



Finney County Committee on Aging, Inc.

Senior Center 620-272-3620 Transit 620-272-3626 RSVP 620-275-5566



USDA Commodities

Wednesday, July 24

10:00A.M.

A 2019 commodities card is required.
Everyone must recertify.
Proof of income for everyone in the household.
Must be a Finney County Resident.

Finney County Committee on Aging, Inc.
907 North Tenth Street
Garden City, Kansas 67846
Change Service Requested

NON-PROFIT
BULK RATE
U.S. POSTAGE PAID
PERMIT NO. 34
GARDEN CITY, KS.



The trick to aging gracefully is to enjoy it.



July	August
2nd-Shimmer & Shine Day 10:30 A.M.– Men's Coffee	1st -10:30 A.M. BINGO. Cost for each card \$1.00. NO Limit on Cards
3rd-1:00 P.M. Homemade Ice Cream Social	2nd - 6:00 P.M. Association Covered Dish
5th- 6:00 P.M. Association Covered Dish	6th -10:30 A.M. Men's Coffee
9th -9:30 A.M. Trip to Scott Lake	10th- 12th - Shimmer & Shine Day
1:00 P.M. Foot Clinic	13th-9:30 A.M. Trip to Boot Hill Casino, Dodge City
16th -10:30 A.M. Men's Coffee	14th- 1:00 P.M. Foot Clinic
5:00-P.M. Cook Out and Watermelon Feed	15th-11:30 A.M. Lunch & Learn
17th -1:30 P.M. FCCA Meeting	20th 10:30 A.M. Men's Coffee
18th-11:30 A.M. Lunch & Learn	21st-1:30 P.M. FCCA Meeting
22nd-1:00 P.M. Homemade Choc Chip Cookies and Milk	22nd-1:00 P.M. /50's Day Party. Everyone Dress 50's
23rd-Gorgeous Grandma & Grandpa Day. (Wear your grandpa or grandma shirt if you have one).	29th -9:30 A.M. Lee Richardson Trip
24th-9:30 A.M. Trip to Stauth Museum in Montezuma	30th - 12:45 P.M. Movie & Popcorn
26th-1:00 P.M. Summer Bash	



Thursday, July 4th the Senior Center and Transit will be closed in observance of Independence Day. Have a Safe and Happy Holiday.

COMMITTEES AND MEETINGS

July 9– 10:00 A.M. Craft Shop Committee	August 9–10:00 A.M Craft Shop Check In
July 9-1:00 P.M. Nutrition Meeting	August 13– 10:00 A.M. Craft Shop Committee
July 10-10:00 A.M. Meals on Wheels Committee	August 13- 1:00 P.M. Nutrition Meeting
July 12-10:00 A.M. Craft Shop Check In	August 21-1:30 P.M. FCCA Meeting
July 17-1:30 P.M. FCCA Meeting	August 23-10:00 A.M. Craft Shop Check In
July 26-10:00 A.M. Craft Shop Check In	

S&S Day (Shimmer and Shine Day)

Each month we will draw a name out of the hat (names of those that come to activities and lunches). We will honor that person with a special day. They will help make the menu up with their favorite foods. We will decorate the showcase with their pictures, hobbies and accomplishments. Please invite your family and friends to come by on your "S&S Day". If we draw out your name and you choose not to participate that is OK.

Thank You, Susan Scott and Maybelle Bowen for being our Shimmer & Shine Seniors in May & June.

July's Shimmer and Shine Senior is Carmen Sambrano. We will honor Carmen at 11:45A.M. on Tuesday, July 2nd before lunch. Our August Shimmer and Shine Senior will be announced.

Covered Dish Supper



Senior Citizens Association

Please join us on the first Friday of every month at 6:00 P.M. for the covered dish meeting. Bring something tasty to eat and enjoy.

Entertainment by:

July 5 –Larry Billbury
August 2 –Don Ewes



Finney County Committee on Aging

Our monthly board meetings are held the **third Wednesday** of each month at **1:30 P.M.** in

the
Senior Center Meeting Room.

