

**GRAND BLANC  
SENIOR ACTIVITY CENTER**

12632 Pagels Dr.  
Grand Blanc, MI 48439  
Phone: (810)695-3202  
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Email: [gbseniorcenter@sbcglobal.net](mailto:gbseniorcenter@sbcglobal.net)  
Website: [gbseniorcenter.org](http://gbseniorcenter.org)  
Hours of Operation:  
Monday- Friday  
8:00AM-4:00PM

**JULY/AUGUST NEWSLETTER**

The center will be closed on Monday, July 4th in observance of Independence Day!! The center will also be closed on Tuesday, August 2nd for elections.

**GB SENIOR CENTER WELCOMES  
HURLEY MEDICAL CENTER**

Hurley has instituted the NICHE approach to healthcare- Nurses Improving Care for Healthsystem Elders. NICHE hospitals have higher patient & family satisfaction overall.

To learn more about Hurley and NICHE please plan on attending Thursday, August 4th at 12:30pm. Please call for reservations.

**SENIOR DAY AT THE GENESEE COUNTY FAIR  
WITH HELP FROM THE SENIOR DIRECTORS'  
ASSOCIATION**

**TUESDAY, AUGUST 16TH**

**FREE PARKING 9:00-10:00AM**

**FREE: COFFEE, DONUTS, ENTERTAINMENT,  
WAGON RIDES, DEMONSTRATIONS, ICE CREAM,  
TAKE HOME PROJECTS, AND MUCH MORE!!  
BINGO TENT OPENS AT 11:00AM (\$0.25 PER CARD)**

## CENTER INFORMATION

### CENTER STAFF:

Coordinator: Debra Gilbert  
Administrative Assistant: Misty Moen  
Secretary: Elaine Willingham  
Driver: Keith Kelley  
Maintenance: Bill Palacios

### YOUNG AT HEARTS ADVISORY BOARD:

Pat Miller	Gene Gubala
John Wentworth	Joann Jenks
Lydia Baker	Leona Krause
Bob Tresseder	Carolyn Stingel
Margaret Magness	

Our Advisory Board meets on the  
3rd Monday of each month at 8:30AM

### SENIOR CENTER VAN

Our van is available to members in good standing that have no means of transportation. Bus rides are limited to the Grand Blanc School District and are on a first come first served basis. There is a \$1.00 fee per person each way. Rides must be scheduled in advance-exceptions will only occur if there is a medical emergency.

The bus schedule is as follows:

Mondays: 8:00-4:00  
Tuesdays: 8:00-4:00  
Wednesdays: 8:00-4:00  
Thursdays: 10:00-1:00

### TRAVEL INFORMATION

Please note when booking a trip:

- If you are traveling outside of the United States you must have proper identification (Valid Passport or Enhanced Drivers License)
- When signing up for a trip appropriate monies are due at that time
- If you must cancel your reservation-refunds will only be given if a replacement traveler can be found-unless otherwise stated on the flyer

## **CENTER SERVICES**

### **INFORMATION & REFERRAL**

The Grand Blanc Senior Center offers a wide range of information and referrals to local agencies. If you are in need of assistance call the center and we will do our best to put you in touch with the appropriate agency.

### **MEDICAL LOAN CLOSET**

The center has a medical loan closet. Everything we have has been generously donated by people in our community. Some of the items we have available are: crutches, walkers, raised toilet seats, shower seats, and wheel chairs. If you are in need of medical equipment or have equipment to donate stop by the center.

### **GRAND BLANC HIGH SCHOOL PASS**

The Senior Pass is provided to adults 55 & over who reside in the Grand Blanc School District. The pass is good for all GB "Home" extra-curricular activities with a few exceptions. To pick up your pass simply come into the center and sign the register.

### **MEDICARE/MEDICAID ASSISTANCE**

Do you have questions regarding your Medicare or Medicaid health benefits? Well look no further-our MMAP volunteer Chuck can help you work out your concerns or questions. Call the office to set up an appointment with Chuck Mitchell.

### **MICAFAE FOOD ASSISTANCE**

MiCAFE, or Michigan's Coordinated Access to Food for the Elderly, helps older adults (60 and older) apply for a Bridge Card at their local Senior Center instead of having to go to DHS. This is an income based program.

