



3235 Chili Avenue
 Rochester NY
 14624
 (585)889-6185

July & August 2018

Mary Anne Sears - Director Programs for the Aging
 Michael Ferugia, Pam Holihan, Gwen Machulskis - Clerks

MISSION STATEMENT - The Chili Senior Center supports adults in their effort to remain healthy, active, & independent members of the community by providing socially, intellectually, & physically enriching activities for senior adults age 55 & over. The Chili Senior Center also serves the senior community by acting as a resource for senior related issues.

Monday—Friday 9:00 am—4:00 pm

PROGRAM SIGN UP A SINGLE EVENT SHEET MUST BE FILLED OUT FOR EACH PERSON, FOR EACH PROGRAM THEY SIGN UP FOR. THERE MAY BE A WAITING PERIOD IF YOU ARE NOT A CHILI RESIDENT. SOME ACTIVITIES MUST BE PAID FOR IN CASH.

PLEASE BRING EXACT CHANGE AS THERE WILL NOT BE ANY CHANGE AVAILABLE.

SUMMER CONCERTS SERIES!

INSIDE THE CHILI SENIOR CENTER

Doors open at 5:30 pm Concerts start at 6:30 pm

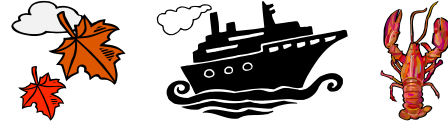
Refreshments for sale.

Donation of \$1/person requested!



- Tuesday, July 10th **"Josie Waverly"**
- Tuesday, July 17th **"The Ghost Riders"**
- Tuesday, July 24th **"Jon Seiger and the All Stars"**
- Tuesday, July 31st **"Bobby and the Einsteins"**
- Tuesday, Aug. 7th **"Paulsen, Baker & Chaapell"**
- Tuesday, Aug. 14th **"Ron & Nancy OneSong"**
- Tuesday, Aug. 21st **"American Jukebox"**

FOR MORE INFORMATION STOP IN OR CALL
 THE CHILI SENIOR CENTER - 889-6185



Autumn in Canada & New England - October 2019 Sponsored by AAA travel

"Regal Princess Cruise." If you don't like to fly, then this is the trip for you! We have the flyers for you! Trip is confirmed and we have several people signed up already. Don't miss out on this awesome adventure. **Stop in for information.**

UPCOMING TRIPS



More information on trips at the Center.

Lockport Locks - Includes a shopping stop at Miller's Bulk Food and Bakery in Medina, NY. Buffet Lunch at Canalside Inn followed by a two-hour narrated Erie Canal Cruise. Wine Tasting at Leonard Oakes Estate Winery en route home.

Wednesday, Aug. 8th. Cost \$90/person.
Depart Senior Center: 8:30 am. Return around 5:00 pm.

One Day Mystery Trip - Includes fun, nature, & lunch and that's all we will tell you! Some walking.

Wednesday, Sept. 12th. Cost: \$92/person.
Depart Senior Center: 8:15 am. Return around 5:30 pm.
 Must meet minimum sign-up by Aug. 10th or trip will be cancelled.

SAVE THE DATE!

Letchworth Fall Foliage - Tuesday, October 2nd.

"The Old Hippies" Concert - Enjoy some good old fashioned country music & other tunes you will recognize and sing along with. Refreshments will be served.

Friday, July 6th @ 11:00 am.
Cost: FREE! Please sign up at the desk in advance.

Marcy Downey - "Sing for Joy" - Songs of praise, joy, & inspiration. Some are traditional, some are popular songs. Come & hear the beautiful voice we have come to enjoy.

Friday, July 20th @ 1:00 pm.
Cost: Food donations for our local food cupboards!
Please sign up at the desk in advance.

Square Dancing Fun - If you have always wanted to try, or enjoy watching, come join us. We will have awesome dancing & music.

Friday, July 27th @ 10:00 am,
Cost: FREE!. Please sign up at the desk in advance.

