Felicia Ortner of Bear Reality and volunteer for DEEP will fascinate you on her knowledge of history, anatomy, and behaviors of the bears in our back yard. Why are they so calm as they walk up to our door? *Register on the enclosed form.*



BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

May 2022

You must have a current membership form on file for 2021-2022.

Name: _____

Phone: _____

	Monthly Cost	Total
___ Mon Yoga at 10:00 a.m.	\$15	\$_____
___ Mon Back in Balance at 1:15 p.m.	\$15	\$_____
___ Tues Dance Party at 9:30 a.m.	\$20	\$_____
___ New Class: Tues Line Dancing at 1:30 p.m.	\$20	\$_____
___ Wed Tai Chi at 9:30 a.m.	\$15	\$_____
___ Wed Functional Strength & Balance at 1:00 p.m.	\$15	\$_____
___ Wed Chair Yoga at 2:30 p.m.	\$15	\$_____
___ Thurs Bandstand Boogie at 9:30 a.m. (no class 5/12)	\$10	\$_____
___ Thurs Back in Balance at 10:30 a.m.	\$15	\$_____
___ Fri Wellness & Wisdom at 10:30 a.m. (no class 5/6)	\$10	\$_____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$_____
___ Corn Hole Games: Tuesday, May 3 and 24 at 10:30 a.m.		
___ Ask an Attorney: Thursday, May 5 at 9:30 a.m.		
___ Charm Bracelet Workshop: Thursday, May 5 at 10:30 a.m.		
___ Mother's Day Luncheon: Friday, May 6 at noon		
___ CILC – Follow the Buffalo: Tuesday, May 10 at 4:00 p.m. (Zoom)		
___ Bird and Nature Walk: Wednesday, May 11 at 10:00 a.m. (offsite)		
___ Men's Breakfast: Friday, May 13 at 9:00 a.m.		
___ Movie Matinee: Friday, May 13 at 1:00 p.m. CODA		
___ Knights of Columbus lunch delivery: Saturday, May 14 at Noon		
___ Address: _____		
___ Downsize Gourmet: Monday, May 16 at 3:00 p.m. (Zoom)		
___ Wii Games: Tuesday, May 17 and 31 at 10:30 a.m.		
___ Wildlife Wednesday: Wednesday, May 18 at 10:00 a.m.		
___ Blood Pressure Screening: Thursday, May 19 (call for time)		
___ AARP Safe Driving: Friday, May 20; <i>include check payable to AARP</i> Safe Driving. Check <u>MUST</u> accompany registration.		
___ Movie Matinee: Friday, May 20 at 1:00 p.m. <i>King Richard</i>		
___ Mimi's Cake Decorating: Wednesday, May 25 at 10:00 a.m. – noon		
___ Book Club: Wednesday, May 25 at 1:30 p.m.		
___ Hot Dog Bingo: Friday, May 27 at noon	\$5	\$_____
___ Reflexology with Eileen: ___ Friday, May 13 or ___ Friday, May 27		
___ Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> .		\$_____