## CENTER SERVICES

### COMMODITIES

The Commodities/TEFAP Program is a free food distribution program available to those that income qualify. Commodities are distributed monthly on the 3rd Thursday of each month. TEFAP is distributed on the 3rd Thursday of March, June, September, and December.

Income guidelines are as follows:

Commodities for 60 & older:

Family of 1     \$1,180/month or less

Family of 2     \$1,594/ month or less

TEFAP for 60 & older

Family of 1     \$1,452/month or less

Family of 2     \$1,961/month or less

### 911 EMERGENCY CELL PHONES

The Center has 911 Emergency Cell Phones available. These phones are great for carrying with you when you go for a walk, to the bathroom, to the mail box, or on a trip. Please note these phones will only call 911. Stop by the center and pick one up!

### GREETING CARDS

The center has a great selection of greeting cards. Cards are \$0.10 a piece-the best bargain in town! Greeting cards are generously donated to the center.

### PUZZLES

The center has a wonderful selection of puzzles available for you to take home. Puzzles are a great way to keep your mind active.

### LIBRARY

Stop in and visit our wonderful library. We have a wide selection of books including large print and books on tape/disc. Make sure you scan your key tag when you visit the library.

## HEALTH AND FITNESS

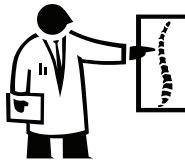
### FREE HEALTH SERVICES

**Blood Pressure Checks**  
**Tuesdays from 12:00-2:00PM**



### Chiropractic Care

**3rd Wednesday of every month from 9:00-10:00AM**



### WALKING CLUB

The center has a walking club that meets on Tuesday and Thursday mornings from 8:45-10:00am. The group walks inside (22 laps in the big room is 1 mile) and if weather permits they walk outdoors.

### VOLLEYBALL

Come on in and try your hand at volleyball.  
Our fun-loving group meets on Mondays at 10:45am  
and Thursdays at 1:30pm. No experience needed.

### PICKLE BALL

Try your hand at pickle ball on Thursdays at 3:30pm. Please check the calendar for changes.

### BODY RECALL

Body Recall is a low-impact, full body workout. Great class for everyone!

Classes are offered on:

**Body Recall 1:** Mondays-Wednesdays-Fridays: 8:30am

**Body Recall 2:** Mondays-Wednesdays-Fridays: 9:30am

**Body Recall 1:** Tuesdays-Thursdays-Fridays: 10:45am

**10-Week Session is currently running**

Cost for a 10-week session is \$40.

**PLEASE CHECK THE CALENDAR FOR MON-WED-FRI  
CLASS TIMES**

# **HEALTH AND FITNESS**

## **LINE DANCING**

The center has 3 opportunities for you to line dance!!  
Join our advanced group on Mondays from 12:00-1:30pm.

Beginner's group on Thursdays at 12:00-1:00pm

Cost for either afternoon class is only \$2.00

Thursday evening class at 6:30pm- Cost is \$5.00

## **TAI CHI**

According to the December 2010 US News & World Report-  
Tai Chi is a great way to improve your life. Tai Chi can help  
with stress,

balance, and coordination.

Our certified instructor Mike Shurig offers classes on  
Mondays:

Advanced: 2:00-3:00pm

Beginner's: 3:00-4:00pm

Cost for the 6-week session is \$36

**NEW 6 WEEK CLASSES WILL BEGIN ON JUNE 27TH**

## **YOGA**

Yoga means union... of mind, body, and spirit. With  
practice, yoga keeps you feeling, looking, and  
acting younger and healthier- in all areas of your life.  
Decrease stress as you increase your energy, strength,  
and self-confidence with a series of exercises designed  
to strengthen and lengthen the spine, the body's lifeline.

Learn graceful, gentle stretches to tone muscle, build  
stamina and balance, while improving concentration and  
flexibility. Energizing breathing techniques and a deep  
relaxation period at the end will help you emerge from  
class feeling incredibly rejuvenated, yet relaxed. Excellent  
for both beginners and advanced students.

Join Certified Yoga Instructor Julietta Chevalier on  
Wednesdays at 5:00pm

Fridays at 2:30pm

Classes are ongoing, so sign up any time to begin your  
6-week session for only \$30. Drop-ins are \$8.00

## **BOOK DISCUSSION CLUB**

Share your thoughts on the book of the month with our  
wonderful book club on the 2nd Thursday of every  
month at 10:00am

## **PROGRAMS AT THE CENTER**

### **WATERCOLOR**

Join Joe Green on Tuesdays from 9:30-11:30am. Joe has the ability to teach anyone to paint! Cost of a 4-week session is \$30.