July 17

August 21

Meetings are open to the public.



Buddy Days

We are having a contest, starting July 1, Your name will be entered into the s must be new to the center). to lunch, an activity, exercise, cards, pool, or dominoes. Patti or Shari know who you brought.

be drawn at lunch on August 1st.



Bring them Please let Della, The winner will



Caregivers corner

Caregivers of Garden City, LLC
Address is: 310 E. Walnut Suite 206
Phone: 620-322-9500

Foot Care Clinic will start on Wednesday, July 10th at 1:00 and will be held the second Wednesday of every month. Sign up sheet will be at Senior Center with a LIMIT of EIGHT each time.

Tips for Avoiding Heat Stroke & Exhaustion

Drink Plenty of Liquids

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. Avoid alcohol and caffeinated beverages as they cause dehydration.

Wear Appropriate Clothes

When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

Stay Indoors During Mid-day Hours

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

Take it Easy

Avoid exercise and strenuous activity particularly outdoors, when it's very hot out.

Watch the Heat Index

When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels.

Seek Air-conditioned Environments

Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat, such as your local senior center. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

Know the Warning Signs of Heat-related Illness

Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately. Call 911 immediately should you experience any of these symptoms.

Learn Wood Carving with Daryl Hopkins
Classes are every Tuesday and Thursday Morning at 9:30 A.M.





Mon	Tue	Wed	Thu	Fri	Sat
1 Chicken Fried Steak Mashed Potatoes/Gravy 8 Chicken Tenders Mashed Potatoes/Gravy Broccoli Salisbury Steak 15 Mashed Potatoes /	Truck Drivers 2 Casserole Broccoli 3 Bean Salad Grapes Open Faced Hot 9 Roast Beef Sandwich Chili Cheese Hot 16 Dog On a bun Potato Chips Roasted Turkey 23 Breast Mashed Potatoes/ Turkey, Ham Bacon 30 on Croissant, Lettuce and Tomato	Chicken Fried 3 Chicken on Bun with Swiss Cheese & Bacon Potato Salad Chicken Spaghetti 10 Mixed Vegetables Garlic Toast Rosemary Pork Loin 17 Au Gratin Potatoes Broccoli Baked Ham with 24 Pineapple Slice Sweet Potato with Teriyaki Pork Loin 31 Mashed Potatoes Gravy	No Meal Delivery 4 Frozen Meal Delivered with Wednesday, July 3 Meal Mushroom Gravy 11 Smothered Chicken Breast over White Rice Chicken Kiev 18 Wild Rice Swiss Cheeseburger 25 with grilled Mushrooms on a Bun Teriyaki Pork Loin 31 Mashed Potatoes Gravy	Meatloaf 5 Baked Potato Sour Cream Cauliflower with Fried Jumbo 12 Shrimp Mac & Cheese BBQ Riblet on a Bun 19 Scalloped Potatoes Tuna Casserole 26 Corn Muffin Green Beans Fruit	6 13 20 27

IF YOU DON'T WANT A MEAL PUT AN X OVER THAT DAY.
 IF YOU WANT MORE THEN 1 MEAL PUT THE AMOUNT OF MEALS BY THE MEAL YOU DO

Nutrition Council

July 9 @ 1:00 pm

Menu is



FUN TIMES

THANK YOU!
 St. Catherine Hospital for partnering with us to bring the monthly Lunch & Learn programs.

Lunch and Learn will be on
July 18– By the Breast Center
August 15– By Mosaic

The meal is complimentary, but space is limited. You must be present for the presentation for the free meal, no carryout meals available. Please call the Senior Center each month to reserve your Spot.



