

# Lynnfield Senior Center Trips

Senior Center Trips are open to all independent seniors, age 60 and older.

Trips require walking, stairs/elevators and transfers from the bus. You must be able to travel without assistance.

If you have concerns or questions, feel free to discuss them with our staff.

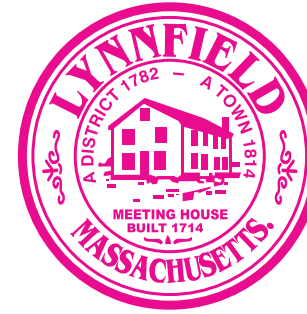
Payment for all trips must be by check.

## 2019 Trips

May 1	Tour of Anheuser-Busch Merrimack NH, breakfast on your own Followed by tour. Clydesdales schedule not confirmed, they may or may not be in residents \$15
May 5-8 May 8	Cape May a seaside resort at the tip of southern New Jersey, known for its grand Victorian Homes. \$875 double YOUR TOUR BOSTON and Mary Margaret Griffin, private tour of Fredrick Olmstead home (the father of American landscape) and tour of Arnold Arboretum price \$27
May 13	New MGM in Springfield. \$20 in free place \$35
May 15	2nd trip added! Tuckaway Tavern and Calef's Country Store in NH \$5
May 20	The Edwards Twins at Lake Pearl \$92
May 21	Red Lion Inn Lunch and Norman Rockwell Museum \$95
May 22	Tour of the Cape Ann Museum, Gloucester and lunch on your own at the Seaport Grill.
May 26-June 2	Cowboy Country, Jackson Hole, Wyoming, Grand Tetons, Yellowstone, South Dakota, Mt Rushmore and Badlands National Parks, Collette Tours \$3, 849.
May 29	1st for the season! Ogunquit Maine \$5
June 11	Mobsters and Lobsters! Boston Tour and Mt Vernon Lobster Lunch \$95
June 12	YOUR TOUR BOSTON and Mary Margaret Griffin, private tour. Tour of Macy Department Store and more \$29
June 19	All American Fun, tour of Fenway Park, lunch at the S&S Deli, and the Swan Boats \$92
June 19	Rockport \$5
June 27	Daniel Wester Inn Grand Buffet and Sandwich Glass Museum \$85
June 26	Kennebunkport \$5
July 9	Lake Winnepesaukee Cruise, Castle in the Clouds, Hart's Turkey Farm \$109
July 10	York Maine, Nubble Light and Fox's for lunch on your own \$5
July 16	Beauport Princess Lobster fest \$99
July 17	YOUR TOUR BOSTON and Mary Margaret Griffin. John Quincy Adams Home Tour \$36
July 24	Kennbunkport \$5
July 28	Historically Fun Day in Charlestown and Boston, Old Ironsides, lunch at the Boston Public Market and food demo. \$83
July 31	Perkins Cove Maine \$5

**New Wacky Wednesday trips have been added for August. Residents may sign up on May 1st, non-residents on May 7th.**

Aug 3-4	Red Sox at Yankee Stadium, all you eat and soft drinks up till 5th inning, overnight, ferry to Ellis Island on day 2 \$399
Aug 6	Newport Playhouse, Lobsterfest \$109.
Aug 7	Northshore Road Trip, stop for lunch at Causeway \$5
Aug 14	Tour of Historic Homes in Ipswich, lunch at Choate Bridge \$5
Aug 17	Mainely at Sea, Portland to Bailey's Island, cruise on Casco Bay, Lobster Stew and Lobster Roll Lunch. \$114
Aug 21	Your Tours Boston Trip, details to follow
Aug 27-29	Saratoga Spectacular 6 meals, 2 nights lodging, touring, and grandstand seating at the Saratoga Race Course. \$499.
Aug 28	New Hampshire Coastal Road Trip, a tale of two Gardens \$13
Sept 8-9	Cape Cod and Nantucket, tour Sandwich Glass, dune tour in Provincetown, dinner, breakfast and high speed ferry to Nantucket, tour of Nantucket and boxed dinner \$356pp Block Island and the National Hotel \$110
Sept 10	The Best of Eastern Canada, Montreal, Quebec City, Ottawa, Niagara Falls and Toronto \$3,499.00
Sept 17-24	The Atlantic City Boys! If you liked the Jersey Boys, you'll love these boys! Danversport Yacht Club. \$69
Sept 17	YOUR TOUR BOSTON and Mary Margaret Griffin <b>Save the date, details to follow</b>
Sept 18	Turkey Train!! Hart's Turkey Farm Train Ride \$100
Oct 8	Flax Pond and Cranberry Bogs in Carver Ma. and lunch \$89
Oct 16	YOUR TOUR BOSTON and Mary Margaret, <b>Save the date, details to follow!</b>
Oct 16	Applefest! Lunch at the 1771 Publick House Inn, Old Sturbridge Village Apple Days \$99
Oct 20	Turning Stone Resort \$299pp see flyer for details.
Nov 4-6	Veterans Day and kick off to the holidays! Allen Edwards, "home for the holidays" tour at the Log Cabin in Holyoke \$99 lunch and show
Nov 7	Holiday Fun at the White Mountain Inn, Sunday Brunch, time in downtown North Conway, show in the ballroom, Dinner, Breakfast and tour \$369
Dec 1-2	Johnny Mathis Christmas, Tribute and Lunch at Danversport \$69
Dec 3	Holiday Trip to Connecticut, Mark Twain's home, Harriet Beecher Stow, Wadsworth Athenaeum and the Festival of Trees and Traditions. \$ 118.00
Dec 7	