New sessions will begin in the Fall, but the tables are available every Tuesday.

### **SCRABBLE**

Join our Scrabble players on Mondays and Wednesdays at 1:00pm

Scrabble is a great game to keep your mind healthy!

### **CARD GROUPS**

BRIDGE: Singles meets on Mondays at 12:30 P.M. Partners meet on Tuesdays at 6:30 P.M. Please sign up before attending.

Euchre: Meets on Tuesdays and Fridays at 12:30 P.M.

Pinochle: Meets on Mondays and Tuesdays at 1:00 P.M.

### **MAH-JONGG**

Mah-Jongg is a great game to keep your mind healthy and active. Mah-Jongg meets on Thursdays at 11:00am and Fridays at 10:00am

### **CHESS**

Benjamin Franklin said that by playing chess one learns caution, perserverance, and not to be discouraged by present bad appearances. One can learn all that and more at the Grand Blanc Senior Chess Club. We meet at 12:30pm every Tuesday. At that time we learn new strategies and also play games of chess.

Sometimes a player may even play against a chess computer. Don't know how to play? No Problem! We will teach you. Whether you already know the game or are a beginner, we'd be happy to see you. We think you will have a good time. And now it's your move!

### **Family Pharmacy Presents: New Year-New You Series**

Join Sherrill Natzke on the 3rd Wednesday of every month at 4:00pm. New Year New You will help Baby Boomers & the elderly learn how to age gracefully and improve the quality of their lives by understanding choices that can be made to improve levels of health & wellness at any age.

# **PROGRAMS AT THE CENTER**

## **COMPUTER CLASSES**

The center is happy to announce that we have 2 new computer instructors: Jerry Hunt and Matthew Baker. The beginner computers class will cover computer hardware, purchasing a computer, windows explorer, and the world wide web. For a detailed description of the class please contact the office. Cost for the 4-week class is \$60. New

classes will begin on Monday, August 8th@ 10:00 until approx. 12:00 Jerry and Matthew will be available for those participating in the class on Thursdays from 10:00-12:00pm to answer questions

Space is limited so sign up early.

If there is a class you would like to see offered let us know!

## **ALTERNATIVE ELDERLY CARE**

Bonnie Kelley from Alternative Elderly Care will be at our luncheon on Wednesday, July 6th to share information regarding services available through her agency. If you would like to attend the luncheon-the meal will be pizza and the cost is \$5.50. Reservations must be made by Tuesday, July 5th by noon

## **UPCOMING DANCES**

**Jim & Betty Hedrich will be entertaining at the center on the following dates:**

**Monday, July 4th**

**4:00-6:30pm**

**Sunday, July 24th**

**4:00-6:30pm**

**Cost for either dance is \$8.00 per person and includes light luncheon, snacks, and beverages.**

**BYOB**

## **RENT A TABLE RUMMAGE SALE!!**

**Would you like to have a rummage sale, but don't have the space or want to take the time to clean the garage. Then this sale is for you-rent a table and bring in your goods.**