Up Coming Bus Trips

- July 9 - 9:30 A.M. Scott Lake Trip
- July 24 - 9:30 A.M. Stauth Museum trip (Montezuma)
- July 30 - 9:30 A.M. Scott Lake trip - back-up date
- August 13 9:30 A.M. Boot Hill Casino Trip (Dodge City)

August 9:00

29



Moving On with Shari



COME SEE US

Hello seniors. The Senior Center has been really busy – lots of activities & events going on this summer. I am very excited about the responses we are having to our bus trips. We have 25+ signed up for our first casino trip and we had 14 attend the movie POMS in May. We have new folks exercising with us every day. You should check out our exercise offerings. We really do have something for everyone and at a variety of times each day.

Meals on Wheels continues to grow. An added bonus to the meal you receive is that someone stops by your house every day. Someone to talk to and someone who can let us know if you are ill or don't answer the door, as you usually would.

We have an active webpage. It has all the info about what is going on at the center and it also includes our newsletter and menus each month. We post a lot of pictures from our activities. I encourage you to check us out.

www.finneycountyseniorcenter.org

Check out our activities calendar, as we have some tentative dates for July and August. If you watch in the GC Telegram, you will see any updates or additions to our activities in the weekly Senior Showcase.

As always, YOU are why we are here: playing, watching, riding, talking, sewing, shooting pool, laughing, and helping!

Opportunity awaits, come see us!!



Della's Delightful Details

The Kansas Farmers Market vouchers are now in. This will give you the chance to enjoy fresh vegetables and fruit. You must be 60 years of age and meet income guidelines for everyone in your household to be eligible for the \$30.00 worth of vouchers.

We will have commodities again on July 24. If you think you may qualify for commodities, you will need to meet income guidelines for everyone in your household. You need to get a 2019 Commodities card. Please come in before the 24th and get your card. Please come in early on the 24th and get your name on the list. I start passing the commodities out at 10:00 a.m.

Come in or call (620-272-3620) for details about renting the center. It is a nice place to host your party.

I am always looking for receptionists. If you are looking for something to do that is easy and getting to socialize with others call me. I would enjoy having you as one of my receptionists.

**Kitchen Korner
By Leslie**



Greetings from the Kitchen Korner. We have been having many new items on the menu for the past couple of months. Everyone is welcome to come in and enjoy a good nutritious meal and enjoy the company of others.

The cost is minimal compared to a comparable meal elsewhere. It is a suggested donation of \$3.50 for 60 and over and for those that are younger than 60 it is a required cost of \$5.75.

Not only can you receive a great meal but there are many different activities that's being offered at the center or someone could just come in for good conversation with others.

Stop by and check us out or come in to see what is offered and visit with staff about what might work for you. See you soon!

Making Seniors Happy

Patti Thummel Activities Director/Meals on Wheels Director



Wow, it's July already and with it comes the *Dog Days of Summer*. These days give us the opportunity for some really fun activities. We will be making homemade ice cream, chocolate chip cookies and have a cookout and watermelon feed.

It's time to party! We have 2 really fun parties planned. At the Summer Bash Party we'll have a wet T-shirt contest and beer (root), and that's all I am going to say about that. In August there will be an Elvis/50's party. Let's make it fun and dress the part.

Check out and sign up for one or more of the trips that's planned. Don't forget BINGO on August 1st. Help us in making this a summer to remember at the Senior Center. As always please let me know if there are any activities you would like for us to add.

Make sure you check out the activity calendars so you don't miss any of the planned activities.



The following groups will be delivering Meals on Wheels in July and August, Thank You!!

- | | | |
|---------------------|--|-----------|
| RSVP | Finney County United Way along with Home Town Realtors | St. Domi- |
| nic Altar Society | Presbyterian Church | |
| Knights of St. Mary | Garden City Board of Realtors | |

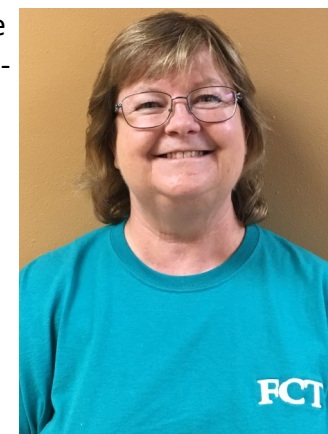
July 29

-Aug. 2 is an open week with no volunteers scheduled. Please call me at 272-3620 if you would like to sign up to help.