CSC Mystery Picnic - After enjoying square dancing join us for a mystery picnic. We aren't telling you what you will be eating but it's sure to be tasty. Michael & Gwen will be cooking! Limited sign-up.

Friday, July 27th @ 12:00 pm.
Cost: \$3/person. Please sign up & pay in advance.

Farewell Summer Picnic - Sept. 7th

Clambake - Sept. 14th

Flu Shots - Sept. 26th

Sauders & Waterloo - Sept. 25th

Marcy Downey - Sept. 28th

Monroe County Bingo - Oct 12th

Oktoberfest - Oct. 23rd

Veterans Celebration - Nov. 3rd

*Mark
 your
 calendar*



Increase in suggested contribution for Lunch Club 60

Monroe County Office of the Aging has changed the suggested contribution for Lunch Club 60 to \$3.50 as of July 1st, 2018. The actual average cost of the Congregate Meal program is \$7.50/meal. The increase is to help cover the meal expense, programming & serving those in need. Thank you for your understanding. From Julie Allen Aldrich, Director Monroe County Office of the Aging

Reminder: ALL food brought to the Center must be store bought, in original container.

FOR SOME SCHEDULED PROGRAMS, CHILI RESIDENTS WILL BE GIVEN PREFERENCE. AS SPACE ALLOWS, THESE ACTIVITIES WILL BE OPEN TO NON-RESIDENTS. BASED ON THE NATURE AND EXTENT OF SOME OF OUR PROGRAMS, THERE IS A POSSIBILITY THAT WE MAY ASK YOU TO RECONSIDER THE TRIP, DUE TO EXTENSIVE WALKING, ENDURANCE, OR OTHER FACTORS. THANK YOU FOR YOUR UNDERSTANDING.

TRIP INFO: FOR SAFETY REASONS, SENIORS ARE NOT ALLOWED TO GET ON OR OFF ANY TOWN VEHICLE WITHOUT STAFF/DRIVER ASSISTANCE.

Eldersource - An Eldercare advisor will be at the Center to provide guidance in eldercare situations. No appointment is necessary. First come, first served.

Mondays, July 9th & Aug. 13th from 10:00 am - Noon.

Peace of Mind Overview - "Planning the Funeral: Where do I start & what are my options?" Adam Szeluga will discuss the why & how of prearranging a funeral & cover the available services of a funeral home, important documents, needed Veteran benefits, & burial and cremation options.

Friday, July 13th @ 1:00 pm.

Cost: FREE! Please sign up at the desk in advance.

Stretch & Strengthen - Join us for some exercise fun to keep us strong, flexible, and improve coordination.

Tuesdays from 1:00 to 2:00 pm.

Thursdays from 2:30 to 3:30 pm.

Cost: FREE!

Have a Ball Fitness Class: Toning Exercises with a Ball -

Tone up from head to toe with these moves using an exercise ball to target your abs, arms, butt, & thighs, and improve your balance. Come try it out!

Thursdays @ 1:00 pm.

Cost: FREE!

Excellus Health Care - Do you have questions concerning your health care & insurance coverage? Stop in and talk to a representative on an individual basis.

Wednesdays, July 18th & Aug. 8th from 10:00 am to Noon.

Summer Line Dancing @ Chili Senior Center

Tuesdays from 9:30-11:00 am.

July 3rd, 10th, 24th, 31st, Aug. 7th, 14th, 21st, 28th.

No Classes on July 17th.

Cost: \$2/person/week.

Please pay & sign in at the desk each week.

Hot Dog Wednesdays!

Attention Euchre players and hot dog lovers. We will be grilling up hot dogs on select Wednesdays in July and August. First come first served. When they are gone they are gone!

Cost: \$2/hot dog & beverage. Pay on that day.

July 11th, 25th, Aug. 22nd @ 12:30 pm.

Super Summer Bingo & KFC Luncheon

Getting tired of the summer heat? Then think about joining us for Double Bingo fun. Maximum 6 boards/person & we will play the Monday games. Cool down with a great meal from KFC! Box lunch includes 2 pieces of original chicken, mashed potatoes and gravy, roll and butter, and cookie. **(NO SUBSTITUTIONS)** The Senior Center will provide coleslaw & beverage at no additional cost!