**Long tables-\$20**

**Round Tables-\$15**

**FRIDAY, SEPTEMBER 9TH**

**9:00AM - 2:00PM**

## TRIPS

<b>July 19th</b>	<b>Little River Casino</b>	<b>\$50</b>
Inc. \$25 Casino Incentive		
<b>July 28th</b>	<b>Detroit Tigers Vs. Angels</b>	<b>\$50</b>
Inc. Lower Level Seating, Food & Drink Voucher		
<b>Aug. 2nd</b>	<b>Greektown Casino</b>	<b>\$30</b>
Inc. \$20 in Free Play		
<b>Aug. 15th</b>	<b>Rediscover A Detroit Diamond</b>	<b>\$69</b>
Inc. Lunch at Pegasus and Diamond Jack Cruise		
<b>Aug. 7-16th</b>	<b>Oregon Coast</b>	<b>\$2899</b>
Inc. Sightseeing Tour of Seattle, Timberline Lodge Tour/Chairlift		
<b>Sept. 11-17th</b>	<b>Nashville Show Trip</b>	<b>\$575</b>
Inc. 2 Shows, Guided Tour of Nashville and much much more		
<b>Sept. 18th</b>	<b>Come Fly Away</b>	<b>\$80</b>
Inc. Main floor seating		
<b>Sept. 25-30th</b>	<b>The Hampton</b>	<b>\$1159</b>
Inc. Old Westbury Gardens & Phipps Estate, Sag Harbor, & more		
<b>Oct. 4th</b>	<b>Soaring Eagle</b>	<b>\$25</b>
Inc. \$20 on Player's Card and \$5 food voucher		
<b>Oct. 5-6th</b>	<b>Mystery Tour</b>	<b>\$299</b>
Inc. Breakfast, Lunch, & Dinner		
<b>Oct. 18th</b>	<b>Mid Michigan Color Tour</b>	<b>\$70</b>
Inc. Color Cruise & Luncheon Buffet, Cider Donuts, & Wine Tasting		
<b>Nov. 15th</b>	<b>A Christmas Story Musical</b>	<b>\$90</b>
Inc. Main floor seating		
<b>Nov. 18th</b>	<b>Silver Bells in the City</b>	<b>\$30</b>
Inc. Silver Bells Village, Lansing, Electric Light Parade, Fireworks		
<b>Nov. 26-30th</b>	<b>Christmas in the South</b>	<b>\$899</b>
Inc. 4 nights of entertainment, Winery at Billmore and much more		
<b>Dec. 3-11th</b>	<b>Orlando Florida</b>	<b>\$689</b>
Inc. Holy Land Experience, Morse Museum, Arabian Nights		
<b>Dec. 4th</b>	<b>Donny &amp; Marie Christmas</b>	<b>\$139</b>
Inc. ticket & Lunch at Traffic Jam and Snug		
<b>Dec. 5-7th</b>	<b>Christmas in Kentucky</b>	<b>\$559</b>
Inc. The Amazing Kalightoscope Christmas, Colors of the Season Dinner show, Lights Under Louisville Mega Caverns		
<b>Dec. 8th</b>	<b>Wicked at Detroit Opera</b>	<b>\$139</b>
Inc. Main Floor ticket and lunch		
<b>Feb. 8-14th</b>	<b>California Coast- more info Coming</b>	
<b>More trips are in the works call the office for info!</b>		

<p><b>MONDAYS</b></p>	<p><b>JULY MEALS</b></p>	<p>4</p> <p>The Center Will be Closed in observance of Independence Day!</p>
<p><b>TUESDAYS</b></p>	<p>RESERVATIONS FOR THE REST OF THE WEEK <u>MUST BE MADE THE DAY PRIOR TO ATTENDING</u></p>	<p>5</p> <p>Grilled Bratwurst Veggies Steamed Cabbage Fresh Fruit Juice \$2.00 donation 60 + \$3.50 under 60</p>
<p><b>WEDNESDAYS</b></p>	<p>PLEASE NOTE THAT RESERVATIONS FOR MONDAY'S MEAL <u>MUST BE MADE ON THE FRIDAY PRIOR TO ATTENDING</u></p>	<p>6</p> <p>BBQ Short Ribs Green Beans Potato Salad Cranberry Muffin</p>
<p><b>THURSDAYS</b></p>		<p>7</p> <p>Philly Steak Baked Potato Peas &amp; Carrots Mixed Fruit Juice \$2.00 donation 60+ \$3.50 under 60</p>
<p><b>FRIDAYS</b></p>	<p>1</p> <p>Chicken Lasagna Salad Green Beans Garlic Bread Apple \$2.00 donation 60+ \$3.50 under 60</p>	<p>8</p> <p>BBQ Pork Sandwich Redskin Potato Salad Mixed Veggies Pears \$2.00 donation 60+ \$3.50 under 60</p>