# LYNNFIELD GOLDEN OUTLOOK

525 SALEM ST., LYNNFIELD, MA 01940

Senior Center (781) 598-1078 • Fax (781) 599-9877

Senior Center Hours: Monday thru Thursday • 8:00 a.m. - 3:00 p.m.

Friday • 8:00 - 12:30

## MAY 2019

### COUNCIL ON AGING STAFF

#### DIRECTOR

Linda Naccara

#### ASSISTANT DIRECTOR/ OUTREACH

Debby Triffletti

#### TRIP COORDINATOR

Sue Lagorio

#### RECEPTIONIST

Janine Bennett

#### ACTIVITIES

Elaine Moorman

#### TRANSPORTATION

Claire Foustoukos

#### BOARD MEMBERS

Fred Santangelo

Chairman

Nancy Lane

Jack Bittner

Gloria Lemieux

Steve Galante

Rich Sjoberg

Anita Migliori

### A Message From Linda:

#### MEET THE SCHOOL SUPERINTENDENT!

We have invited Lynnfield School Superintendent, Jane Tremblay, to a special Coffee Hour to learn about our town's highly rated schools. Jane will describe how schools are different today and explain why it is so important to have the most qualified people teaching our children. Jane will also tell us about many of the volunteer opportunities available in our schools such as reading to kids, helping with flash cards, media center helpers, filing books, cafeteria helpers, recess monitors and even working with the kids in their veggie garden! All veggies are used right in their own school cafeterias! So many kids would love interaction with our senior population, so please drop in and hear what Jane has to tell us and learn about all of the opportunities available to you. **Thursday, June 20<sup>th</sup> at 10am.** Please sign up at the front desk.

#### THE CAR SHOW IS COMING!!

Can you believe it's time for our 13<sup>th</sup> Annual Car Show?? This is a great event for all ages! There will be over 50 cars on display in our parking lot, a DJ spinning doo wop inside along with a \$2.00 lunch complete with hot dog, chips and a drink. The Friends of the Lynnfield Senior Center will be holding their \$1.00 Cookie Sale and the Rotary has generously offered to hold their free Ice Cream Sundae Bar again this year! So please mark your calendar, tell your friends, neighbors and family...bring the kids...and we will see you there!

**WELCOME COFFEE:** If you are new and would like an opportunity to learn all about our center, meet our staff and have the chance to have all of your questions answered, please stop in on Wednesday, May 1<sup>st</sup> at 10am. We will give tours to anyone who is interested. Tours are available at any time. If you can't make this coffee, we offer a Welcome Coffee on the first Wednesday of every month.

#### Reminders:

*--We are a fragrance free center. Please refrain from using any perfumed products when in our center or on our bus trips; we have an increasing number of participants who are allergic.*

*--Free Blood Pressure checks every Tuesday morning from 9am-10:30am. Drop in.*

*--Veteran's Coffee Hour on the first Thursday of every month at 12:30. Join other vets and spouses for conversation and information. Coffee and donuts too!*

# Look What's Happening In May

***Please be on time for your classes/programs; latecomers will not be admitted.***

**New Walking Club:** Join us every Wed. for a walk around the neighborhood. Light refreshments will be served upon return. Led by Richard Bardet, starting 5/1 at 9am. Sign up.