Friday, Aug. 24th Bingo @ 9:30 am, Lunch @ 12:00 pm.

Bingo Cost: \$1/board. KFC: \$6/person.

You must sign up & pay in advance.

Soldiers Wish List We have a list of suggested items at the Center. Purchase any items and bring them back to the Center. We collect items year round and boxes are shipped each month to our overseas men and women. Monetary donations to cover and defray shipping cost are welcomed.

AARP SMART DRIVER - UPCOMING CLASSES

Tuesdays & Fridays 9:00 am - Noon

July 17th & 20th, No August Class, Sept. 18th & 21st

\$20/AARP MEMBER, \$25/OTHERS

PLEASE SIGN UP IN ADVANCE.

CHILI RESIDENTS HAVE PRIORITY!



Complimentary Community Blood Pressure Checks

Stop in to have one of the professional and caring providers from the CHS Mobile Integrated Healthcare check your blood pressure. Learn what the numbers mean and what they mean to your health.

**The second Wednesday of each month
from 1:00 pm to 2:30 pm.**



**Blood Pressure checks also on the first Thursday of the month
from 10:30 am - 12:00 pm. No BP checks on July 5th, it will be July 12th.**

Summer Picnics

Mark your calendars! More info at the Center.
Please sign up & pay in advance



Woodcarvers Picnic:	Wednesday, July 18th
Chain Gang Picnic:	Wednesday, July 18th
Euchre/Canasta Picnic:	Wednesday, Aug. 8th
Bridge Picnic:	Tuesday, Aug. 28th
Line Dancers Picnic:	Tuesday, Aug. 28th
Stretch & Strengthen Picnic:	Tuesday, Sept. 11th
Hikers Picnic:	Wednesday, Oct. 17th

"Creative Expressions" Class Demonstration -

Come explore colored pencil art. No prior art or drawing skills are required. This is a demonstration of the class to come.

Friday, Aug. 10th @ 1:30 pm.

Cost: FREE! Please sign up at the desk in advance.



Kindness Rocks! - We had such fun we are doing it again. This is a fun way to spread kindness with unsuspecting recipients by sharing these rocks with our community & beyond. Come join us for a great time of rock painting & learn how to hide your rocks to brighten someone's day.

Monday, Aug. 20th from 9:30-11:30 am.

Cost: FREE!!!! Please sign up at the desk in advance.

Feel Free to bring some rocks if you want. We will have some here!



Terrific Tuesday Fun!- Miniature Golf & Ice Cream -

Come join us for 18 holes of miniature golf on Ballantyne Road & then enjoy a small ice cream or gelato. Drive with us or meet us there. Limited van sign-up.

Tuesday, July 10th, 24th, Aug. 7th, 21st. @ 9:45 am.

Cost: \$5/person. CASH ONLY!

Please sign up & pay in advance!

Red Wings Ball Game - Join us as the Wings take on

Louisville Sluggers. Limited sign-up

Non-residents sign up begins July 10th.

Tuesday, July 17th. @ 9:45 am. Return ~ 3:00 pm.

Cost: \$12/person. Please sign-up and pay in advance.

Mindfulness Meditation - Practice ways to be present &

accepting in your life through meditation. Come to a presentation to talk about future classes, be good to yourself.

Wednesday, Aug. 1st @ 9:00 am.

Please sign up at the desk in advance.

Windmill Farm Market - The Windmill serves as an outlet

for roughly 100 local producers and craftsmen. It is located right in the heart of the Finger Lakes Region. We will stop at Oak Hill Bulk Foods on the way home. We will bring coolers.

Sign up for Windmill or Sauders, on waiting list for the other.

Saturday, Aug 4th.

Depart @ 7:15 am. Return about 4:00 pm.

Cost: \$10/Chili Residents.

\$12/Non-residents.

Chili residents have priority.

Non-residents can sign up July 13th.

Please sign up & pay in advance. Limited sign-up.