<p>11 Country Style Baked Chicken Mashed Potatoes Peas Wheat Roll Jell-o \$2.00 donation- 60+ \$3.50 under 60</p>	<p>18 White Chicken Chili Salad Sweet Corn Bake Fresh Fruit \$2.00 donation 60+ \$3.50 under 60</p>	<p>25 Chicken Salad Pita Fresh Melon \$2.00 donation 60+ \$3.50 under 60</p>
<p>12 Roasted Turkey w/ Gravy Veggies Mashed Potatoes Wheat Roll Fresh Fruit \$2.00 donation 60+ \$3.50 under 60</p>	<p>19 Turkey Burger Macaroni &amp; Cheese Salad Veggies Applesauce Juice \$2.00 donation 60+ \$3.50 under 60</p>	<p>26 Smoked Turkey Ham Red Skin Potatoes Steamed Carrots Jell-o Corn Muffin Juice \$2.00 donation 60+ \$3.50 under 60</p>
<p>13 Prestige Pointe Luncheon</p>	<p>20 POTLUCK EVERYONE BRING A DISH TO PASS!!</p>	<p>27 Sloppy Joes Green Beans Creamy Potato Salad Sliced Pears</p>
<p>14 BBQ Short Ribs Green Beans Potato Salad Roll Cake Juice \$2.00 donation 60+ \$3.50 under 60</p>	<p>21 Stuffed Green Peppers Lima Beans Corn on the Cob Roll Fruit Mix \$2.00 donation 60+ \$3.50 under 60</p>	<p>28 BBQ Chicken Sandwich Sliced Potatoes Mixed Veggies Orange Juice \$2.00 donation 60+ \$3.50 under 60</p>
<p>15 Baked Fish Scalloped Potatoes Coleslaw Corn Muffin Cookie \$2.00 donation 60+ \$3.50 under 60</p>	<p>22 Macaroni &amp; Cheese Succotash Stewed Tomatoes Roll Applesauce \$2.00 donation 60+ \$3.50 under 60</p>	<p>29 Pork Chop Peas &amp; Carrots Baked Potatoes Roll Mixed Fruit \$2.00 donation 60+ \$3.50 under 60</p>

<p style="text-align: center;"><b>MONDAYS</b></p>	<p style="font-size: 2em;"><b>JULY EVENTS</b></p>	<p>4 Body Recall- 8:30          Body Recall - 9:30          Volleyball- 10:45          Line Dancing- 12:00          Lunch- 12:00          Bridge- 12:30          Pinochle- 1:00          Scrabble- 1:00          Tai Chi Adv. - 2:00          Tai Chi Beg. - 3:00</p>
<p style="text-align: center;"><b>TUESDAYS</b></p>		<p>5 Walking- 9:00-10:45          Chinese Chess- 9:00          Watercolor- 9:30-11:30          Body Recall - 10:45          Lunch - 12:00          Blood Pressure- 12-2          Euchre - 12:30          Pinochle - 1:00          Chess- 1:00          Bridge- 6:30</p>
<p style="text-align: center;"><b>WEDNESDAYS</b></p>		<p>6          Body Recall- 8:30          Body Recall - 9:30          Lunch - 12:00          Alternative Elderly          Care- 12:00          Bingo - 1:00          Scrabble - 1:00          Yoga- 5:00</p>
<p style="text-align: center;"><b>THURSDAYS</b></p>		<p>7 Walking- 9:00-10:45          Mah-Jongg-11:00          Body Recall- 10:45          Lunch- 12:00          Line Dancing- 12:00          Volleyball- 1:30          Pickle Ball- 3:00          Line Danicing- 6:00</p>
<p style="text-align: center;"><b>FRIDAYS</b></p>		<p>1 Computers- 8-4          Library- 8-4          Body Recall- 8:30          Body Recall - 9:30          Mah-Jongg- 10:00          Body Recall- 10:45          Lunch- 12:00          Euchre- 12:30          Yoga- 2:30</p>