**Welcome Coffee:** Wed., May 1<sup>st</sup> at 10am for anyone who is new to our center.

**Parkinson's Support Group:** Join us monthly to discuss coping mechanisms for those living with Parkinson's. Presented by Kim Arouth from Additional Care. Thurs., 5/2 at 10am. Sign up.

**Turning 65?:** Now that you are turning 65 and possibly retiring, are you confused about Medicare and all of the choices you need to make? Come have all of your questions answered by Heather Hurd of BC/BS. Thurs., May 2nd at 12:30. Sign up.

**Veteran's Coffee Social:** Join Tom Moran, Veteran's Liaison from Compassionate Care Hospice, on the first Thurs. of each month for coffee & conversation. Tom can direct you to further help if necessary. Thurs., May 2nd at 12:30. Free. All Vets & spouses welcome. Sign up.

**The Delvena Theatre Co. Present Dear Abby and Ann Landers:** Two of the most influential advice columnists of all time. Abby and Ann doled out advice to the audience on many important matters. Tues, 5/7 at 10am. Tickets \$5.00. Light Refreshments. Sponsored in part by the Lynnfield Cultural Council.

**Women's Health and the Kiosk for Living Well:** Specialists will focus on a range of health issues affecting women. Topics will include self-care and preventative strategies, cardiovascular health, osteoporosis & more. There will be time to talk with the specialists, blood pressure testing & fun activities with the Kiosk for Living Well. Wed., May 8<sup>th</sup> at 12:30. Free. Sign up.

**Skin cancer talk with Steve Fine, President, Melanoma Education Foundation:** Melanoma is the most dangerous form of skin cancer. Self-examination is among the most vital weapons we have against skin cancer. Steve will go over the statistics, warning signs, and risk factors of skin cancer. After the talk, there will be an optional facial screening. Thurs. 5/9 at 12:30. Sign up.

**Mother's Day Breakfast:** Join us for breakfast and some wonderful entertainment from our own Senior Center Tap and Jazz dance classes. Fri., May 10<sup>th</sup> 8am. Tickets \$3.00.

**Lunch and a Movie-Mary Poppins Returns:** Michael Banks learns that his house will be repossessed. Just as all seems lost, Mary Poppins arrives to save the day. 5/13 and 5/15 at 11:30. \$2.00/\$3.00. Sign up.

**Hobbies with Bob- the Boston Navy Yard and Coastal Guns:** One of the oldest shipbuilding facilities in the United States Navy. It was established in 1801, it was decommissioned as a naval installation on July 1, 1974. Join Bob in a discussion with photos on Wed., 5/15 at 9:30. Free.

**Tales from the Home of the World's Worst Weather:** Join Mount Washington Observatory's Will Broussard for a look into the life and work of weather observers stationed at the observatory year-round. This program will include interactive demonstrations, weather instruments, stunning photography, and video footage from the summit. Thursday, May 16th at 12:30. Free. Sign up.

**Intergenerational fun!** Have some intergenerational fun with the Lynnfield Moms Group. Join us on Friday, 5/17 from 9:00 to 9:45. Help children explore the world of May flowers. Crafts, songs, treats. Sign up.

**SINGO-Musical Bingo:** Jim the DJ will play a variety of oldies. If you can't name that tune, Jim will tell us the answers. Hopefully you'll be calling out SINGO! Tue, 5/21 at 12:15. \$1.00 at sign up. Prizes!

**Age in Place- Ideas to make your home safer and easier to use:** Gary Moffie, from The Remodeling Company, is a Certified Aging in Place Specialist. He will focus on a range of things that can be done to help make your home safer. Wed, 5/22 at 12:30. Free. Please sign up.

**Arthritis Pain Relief Exercises:** Carol Pallazolla, from Element Care, is a certified instructor with the Arthritis Foundation. Carol will demonstrate exercises that can be done sitting or standing to help relieve pain. Thursday, May 23<sup>rd</sup> at 12:30. Free. Sign up.

## Support Groups

Low Vision Support Group - Tuesday, May 21<sup>st</sup> at 10:00 a.m. Glaucoma – what's new on the horizon for those afflicted with this condition. Be sure to sign up with Debby.

Hard of Hearing Support Group – Wednesday, May 15<sup>th</sup> at 10:00 a.m. Hearing Aids: Everything you wanted to know. Sign up with Debby.

Successful Single Living –Tuesday, May 14<sup>th</sup>at 12:30 p.m. Happiness and the Golden Years. Studies support that our golden years can be some of our happiest. Sign up with Debby.

Reminisce – Wednesday, May 8<sup>th</sup> at 8:30 a.m. Trip to Fredrick Olmstead home and Arnold Arboretum. Sign up.