Music by the Shore - Salute to Seniors! - Enjoy a great

day at the lake with fellow seniors! Music will be provided by "Josie Waverly" & "Blues Family Band." Boxed lunches must be ordered and paid for in advance. Enjoy free rides on the carousel!

Rain or shine!

Cost: \$5.00/person.

Friday, Aug. 17th. Depart @ 9:30 am. Return ~ 2:30 pm.

Please sign up & pay in advance. Limited sign-up.

Sauders Country Store & Waterloo Outlet - This is a great

store! They have a wide variety of items including produce, cheese, snacks, baked goods, jams, & more. Lunch options available. (Cost on your own.) Then we are off to visit Waterloo Outlet Mall.

Sign up for Windmill or Sauders, on waiting list for the other.

Tuesday, Sept. 25th. Depart @ 9:00 am, Return ~ 4:00 pm.

Cost: \$10/Chili Residents.

\$12/Non-residents.

Chili Residents have priority.

Non-residents can sign up July 13th.

Please sign-up and pay in advance. Limited sign-up.



ORDER YOUR CHILI SENIOR CENTER SHIRTS TODAY!

PAY IN FULL WHEN ORDERING, CASH OR CHECK

Summer's here! We are taking orders for long & short sleeve t-shirts.

Short Sleeve T-Shirts - S-XL \$13, 2XL \$15, 3XL \$16

Long Sleeve T-Shirts - S-XL \$17, 2XL \$19, 3XL \$20

FOOD FOR SENIOR ASSISTANCE

SWEM - 585-235-4491

Pearce Food Cupboard - 585-594-9488

Grace Covenant Food Pantry - 585-889-2130



Mystery trips! You may sign up for one and put your name on a waiting list for the others!

CHILI RESIDENTS HAVE FIRST PRIORITY.

NON RESIDENTS MAY SIGN UP BASED ON

AVAILABILITY, JULY 13TH. (TRIP #1 - JUNE 26TH)

PLEASE SIGN UP AND PAY IN ADVANCE.

LIMITED SIGN-UP.

Mystery Trip #1

Some walking involved.

Tuesday, July 3rd. Depart @ 9:30 am. Return ~12:00 pm.

Cost: \$2/person.



Mystery Trip #2

A one-of-a-kind outing. Not much walking.

Friday, July 20th. Depart @ 9:30 am. Return ~12:00 pm.

Cost: \$3/person

+ extra cash for goodies you might want to buy.

Mystery Trip #3

"Where it began? What really happens in that building?"

Some walking involved.

Friday, Aug. 3rd. Depart @ 8:45 am. Return ~11:30 am.

Bus Cost: \$2/person.

Mystery Trip #4

A day of adventure and fun!

Friday, Aug. 31st. More information to come.

Mystery Lunch Trips - July & August

Enjoy some great American food.

SIGN UP FOR ONE, WAIT LIST FOR THE OTHER.

Chili residents have priority.

Non-residents July sign up begins July 2nd.

Non-residents August sign up begins July 18th.

Wednesday, July 11th @ 10:30 am Return ~ 1:30 pm.

Wednesday, Aug. 1st @ 10:30 am Return ~ 1:30 pm.

Van Cost: \$2/person.

Lunch Cost on own \$4-10. CASH ONLY!!

Please sign-up & pay in advance.





Summertime Health Tips



Stay cool and avoid the mid-day heat. Limit activities in the hot sun to 15 or 20 minutes at a time to help protect against heat exhaustion. Avoid prolonged sun exposure between the hours of 10 a.m. and 4 p.m. when the sun's UV rays are the strongest.



Replace your shoes. Select the proper shoes for an activity and replace them often to prevent foot, ankle and knee pain.



Stretch. The more prepared muscles and tendons are for an activity, the more protected you are from getting hurt.



Hydrate, hydrate, hydrate. Don't wait until you're thirsty to drink water. Drink plenty of water before, during and after activities.



Protect your head. Always remember to wear a helmet while biking, rock climbing, skateboarding, horseback riding or riding an ATV - and make sure children do too.