CW Solutions Community Café

May, 2022

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Orange Juice Ziti with Meatballs in Marinara Sauce Italian Blend Veggies Parmesan Cheese</p> <p>Breadstick</p> <p>Pudding</p>	<p>3</p> <p>BBQ Ranch Chicken Confetti Rice Cauliflower</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>4</p> <p>Cream of Mushroom Unsalted Crackers Fish Fillet Potato Wedges Cole Slaw Tartar Sauce WW Hamburger Roll</p> <p>Tropical Fruit Cup</p>	<p>5</p> <p>Cinco de Mayo Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans</p> <p> Tortilla</p> <p>Brownie</p>	
<p>9</p> <p>Veal Parmesan Linguini and Sauce Winter Blend Veggies</p> <p>Oatmeal Bread</p> <p>Fresh Apple</p>	<p>10</p> <p>Vegetable Soup Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans</p> <p>Rye Bread</p> <p>Cantaloupe Wedge</p>	<p>11</p> <p>Pineapple Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic</p> <p>100% Whole Wheat</p> <p>Chocolate Chip Cookies</p>	<p>12</p> <p>Cranberry Juice Turkey Tetrazzini Brown Rice Brussel Sprouts</p> <p>Dinner Roll</p> <p>Pecan Spinwheel</p>	<p>13</p>
<p>16</p> <p>Vegetable Lasagna with Cream Sauce Zucchini</p>  <p>12 Grain Bread</p> <p>Fresh Orange</p>	<p>17</p> <p>Spaghetti with Meat Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Citrus Sections</p>	<p>18</p> <p>Pork Loin with Pan Gravy Brown Rice Peas and Onions</p> <p>Rye Bread</p> <p>Tropical Fruit Cup</p>	<p>19</p> <p>Cranberry Juice Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw</p> <p>Sub Roll</p> <p>Applesauce</p>	<p>20</p>
<p>23</p> <p>Turkey Kielbasa Pierogis Red Cabbage</p> <p>Rye Bread</p> <p>Applesauce</p>	<p>24</p> <p>Orange Juice Bruschetta Chicken Penne Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Short Bread Cookies</p>	<p>25</p> <p>Baked Potato Bar Chili Baked Potato Cheese Broccoli Sour Cream</p>  <p>Corn Muffin</p> <p>Fruited Yogurt</p>	<p>26</p> <p>Cranberry Juice Crab Cakes Rice Pilaf Brussel Sprouts</p> <p>WW Dinner Roll</p> <p>Ice Cream Sandwich</p>	
<p>30</p> <p>Closed</p> 	<p>31</p> <p>Orange Juice Sliced Turkey Rice Summer Squash</p> <p>Oatmeal Bread</p> <p>Birthday Cake</p>			

SENIOR ACTIVITIES ~ MAY 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club	3 9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 10:30 Corn Hole 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	4 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga	5 9:30 Bandstand Boogie 9:30 Ask an Attorney 10:30 Back in Balance 10:30 Charm Bracelet Workshop 12:00 Lunch Program 1:00 Cards and Games/ Poker 	6 10:30 Wellness and Wisdom cancelled 12:00 Mother's Day Luncheon Weekly Packet Pickup 
9 10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club	10 9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 4:00 CILC –Zoom Happy Trails: Follow the Buffalo	11 9:30 Tai Chi 10:00 Bird & Nature Walk: Still River 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga 	12 9:30 Bandstand Boogie cancelled 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker	13 9:00 Men's Breakfast 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Movie Matinee: CODA Weekly Packet Pickup Saturday May 14: noon KoC Lunch delivery
16 10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club 3:00 Downsize Gourmet Zoom	17 9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 10:30 Wii Bowling 12:00 Lunch Program 12:15 FOBSO 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	18 9:30 Tai Chi 10:00 Wildlife Wednesday! 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga 	19 9:00 Blood Pressure Screening 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker	20 9:00 AARP Safe Driver Course 10:30 Wellness and Wisdom 1:00 Movie Matinee: King Richard Weekly Packet Pickup Saturday, May 20: Lions Club Shred Day
23 10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club June Registration Begins	24 9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 10:30 Corn Hole 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	25 9:30 Tai Chi 10:00 Mimi's Cake Decorating 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 1:30 Book Club 2:30 Chair Yoga 	26 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker	27 10:30 Wellness and Wisdom 12:00 Hot Dog Bingo with Bethel Health Care 12:00 Reflexology Weekly Packet Pickup 
30 Closed for Memorial Day 	31 9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 10:30 Wii Bowling 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing		Registration generally begins on the Monday of the last full week of the month. May 23 – June Registration begins June 27 - July Registration begins	Advance registration with the Center is required for all programs unless otherwise noted. Use the enclosed registration form.