



# Finney County Committee on Aging, Inc.

Senior Center 620-272-3620

Transit 620-272-3626

RSVP 620-275-5566



Aging is not lost youth but a new stage of opportunity and strength.



## USDA Commodities

Wednesday, March 27

10:00am

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.



### March



- 1st 6:00 pm. Association Covered Dish
- 4th 2:30 pm. Electronics Class
- 5th -10:30 am Men's Coffee  
12:00 pm Mardi Gras Lunch and Fun
- 6th- Shimmer & Shine Day
- 7th -10:30 am. BINGO. Cost for each card \$1.00.  
NO Limit on Cards
- 11th 2:30 pm. Electronics Class
- 12th 12:45 pm Lee Richardson ZooMobile
- 18th 2:30 pm. Electronics Class
- 19th-10:30 am Men's Coffee  
1:00pm Movie and Popcorn
- 20th 1:30 pm FCCA Meeting
- 21st-11:30 a.m. Lunch & Learn
- 25th - 2:30 pm. Electronics Class
- 26th- 9:00 am. 1st class of Stay Strong , Stay Healthy



### April

- 2nd- Shimmer & Shine Day  
10:30 am Men's Coffee
- 4th -10:30 am. BINGO. Cost for each card \$1.00. NO Limit on Cards
- 5th-6:00 pm. Association Covered Dish
- 9th 6-8 Canvas + Paint
- 11th- Donuts & Coffee for our Volunteers
- 16th 10:30 am. Men's Coffee
- 17th 1:30 pm. FCCA Meeting
- 18th -11:30 a.m. Lunch & Learn
- 25th 5:00 pm. Soup Supper and Games



### COMMITTEES AND MEETING

- |  |   |
|--|---|
| March 5- 10:00 am; Craft Shop Committee (Monthly)        | April 9- 10:00 am; Craft Shop Committee (Monthly) |
| March 5-1:00 am; Nutrition Meeting (Monthly)             | April 9-1:00 am; Nutrition Meeting (Monthly)      |
| March 8-10:00 am; Craft Shop Check In                    | April 12-10:00 am; Craft Shop Check In            |
| March 15-10:00 am; Meals on Wheels Committee (Quarterly) | April 15 RSVP Board Meeting (Quarterly)           |
| March 18 1:30 RSVP Board Meeting (Quarterly)             | April 17-1:30 am; FCCA Meeting (Monthly)          |
| March 20-1:30 am; FCCA Meeting (Monthly)                 | April 26- 10:00 am; Craft Shop Check In           |
| March 22- 10:00 am; 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 and choose an activity. 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, Betty Looper for being our very first Shimmer & Shine Senior. We learn a lot about our sweet Betty.

March's Shimmer and Shine Senior is Vic McCart. We will honor Vic at 11:45 on March 6th before lunch.

## Covered Dish Supper



### Senior Citizens Association

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

### Entertainment by:

March 1-Willis Pracht  
April 5 -Edith Scheuerman



## Finney County Committee on Aging

Our monthly board meetings are held the third Wednesday of each month at 1:30 pm

in the Senior Center Meeting Room.

March 20

April 17

Meetings are open to the public.

### What's New

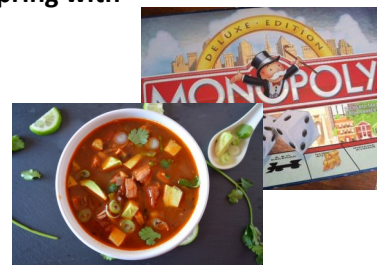
Starting March 4th-Every Monday afternoon (during March) at 2:30 pm. The GCHS Future Business Leaders of America will be teaching and answering your questions about your smart phones and tablets.



March 20, 12:30 pm. Join us and the FCCA Board of Directors float into spring with Ice Cream Floats.



April 25, 5:00 pm. join us for Soup Supper and Game.



### Future Event

We are planning a Wedding Dress show in June. We are asking to use your dresses for this event. We would like to have dressed from every decade. Please call Patti or Della at 272-3620, if you have a dress that you would like in this show.