Care Givers Support Group – Monday, May 20<sup>th</sup> at 12:00 p.m. Facilitator – Taylor Lamberta, LSW. Anyone providing care to a loved one or coordinating care at a facility is welcome. Anyone needing assistance can see Debby at any time.

Sunday Dinner Out - Sunday, May 5<sup>th</sup> – The Galley Hatch, Hampton, NH. There will be transportation. The van will leave at 12:15 p.m. If you are single please join us for a nice meal out with friends. Lynnfield residents can sign up from the first of the month to the fifth of month, all others from the 6<sup>th</sup>.

1. Appointment Planner - Want to get the most out of doctor's appointments? Pick up a copy of "MY Appointment Planner" from Debby and outline the important items to cover at your next visit.

2. Walking associated with lower stroke risk in women – A large study reported in Stroke: Journal of the American Heart Association showed that women who walked two or three hours a week or who usually walked at a brisk pace, had a significantly lower risk of stroke than women who didn't walk. More physically active people generally have a lower risk of stroke than the least active, with more-active persons having a 25% to 30% lower risk for all strokes. Stroke is the third leading cause of death in the US, so it is very important to identify modifiable risk factors for prevention. The weather is fine, grab your sneakers and take a stroll for your health.

3. Want to have a better night's sleep? According to a study published in the journal, Sleep, seniors who maintain a regular set of daily routines have a reduced rate of insomnia and improved quality of sleep. Stability in basic activities such as bathing, dressing and eating was more strongly associated with sleep quality than stability of instrumental activities such as shopping, public transportation use and medical appointments. Routine lifestyle rhythms may be characterized by stability in the timing, frequency and duration of daily activities such as watching TV or reading. It is also possible to identify weekly patterns of regularity in activities such as cleaning, exercise and social engagements.

Available to all seniors: Electronic Magnifier-visually impaired can read mail, magazines etc.

Also- Pocket-talker- a personal amplification unit for the hearing impaired available for use at the center or it can be signed out. See Debby for more info.

Used Eyeglasses– Please donate your used eyeglasses to the center. All eyeglasses will be given to the Lions International for their work helping people in need receive the gift of better vision. Thanks for participating.

Transportation – The center has van service for residents travelling to doctor's appointments, grocery shopping or the senior center. Call Debby at 781-598-1078 at least 48 hours ahead to schedule a ride.

Books on Tape and Large print books are in our lending library. See Debby.

Please help the Shriners' and donate pull-tabs. Proceeds go to the transportation fund.

Resource Library – Visit our resource library for information on Alzheimer's, Caregiving, Vision and Hearing Loss.

**HELP SUPPORT  
FRIENDS OF THE LYNNFIELD SENIORS**

With a tax deductible contribution

\$50 SILVER BENEFACTOR       \$500 PLATINUM BENEFACTOR  
 \$100 GOLD BENEFACTOR       OTHER DONATIONS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

*Please make checks payable and MAIL CONTRIBUTIONS TO:*  
**FRIENDS OF THE LYNNFIELD SENIOR CITIZENS, INC.**  
**525 SALEM STREET, LYNNFIELD, MA 01940**  
*THANK YOU FOR YOUR SUPPORT*

*Donations of \$50 or more are acknowledged on a plaque in our lobby at the end of each year and all donations are included in our monthly newsletter.*

I would like my donation to remain anonymous. Do not print my name on the plaque  
 I would like my name to appear on the plaque as \_\_\_\_\_  
 I would like to make a donation **in memory of** \_\_\_\_\_  
 I would like to make a donation **in honor of** \_\_\_\_\_  
 Please notify family of deceased or honoree: Name \_\_\_\_\_  
Address \_\_\_\_\_

Please support the Friends of the Lynnfield Seniors. Your donations help to fund programs, speakers, the computer lab, hair salon, exercise room, socials, furnishings and so much more each month at our center. Perhaps you would like to donate in memory of a loved one or in honor of someone.

**GE MATCHING GIFT PROGRAM:** If you are a current or retired GE employee, please make a notation on your check "Eligible for GE Foundation Match". Then call 1-800-305-0669, the GE Matching Gift Center, and give them your social security number along with our zip code, 01940, the amount and date of your gift and they will match your donation!! Please take a moment to help our program grow.

**April Donations**

**Audrey Couillard  
Angelo DeGiovanni  
Divirgilio Family**

**Janet T. Healy  
Margaret Simons**

**Donations Made in Memory of**

**Sean Hurley by Barbara A. Casey**

# Look What's Coming In June

Please be on time for all programs; latecomers will not be allowed admittance.