<p><b>11</b> Body Recall- 8:30/9:30  <b>New Basic Computer Class</b> -10:00  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>	<p><b>18</b> Body Recall- 8:30/9:30  Basic Computers- 10:00  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>	<p><b>25</b> Body Recall- 8:30/9:30  Basic Computers- 10:00  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>
<p><b>12</b> Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>	<p><b>19</b> Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>	<p><b>26</b> Walking-9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall- 10:45  Lunch- 12:00  Blood Pressure- 12-2  Euchre- 12:30  Pinochle- 1:00  Chess- 1:00  Bridge- 6:30</p>
<p><b>13</b>  Body Recall- 8:30  Body Recall -9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Yoga- 5:00</p>	<p><b>20</b> Body Recall- 8:30  Body Recall - 9:30  Lunch - 12:00  Potluck- bring a dish  Bingo - 1:00  Scrabble - 1:00  Family Pharmacy:  New Year New You  4:00  Yoga- 5:00</p>	<p><b>27</b>  Body Recall- 8:30  Body Recall - 9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Yoga- 5:00</p>
<p><b>14</b> Walking- 9:00  Book Discussion-10  Basic Computers- 10:00  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:00  Line Dancing- 6:00</p>	<p><b>21</b>  Walking- 9:00-10:45  Basic Computers- 10:00  Mah-Jongg-11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:30  Line Dancing- 6:00</p>	<p><b>28</b>  Walking- 9:00-10:45  Basic Computers- 10:00  Mah-Jongg-11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:30  Line Dancing- 6:00</p>
<p><b>15</b> Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p><b>22</b> Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p><b>29</b> Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>

<p style="text-align: center;">MONDAY</p>	<p>1  Body Recall- 8:30/9:30  Basic Computer-10:00  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>	<p>8  Body Recall- 8:30/9:30  New: Basic Computer 10  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>
<p style="text-align: center;">TUESDAY</p>	<p>2  <p style="text-align: center;"><b>The center will  be  closed  for elections!</b></p> </p>	<p>9 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>
<p style="text-align: center;">WEDNESDAY</p>	<p>3  Body Recall- 8:30  Body Recall -9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Yoga- 5:00</p>	<p>10  Body Recall- 8:30  Body Recall -9:30  Lunch - 12:00  BBQ Chicken, Green  Beans, Potato Salad  Bingo - 1:00  Scrabble - 1:00  Yoga- 5:00</p>
<p style="text-align: center;">THURSDAY</p>	<p>4  Walking- 9:00  Basic Computers- 10:00  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Hurley NICHE- 12:30  No Line Dancing or  Volleyball  Pickle Ball- 3:00  Line Dancing- 6:00</p>	<p>11  Walking- 9:00  Basic Computers- 10:00  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:00  Line Dancing- 6:00</p>
<p style="text-align: center;">FRIDAY</p>	<p>5 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p>12 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>

<p>15  Body Recall- 8:30/9:30  Basic Computer- 10:00  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>	<p>22  Body Recall- 8:30/9:30  Basic Computer - 10:00  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>	<p>29  Body Recall- 8:30/9:30  Basic Computer- 10:00  Volleyball- 10:45  Line Dancing- 12:00  Lunch- 12:00  Bridge- 12:30  Pinochle- 1:00  Scrabble- 1:00  Tai Chi Adv. - 2:00  Tai Chi Beg. - 3:00</p>
<p>16 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>	<p>23 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>	<p>30 Walking- 9:00-10:45  Chinese Chess- 9:00  Watercolor- 9:30-11:30  Body Recall - 10:45  Lunch - 12:00  Blood Pressure- 12-2  Euchre - 12:30  Pinochle - 1:00  Chess- 1:00  Bridge- 6:30</p>
<p>17  Body Recall- 8:30  Body Recall -9:30  Lunch - 12:00  Clarebridge- \$6.00  All monies support  Alzheimers'  Bingo - 1:00  Scrabble - 1:00  Yoga- 5:00</p>	<p>24  Body Recall- 8:30  Body Recall -9:30  Lunch - 12:00  Menu- POTLUCK-  BRING A DISH TO  PASS  Bingo - 1:00  Scrabble - 1:00  Yoga- 5:00</p>	<p>31  Body Recall- 8:30  Body Recall -9:30  Lunch - 12:00  Bingo - 1:00  Scrabble - 1:00  Yoga- 5:00</p>
<p>18  Walking- 9:00  Basic Computers- 10:00  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:00  Line Dancing- 6:00</p>	<p>25  Walking- 9:00  Basic Computers- 10:00  Mah-Jongg- 11:00  Body Recall- 10:45  Lunch- 12:00  Line Dancing- 12:00  Volleyball- 1:30  Pickle Ball- 3:00  Line Dancing- 6:00</p>	<h2>AUGUST ACTIVITIES!</h2>
<p>19 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	<p>26 Computers- 8-4  Library- 8-4  Body Recall- 8:30  Body Recall - 9:30  Mah-Jongg- 10:00  Body Recall- 10:45  Lunch- 12:00  Euchre- 12:30  Yoga- 2:30</p>	

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