Lather up and wear sunscreen! Be sure to use SPF 30 or higher and reapply it every two hours. Ideally, 1 ounce of sunscreen (about a palmful) should be used to cover the arms, legs, neck and face of the average adult.



Exercise for strong bones. Exercise is important for building strong bones and is essential for maintaining bone strength. Weight-bearing exercise and strength-training exercise are two types of exercise that are most effective for building strong bones.



Look before you dive. To prevent head, neck and spine injuries, never dive headfirst into unknown bodies of water.



Go easy on your joints. Swimming is a great, low-impact exercise for summer and helps to prevent over-heating.




July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:00 Lunch Club 12:45 Bingo 1:00 Dominos <u>BBQ Pulled Pork on Bun</u>	3 9:30 <u>LINE DANCING</u> 9:30 <u>MYSTERY TRIP #1</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:00 Table Tennis	4 NO PROGRAMS CHIL-E FEST "78 RPM" BIG BAND CONCERT 3:00-4:30PM	5 9:30 Mahjongg 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Broccoli & Cheese Quiche</u>	6 11:00 " <u>OLD HIPPIES CONCERT</u> " 2:00 Table Tennis
9 10:00 <u>ELDERSOURCE</u> 12:00 Lunch Club 12:45 Bingo 1:00 Dominos <u>Ground Beef Taco Salad w/Cheese, Salsa, & Sour Cream</u>	10 9:30 <u>LINE DANCING</u> 9:45 <u>MINI GOLF</u> 11:30 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis 6:30 " <u>JOSIE WAVERLY</u> "	11 9:00 Chili Carvers 10:00 <u>BREAKFAST</u> 10:30 <u>MYSTERY LUNCH</u> 12:00 Euchre 12:30 <u>WEDNESDAY HOT DOGS</u> 1:00 Canasta 1:00 Chain Gang	12 9:30 Mahjongg 10:30 <u>BLOOD PRESSURE</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Fajita Chicken on Spinach Romaine Salad</u>	13 10:30 <u>St. PIUS</u> 1:00 <u>PEACE OF MIND OVERVIEW</u> 2:00 Table Tennis
16 11:15 <u>NUTRITION ED</u> 12:00 Lunch Club 12:45 Bingo 1:00 Dominos <u>Pumpkin Lentil Black Bean Soup</u>	17 9:00 <u>AARP</u> 9:45 <u>RED WINGS GAME</u> 12:00 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis 6:30 " <u>THE GHOST RIDERS</u> "	18 9:00 Chili Carvers 10:00 <u>EXCELLUS</u> 11:30 <u>CARVERS PICNIC</u> 12:00 Euchre 1:00 <u>CHAIN GANG PICNIC</u> 1:00 Canasta 1:00 Chain Gang	19 8:30 <u>PUBLIC MARKET TRIP</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Hot Roast Beef Sandwich w/Gravy</u>	20 9:00 <u>AARP</u> 9:30 <u>MYSTERY TRIP #2</u> 1:00 <u>MARCY DOWNEY "SING FOR JOY"</u> 3:00 Table Tennis
23 FOOTCARE 12:00 Lunch Club 12:45 Bingo 1:00 Dominos <u>Vegetarian Meatball Sub Sandwich w/Sauce</u>	24 9:30 <u>LINE DANCING</u> 9:45 <u>MINI GOLF</u> 11:30 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis 6:30 " <u>JON SEIGER & THE ALL STARS</u> "	25 9:00 Chili Carvers 12:00 Euchre 12:30 <u>WEDNESDAY HOT DOGS</u> 1:00 Canasta 1:00 Chain Gang	26 FOOTCARE <u>HAWAIIAN LUNCH CRUISE TRIP</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen <u>Italian Sausage Pasta & Sauce</u>	27 10:00 <u>SQUARE DANCE DEMO & MUSIC</u> 12:00 <u>CSC MYSTERY PICNIC</u> 2:00 Table Tennis
30 FOOTCARE 12:00 Lunch Club 12:45 Bingo 1:00 Dominos <u>Goulash w/Ground Beef</u>	31 9:30 <u>LINE DANCING</u> 11:30 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis 6:30 " <u>BOBBY AND THE EINSTEINS</u> "			