**Hazardous waste, recycling and saving energy:** Morgan Laner from the Center for EcoTechnology and Covanta, will discuss the proper ways to dispose of hazardous waste, tricks for saving energy, and how to recycle correctly. Monday, June 3<sup>rd</sup> at 10am. Free. Sign up.

**New Walking Club:** Join us every Wed. for a walk around the neighborhood. Light refreshments will be served upon return. Led by Richard Bardet, Departs the center at 9. Sign up.

**Welcome Coffee:** Wed., June 5th at 10am for anyone who is new to our center. Meet the staff and learn about our programs and services. Coffee, cookies and tons of info! Sign up.

**Parkinson's Support Group:** Join us monthly to discuss coping mechanisms for those living with Parkinson's. Presented by Kim Arouth from Additional, Care. Thursday, June 6<sup>th</sup> at 10am.

**Lunch and a Movie--A Star Is Born:** Musician, Jackson Maine, discovers and falls in love with struggling artist Ally. As Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons. Wednesday, June 5<sup>th</sup> and Thursday, June 6<sup>th</sup> at 11:30 for \$2.00/\$3.00. Rated R. Sign up

**Lunch and Bingo at Rosewood:** Alliance Health at Rosewood has invited us to an afternoon of lunch and Bingo. Thursday, June 6<sup>th</sup> at 12n. Free. Please sign up. This is a self-drive.

**Veteran's Coffee Social:** Join Tom Moran, Veteran's Liaison from Compassionate Care Hospice, on the first Thurs. of each month for coffee & conversation. Tom can direct you to further help if necessary. Thurs., June 6<sup>th</sup> at 12:30. Free. All Vets & spouses welcome. Sign up.

**Cooking Demo with Michael Allison from Whole Foods--Summer Salads:** Mike will make 4 types of salads, perfect for summer. Mon, June 10<sup>th</sup> at 12:30. Free. Sign up. Tastings!!!

**Calling all golfers!** Join Mark Dynan, a TPI-certified physical therapist, as he describes the Golf Fitness Assessment program offered by Lahey Health. The Titleist Performance Institute is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing. Wednesday, June 12<sup>th</sup> at 12:30. Free. Please sign up.

**Pushing the Envelope: Brief history of the U.S. Postal System by viewing postage stamps:** Henry Lukas, Education Director, Spellman Museum of Stamps and Postal History, will discuss the history of the U.S. Postal system by viewing stamps issued over the years. Hear the many ways mail has been delivered and the unusual items transported including baby chicks, the Hope Diamond, and a little girl who mailed herself to her grandmother. Thur., 6/13 at 12:30. Sign up.

**Shipwrecks Off Gloucester:** Dan Tremblay leads a discussion regarding schooners and vessels that have sunk off Cape Ann. Video and discussion. Mon, June 17<sup>th</sup> at 10a. Free. Sign up.

**Fourth of July Craft:** Let's have a blast making decorative fireworks for your 4<sup>th</sup> of July decorating. Tuesday, June 18<sup>th</sup> at 10a. Free. Sign up. \$1.00

**VA Bingo at the Chelsea Soldiers Home:** Have lunch here or arrive by 12:30, and we will head out to play Bingo with our Veterans. Tue, June 18th. Sign up. Bingo starts at 1:30. Trip may return after the center closes.

**Downsizing--Learn from the Experts:** The Marjorie Youngren Team has put together experts to answer our downsizing questions. Great tips and information from Whitehouse Movers, Stager Ashley O'Shea, Organizer Eileen Reed, Home inspector Mike Strout, Lender Rusty O'Dowd and Rich Ripley from the Fire Dept. Wed, 6/19 at 12:30. Free, Sign up.

**Lunch and a Movie--A Dogs Way Home.** As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she finds herself on an epic journey to reunite with her owner. Along the way, she touches the lives of an orphaned mountain lion, a down-on-his-luck veteran and some friendly strangers Mon., June 17<sup>th</sup> and Thurs., June 20<sup>th</sup> at 11:30 for \$2.00/\$3.00. Sign up. Rated PG13.

**Diabetes Academy:** Regina Scandiffio, MA, RD from Novonordisk will be here to discuss all things related to diabetes. Thurs., June 27th at 12:30. Free. Join us in this ongoing discussion.

# MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SUNDAY DINNER OUT</b> Sunday, May 5, 2019</p> <p><b>The Galley Hatch, Hampton, NH</b></p> <p><b>Van will leave the Senior Center at 12:15.</b></p> <p><b>Sign up with Debby.</b></p>	<p><b>LUNCH BUNCHES</b> (Lynnfield residents sign up on first of month for the following month...non-Lynnfield sign up on 6<sup>th</sup>)</p> <p>May 2: Park Lunch May 9: Barnacle, Marblehead May 16: Café Rosetti/Winthrop May 23: Seaglass May 30: Galley Hatch</p> <p>June 6: Old Salt, Hampton June 13: Lucianos June 20: Bradford Tavern June 27: Clam Box</p>	<p>8:00 Exercise Room/Hair dresser 8:30 ZUMBA 9:00 <b>Walking Club</b> 9:30 Aerobic's Video--free 9:00 Artist Drop In 9:00 Alterations w/Anita 9:00 Tripole 9:00 <b>Manicurist</b> 10:00 Chair YOGA 10:00 <b>WELCOME COFFEE</b> 10:00 Embroidery 10:15 Beg Italian 11:30 Lunch: Baked Spaghetti 12:15 Pokeno 12:30-2:30 Canasta 12:30 Bridge <b>TRIP: Anheuser Busch</b></p>	<p>8:00 Hair dresser/Exer. Room 9:00 <b>Manicurist</b> 9:20-9:15 Zumba Gold 9:20-10:05 Gentle Pilates 8:45 Drumming w/Jill 9:15 Sit &amp; Tone w/Jill 9:00 Stitch &amp; Chat 10:00 <b>NEW! Parkinson's Support Group</b> 10:00 Yoga 10:00 <b>Let's Build LEGO's</b> 10:00 Mah Jong 10:30 <b>Lunch Bunch</b> 11:00 Aerobic Dance w/Alice 11:30 <b>Lunch: BLT Sandwich</b> 12:30 <b>VETERAN's Coffee Social</b> 12:30 <b>Turning 65?</b> 12:30 Bridge</p>	<p>8:12 Exercise Room 8:00 <b>FRIEND's Breakfast</b> 9:00 Blood Pressure &amp; File of Life 9:00 <b>Broadway Jazz Dance Class</b> 9:00 Hairdresser 9:15 Bingo 9:00 Acrylic Painting 9:30-10:15 Tai Chi 10: <b>NEW Chair Yoga Video</b> 10:30 ZUMBA 11:15 <b>Lunch: Fish Sandwich</b>  <b>TRIP: May 5-8: Cape May</b></p>
<p>6 8:00 Zumba Gold w/Alice 9-9:50 Gentle Pilates 8:00 Exercise Rm. 8:45 Aerobics Video 9:00 Hairdresser 9:00 <b>Walmart Shopping</b> 10:00 Creative Writing 10:00 Line Dance /TAP DANCE 10:00 <b>NEW! Chair Yoga Video</b> 10:00 Sit &amp; Tone w/Darci 11:00 <b>YOGA FOR STRENGTH</b> 12:00 Bowling 11:30 <b>Lunch: BBQ Chicken</b> 12:00 <b>PHOTO CLUB</b> 12:00 Oil Painting 12:30 Mah Jong 12:30 Mexican Train 12:30 Computer (sign up)</p>	<p>7 8:00 Hairdresser 8:00 Exer. Room 8:45 Exer. Under The Belt 9:15 Bingo 9:30 Interm. Italian 9:00 <b>Blood Pressure</b> 8:30 Food Shopping (Ross Dr.) 10:00 TAI CHI 10:00 <b>Delvena Players: Dear Abby and Anne Landers</b> 10:30 Scrabble 11:30 <b>Lunch: Grilled Pork Chop</b> 12:15 <b>Elder Act</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor Class</p>	<p>9 8:00 Exer Room/Hair dresser 8:30 ZUMBA 8:30 Reminisc Trip 9:30 Aerobic's Video--free 9:00 Artist Drop In 9:00 <b>Walking Club</b> 9:00 Alterations w/Anita 9:00 Tripole 9:00 <b>Manicurist</b> 10:00 Chair YOGA 10:00 Embroidery 10:15 Beg Italian 11:30 <b>Lunch: Pot Roast</b> 11:30 <b>Clergy Lunch</b> 12:15 Pokeno 