Transit News

We Fin-



would like to welcome a few new faces to Finney Transit. Give a warm welcome to Summer Stock-






















Coun- Give a wel- Sue mer



ty





















Senior Center Activity Calendar

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p> <p style="text-align: right;">1</p>	<p>9:30 Learn Wood Carving Class 9:30 Strength Training 10:30 Men's Coffee 1:45 Trivia Tuesday 12:30 Pitch 11:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">2</p> <p style="text-align: center;">S & S Day</p>	<p>8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:00 Homemade Ice Cream Social 1:00 Enhance Fitness 1:15 Bridge 7:30 Dance-Moonshiners</p> <p style="text-align: right;">3</p>	<div style="text-align: center;">  <p>4TH OF JULY INDEPENDENCE DAY</p> <p>Senior Center/Transit Closed</p> </div>	<p>8:30 Line Dancing 10:30 Nurse 1:00 Enhance Fitness 1:00 Fun and Games 1:15 Bridge 6:00 Association Covered Dish</p> <p style="text-align: right;">5</p> <div style="text-align: center;">  <p>Covered Dish Supper</p> </div>	<p style="text-align: center;">1:00-4:00 Billiards</p> <p style="text-align: right;">6</p>
<p>2:00 Duplicate Bridge</p> <p style="text-align: right;">7</p>	<p>12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p> <p style="text-align: right;">8</p>	<p>9:30 Learn Wood Carving Class 9:30 Trip to Scott Lake 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">9</p> <div style="text-align: center;">  </div>	<p>8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Foot Clinic * 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie 7:30 Dance-Craig Stevens</p> <p style="text-align: right;">10</p> <div style="text-align: center;">  </div>	<p>8:30 Tops 9:30 Learn Wood Carving Class 9:30 Strength Training 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">11</p> <div style="text-align: center;">  </div>	<p>8:30 Line Dancing 10:30 Nurse 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge</p> <p style="text-align: right;">12</p>	<p style="text-align: center;">1:00-4:00 Billiards</p> <p style="text-align: right;">13</p>
<p>2:00 Duplicate Bridge</p> <p style="text-align: right;">14</p>	<p>12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p> <p style="text-align: right;">15</p> <div style="text-align: center;">  </div>	<p>9:30 Learn Wood Carving Class 9:30 Strength Training 10:30 Men's Coffee 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 5:00 Cook Out & Watermelon Feed 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">16</p> <div style="text-align: center;">  </div>	<p>8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:30 FCCA MEETING 1:00 Enhance Fitness 7:30 Dance-Ortiz Band</p> <p style="text-align: right;">17</p> <div style="text-align: center;">  </div>	<p>8:30 Tops 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:30 Lunch & Learn 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">18</p> <div style="text-align: center;">  </div>	<p>8:30 Line Dancing 10:30 Nurse 1:00 Fun and Games 1:00 Legal Aide * 1:00 Enhance Fitness 1:15 Bridge</p> <p style="text-align: right;">19</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">1:00-4:00 Billiards</p> <p style="text-align: right;">20</p>
<p>2:00 Duplicate Bridge</p> <p style="text-align: right;">21</p> <div style="text-align: center;">  </div>	<p>12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Homemade Chocolate Chip Cookies / Milk 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p> <p style="text-align: right;">22</p> <div style="text-align: center;">  </div>	<p>9:30 Strength Training 9:30 Learn Wood Carving Class 1:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">23</p> <div style="text-align: center;">  </div> <p>Gorgeous Grandma/Grandpa Day wear your Grandma your Grandpa Shirt if you have one.</p>	<p>8:30 Line Dancing 9:30 Trip to Stauth Museum in Montezuma 9:30 Completely Unraveled 10:00 Commodities 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance-Joe & Carl</p> <p style="text-align: right;">24</p> <div style="text-align: center;">  </div>	<p>8:30 Tops 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 1:00 Summer Bash Party 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">25</p> <div style="text-align: center;">  </div>	<p>8:30 Line Dancing 10:30 Nurse 12:45 Movie & Popcorn 1:00 Enhance Fitness 1:15 Bridge</p> <p style="text-align: right;">26</p> <div style="text-align: center;">  </div> <div style="text-align: center;">  <p>Did you SMILE this</p> </div>	<p style="text-align: center;">9:00 Quilts of Valor</p> <p style="text-align: right;">27</p> <p style="text-align: center;">1:00-4:00 Billiards</p>
<p>2:00 Duplicate Bridge</p> <p style="text-align: right;">28</p>	<p>12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p> <p style="text-align: right;">29</p>	<p>9:30 Strength Training 9:30 Trip to Scott Lake (Backup Date) 9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p> <p style="text-align: right;">30</p> <div style="text-align: center;">  </div>	<p>8:30 Line Dancing 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 7:30 Dance- DJ Larry</p> <p style="text-align: right;">31</p> <div style="text-align: center;">  </div>			
<p>2:00 Duplicate Bridge</p> <p style="text-align: right;">31</p>						<p style="text-align: center;">* By APPOINTMENT ONLY</p>