LUNCH CLUB 60 SUGGESTED CONTRIBUTION IS \$3.50/PERSON

PLEASE BE SURE YOU SIGN UP FOR LUNCHESES AT LEAST TWO WEEKS IN ADVANCE



August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging.</p>		1 9:00 <u>MINDFULNESS MEDITATION</u> 9:00 Chili Carvers 10:30 <u>MYSTERY LUNCH</u> 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	2 FOOTCARE 9:30 Mahjongg 10:30 <u>BLOOD PRESSURE</u> 11:30 <u>BIRTHDAYS</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen Breaded Haddock w/Tartar Sauce	3 8:45 <u>MYSTERY TRIP #3</u> 2:00 Table Tennis <hr/> 4 7:15 <u>WINDMILL & OAK HILL BULK FOODS</u>
6 FOOTCARE 12:00 Lunch Club 12:45 Bingo 1:00 Dominos BBQ Pork Riblet on Bun	7 9:30 <u>LINE DANCING</u> 9:45 <u>MINI GOLF</u> 11:30 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis 6:30 <u>"PAULSEN, BAKER & CHAAPELL"</u>	8 8:30 <u>LOCKPORT LOCKS TRIP</u> 9:00 Chili Carvers 10:00 <u>EXCELLUS</u> 12:00 Euchre 12:30 <u>EUCHRE PICNIC</u> 1:00 <u>BLOOD PRESSURE</u> 1:00 Canasta 1:00 Chain Gang	9 FOOTCARE 9:30 Mahjongg 11:00 <u>MVP -SECRETS TO SUCCESSFUL AGING</u> 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen Vegetarian Meatballs Pasta & Sauce	10 10:30 <u>ST. PIUS</u> 1:30 <u>DEMO CLASS CREATIVE EXPRESSION</u> 2:00 Table Tennis
13 10:00 <u>ELDERSOURCE</u> 12:00 Lunch Club 12:45 Bingo 1:00 Dominos Broccoli & Cheese Quiche	14 9:30 <u>LINE DANCING</u> 11:30 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis 6:30 <u>"RON & NANCY ONESONG"</u>	15 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	16 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen Roast Beef Sandwich w/Lettuce Tomato Horseradish & Mayo on Thinwich	17 9:30 <u>MUSIC BY THE SHORE</u> 2:00 Table Tennis
20 9:30 <u>KINDNESS ROCKS</u> 12:00 Lunch Club 12:45 Bingo 1:00 Dominos Macaroni & Cheese	21 9:30 <u>LINE DANCING</u> 9:45 <u>MINI GOLF</u> 11:30 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis 6:30 <u>"AMERICAN JUKEBOX"</u>	22 9:00 Chili Carvers 12:00 Euchre 12:30 <u>WEDNESDAY HOT DOGS</u> 1:00 Canasta 1:00 Chain Gang	23 8:30 <u>PUBLIC MARKET TRIP</u> 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen Chili Topped Baked Potato w/Sour Cream & Shredded Cheese	24 9:30 <u>SUMMER BINGO</u> 12:00 <u>KFC LUNCHEON</u> 2:00 Table Tennis
27 FOOTCARE 12:00 Lunch Club 12:45 Bingo 1:00 Dominos Stuffed Pepper w/Sauce	28 9:30 <u>LINE DANCING</u> 11:30 <u>LINE DANCING & BRIDGE PICNIC</u> 12:30 Bridge 1:00 Stretch & Strengthen 2:15 Table Tennis	29 9:00 Chili Carvers 12:00 Euchre 1:00 Canasta 1:00 Chain Gang	30 FOOTCARE 9:30 Mahjongg 12:00 Lunch Club 12:45 Bingo 1:00 Ball Class 2:30 Stretch & Strengthen Braised Pork Chop w/Gravy	31 TBD <u>MYSTERY TRIP #4</u> 2:00 Table Tennis