12:15-2:30 Canasta 12:30 Bridge 12:30 <b>Women's Health &amp; Kiosk For Living Well</b> <b>TRIP: Your Tour Boston</b></p>	<p>10 8:00 Exercise Room 8:00 <b>FRIEND's Breakfast (Mother's Day--- Ticket required)</b> 9:00 Blood Pressure &amp; File Of Life 9:00 Hairdresser 9:00 <b>Broadway Jazz Dance Class</b> 9:15 Bingo 9:00 Acrylic Painting 9:30-10:15 TAI CHI 10:00 <b>NEW! Chair Yoga Video</b> 10:30 ZUMBA 11:15 <b>Lunch: Grilled Cheese And Tomato Soup</b></p>	
<p>13 8:00 Zumba Gold w/Alice 9-9:50 Gentle Pilates 8:00 Exercise Rm. 8:45 Aerobics Video 9:00 Hairdresser 9:00 <b>Walmart Shopping</b> 10:00 Creative Writing 10:00 Line Dance /TAP DANCE 10:00 <b>NEW! Chair Yoga Video</b> 10:00 Sit &amp; Tone w/Darci 11:00 <b>YOGA FOR STRENGTH</b> 11:30 <b>Lunch: Baked Fish Lunch &amp; Movie:</b> 12:00 <b>Bowling</b> 12:00 Oil Painting 12:30 Mah Jong 12:30 Mexican Train 12:30 Computer (sign up)</p> <p><b>TRIP: MGM Springfield</b></p>	<p>14 8:00 Hairdresser 8:00 Exer. Room 8:45 Exer. Under The Belt 9:15 Bingo 9:30 Interm. Italian 9:00 <b>Blood Pressure</b> 8:30 Food Shopping (all) 9:30 Friend's Big Band Dance 10:00 TAI CHI 10:30 Scrabble 11:30 <b>Lunch: Eggplant Parm</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor Class 12:30 Book Club 12:30 <b>Sing-a-Long</b> 12:30 <b>Successful Singles</b></p>	<p>16 8:00 Hair Dresser 8:30 Exercise Room 8:30-9:15 Zumba Gold 9:20-10:05 Gentle Pilates 9:00 <b>Manicurist</b> 8:45 Drumming w/Jill 9:15 Sit &amp; Tone w/Jill 9:00 Stitch and Chat 9:00 Yoga 10:00 <b>Let's Build LEGOS</b> 10:00 Mah Jong 10:30 <b>Lunch Bunch</b> 11:00 Aerobic Dance w/Alice 11:30 <b>Lunch: Caesar Salad</b> 12:30 Bridge 12:30 <b>Skin Cancer Talk and Screening</b></p>	<p>17 8:13 Exercise Room 8:00 <b>FRIEND's Breakfast</b> 9:00 Blood Pressure &amp; File of Life 9:00 <b>Broadway Jazz Dance Class</b> 9:00 Hairdresser 9:00 <b>Intergenerational Fun</b> 9:15 Bingo 9:00 Acrylic Painting 9:30-10:15 Tai Chi 10:00 <b>Art Guild Meeting</b> 10:00 <b>NEW! Chair Yoga Video</b> 10:30 ZUMBA 11:15 <b>Lunch: Pepper &amp; Egg Sandwich</b></p>	
<p>20 8:00 Zumba Gold w/Alice 9-9:50 Gentle Pilates 8:00 Exer. Rm/Hairdresser 8:45 Aerobics Video 9:00 <b>Walmart Shopping</b> 10:00 Line Dancing /TAP DANCE 10:00 Creative Writing 10:00 Sit &amp; Tone w/Darci 10:00 <b>NEW! Chair Yoga Video</b> 11:00 <b>YOGA FOR STRENGTH</b> 11:30 <b>Lunch: Greek Salad</b> 12:00 <b>Bowling</b> 12:00 Oil Painting 12:30 Mah Jong 12:30 Mexican Train 12:30 Computer (sign up)</p> <p><b>TRIP: The Edwards Twins @ Lake Pearl</b></p>	<p>21 8:00 Hairdresser 8-2 Exercise Room 8:45 Exer Under The Belt 9:30 Interm. Italian 9:15 Bingo 8:30 Grocery Shopping 9:00 <b>Blood Pressure</b> 10:00 <b>Low Vision Support</b> 10:00 Tai Chi 10:30 Scrabble 11:30 Lunch Chicken Quesadilla 12:15 <b>Musical Bingo</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor</p> <p><b>TRIP: Red Lion Inn &amp; Norman Rockwell Museum</b></p>	<p>22 8:30 ZUMBA 8:30 <b>Grocery Shop</b> 9:30 Aerobic's Video 9:00 Hairdresser 8am Exer. Room 9:00 <b>Walking Club</b> 9:00 Artist Drop In 9:00 Manicurist 9:00-10:30 Tripoley 9:00 <b>Alterations w/Anita</b> 10:00 Chair Yoga 10:00 Embroidery 10:15 Beg. Italian 11:30 <b>Lunch: Ziti w/Meat Sauce</b> 12:15-2:30 Canasta 12:15 Pokeno 12:30 Bridge 12:30 <b>Age In Place</b> <b>TRIP: Cape Ann Tour/Lunch</b></p>	<p>23 8:00 <b>Hair Dresser</b> 8:00 Exercise Room 9:00 <b>Manicurist</b> 8:30-9:15 Zumba Gold 9:20-10:05 Gentle Pilates 8:45 Drumming w/Jill 9:00 Stitch and Chat 9:15 Sit &amp; Tone w/Jill 10:00 <b>Let's Build LEGO's!!</b> 10:00 Yoga 10:00 Mah Jong 10:30 Lunch Bunch 11:00 Aerobic Dance w/Alice 11:30 <b>Lunch: Beef Burrito</b> 12:30 Bridge 12:30 <b>Arthritis Pain Relief Exercises</b></p>	<p>24 8:00 Exercise Room 8:00 <b>Friends Breakfast</b> 9:00-10 Blood Pressure 9:00-12 Hairdresser 9:00 <b>Broadway Jazz Dance Class---cancelled</b> 9:00 Acrylic Painting 9:15: Bingo 9:30 Tai Chi---sign up 10:00 <b>NEW! Chair Yoga Video</b> 10:30 ZUMBA 11:15 <b>Lunch: Reuben</b>  <b>TRIP: May 26-June 2: Cowboy Country w/Collette</b></p>
<p>27 8am Zumba Gold w/Alice 9-9:50 Gentle Pilates 8:00 Exer. Rm/Hairdresser 8:45 Aerobics Video 9:00 <b>Walmart Shopping</b> 10:00 Line Dancing/Creative Write 10:00 Sit &amp; Tone w/Darci 10:00 TAP DANCE 10:00 <b>NEW! Chair Yoga Video</b> 11:00 <b>YOGA FOR STRENGTH</b> 11:30 <b>Lunch:</b> 12:30 <b>Mexican Train</b> 12:00 Bowling 12:30 Computer 12:30 Mah Jongg 12:00 Oil Painting Class</p>	<p>28 :00 Hairdresser 8-3 Exercise Room 8:45 Exer Under The Belt 9:30 Interm. Italian 9:15 Bingo 8:30 Grocery Shopping 9:00 <b>Blood Pressure</b> 10:00 Tai Chi 10:30 Scrabble 11:30 Lunch: Boneless Pork 12:30 <b>Computer Class-sign up</b> 12:30 Bridge 12:30 Watercolor</p>	<p>29 8:30 ZUMBA 8:30 <b>Grocery Shop</b> 9:30 Aerobic's Video 9:00 Hairdresser 8am Exer. Room 9:00 <b>Walking Club</b> 9:00 Artist Drop In 9:00 Manicurist 9:00-10:30 Tripoley 9:00 <b>Alterations w/Anita</b> 10:00 Chair Yoga 10:00 Embroidery 10:15 Beg. Italian 11:30 <b>Lunch: Mac &amp; Cheese</b> 12:15-2:30 Canasta</p>	<p>30 8:00 <b>Hair Dresser</b> 8:00 Exercise Room 9:00 <b>Manicurist</b> 8:30-9:15 Zumba Gold 9:20-10:05 Gentle Pilates 8:45 Drumming w/Jill 9:00 Stitch and Chat 9:15 Sit &amp; Tone w/Jill 10:00 <b>Let's Build LEGO's!!</b> 10:00 Yoga 10:00 Mah Jong 10:30 Lunch Bunch 11:00 Aerobic Dance w/Alice 11:30 <b>Lunch: Cheeseburger</b> 12:30 Bridge</p>	<p>31 8:00 Exercise Room 8:00 <b>Friends Breakfast</b> 9:00-10 Blood Pressure 9:00-12 Hairdresser 9:00 <b>Broadway Jazz Dance Class---cancelled</b> 9:00 Acrylic Painting 9:15: Bingo 9:30 Tai Chi---sign up 10:00 <b>NEW! Chair Yoga Video</b> 10:30 ZUMBA 11:15 <b>Lunch: Tuna Salad Sandwich</b></p>