Senior Center Activity Calendar

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			* BY APPOINTMENT ONLY	8:30 Tops 1 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 10:30 Bingo  11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout	8:30 Line Dancing 2 10:30 Nurse 1:00 Fun and Games  1:00 Enhance Fitness 1:15 Bridge 6:00 Association Covered Dish	1:00-4:00 Billiards 3
2:00 Duplicate Bridge 4	12:30 Double Pinochle 5 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge 	9:30 Learn Wood Carving Class 6 9:30 Strength Training 10:30 Men's Coffee 1:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge  4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 7 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness  7:30 Dance-Ortiz Band	8:30 Tops 8 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 9 10:30 Nurse 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge	1:00-4:00 Billiards 10
2:00 Duplicate Bridge 11	12:30 Double Pinochle 12 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge  <p style="text-align: center;">S&S Day</p>	9:30 Learn Wood Carving Class 13 9:30 Boot Hill Casino Trip (Dodge City) 9:30 Strength Training 11:45 Trivia Tuesday  12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 14 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise  1:00 Foot Clinic * 1:00 Enhance Fitness 7:30 Dance-Moonshiners	8:30 Tops 15 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class  11:30 Lunch & Learn 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 16 10:30 Nurse 1:00 Legal Aide * 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge 	1:00-4:00 Billiards 17
2:00 Duplicate Bridge 18	12:30 Double Pinochle 19 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge 	9:30 Learn Wood Carving Class 20 9:30 Strength Training 10:30 Men's Coffee 11:45 Trivia Tuesday  12:30 Pitch 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 21 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness  1:30 FCCA MEETING 7:30 Dance-Ortiz Band	8:30 Tops 22 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class  1:00 Elvis /50's Day Party 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie <div style="border: 1px solid black; border-radius: 50%; padding: 5px; display: inline-block; text-align: center;"> Dress like the </div>	8:30 Line Dancing 23 10:30 Nurse 1:00 Fun and Games 1:00 Enhance Fitness 1:15 Bridge 	1:00-4:00 Billiards 24
2:00 Duplicate Bridge 25	12:30 Double Pinochle 26 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge 	9:30 Learn Wood Carving Class 27 9:30 Strength Training 11:45 Trivia Tuesday 12:30 Pitch 1:15 Bridge  4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	8:30 Line Dancing 28 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise  1:00 Enhance Fitness 7:30 Dance-Craig Steven	8:30 Tops 29 9:00 Lee Richardson Zoo Trip 9:30 Strength Training 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie 	8:30 Line Dancing 30 10:30 Nurse 12:45 Movie & Popcorn  1:00 Enhance Fitness 1:15 Bridge	9:00 Quilts of Valor 1:00-4:00 Billiards 31