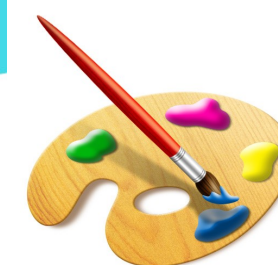
# CANVAS + PAINT

APRIL 9TH  
6 - 8 PM

\$8 PER PERSON | FOR AGES 55+  
LIMITED SPOTS AVAILABLE!

CONTACT PATTI THUMMEL  
AT THE SENIOR CENTER TO ENROLL

PROVIDED THROUGH A PARTNERSHIP BETWEEN:  
**Garden City ARTS** SENIOR CENTER OF FINNEY COUNTY



Join us for a relaxing evening of painting, food and fun.

Katie from Garden City Arts will talk you through all the steps to painting the beautiful winter scene.

All supplies are furnished. Come into the Senior Center or Call 272-3620 to reserve your spot.

Class is limited to 18.

Cost \$8.00 for Canvas and Snack



# Meals on Wheels March 2019

Mon	Tue	Wed	Thu	Fri	Sat
Beef and Noodles <b>4</b> Broccoli	Roasted Turkey <b>5</b> Breast	Garlic Shrimp <b>6</b> Over Rice	Teriyaki Pork Loin <b>7</b> Mashed Potatoes/Gravy	Baked Ham with <b>1</b> Pineapple Slice Baked Potatoes Sour Cream	Saturday Sack <b>2</b> Lunch Delivered with Friday's Meal
Goulash <b>11</b> California Veg. Garlic Bread Fruit	Bacon Cheddar <b>12</b> Cheese Ham-burger on Bun Cheddar Mashed	Ham & Beans <b>13</b> Corn Muffin Cherry Tomatoes Fruit	Sloppy Joe on a <b>14</b> Bun Assorted Chips Baked Beans	Tuna/Noodle <b>8</b> Casserole Green Beans	Saturday Sack <b>9</b> Lunch Delivered with
Tater Tot <b>18</b> Casserole Sliced Carrots California Pasta	Crispy Baked <b>19</b> Chicken Breast Baked Potatoes Sour Cream	Turkey, Ham Bacon <b>20</b> Swiss Cheese on Croissant	Chicken Fried <b>21</b> Steak Mashed Potatoes/	Salmon Patty <b>15</b> AuGratin Potatoes Creamed Peas	Saturday Sack <b>16</b> Lunch Delivered with Friday's Meal
Chicken Tenders <b>25</b> Mashed Potatoes Gravy Broccoli	Open Faced Roast <b>26</b> Beef Sandwich Mashed Potatoes/	Ham/Asparagus <b>27</b> Roll Up Scalloped Potatoes/	BBQ Chicken <b>28</b> Breast Baked Potatoes with Sour	Crispy Baked <b>22</b> Tillapia Scalloped Potatoes Peas	Saturday Sack <b>23</b> Lunch Delivered with
				Fried Jumbo <b>29</b> Shrimp Mac & Cheese	Saturday Sack <b>30</b> Lunch Delivered with

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 Meeting March 12th @1:00 pm

Menu is subject to change.

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

**March 21** – St. Catherine Hospice  
**April 18** - Garden Valley Retirement Village (Medicare part A & B Skilled Nursing)

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



**THANK YOU YOU ROCK!**

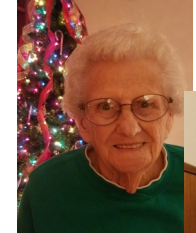

Volunteers,  
We couldn't do it without you!

If you volunteer at the Senior Center, Meals on Wheels or Meal Site please join us for Coffee and Donuts.

9:00 am  
Thursday, April 11


**Happy 100th Birthday!**

**Gladys Ballinger**

**Come and Go**  
**2:00 pm.—4:00 pm.**  
**April 6, 2019**  
**At the Senior Center**

Stay Strong, Stay Healthy



Stay Strong, Stay Healthy (SSSH) is an evidenced based eight-week program for older adults that meets the recommendation for healthy muscle strength. The

Taught by  
**Jennifer LaSalle**  
Family and Community Wellness Agent/4-H

Jennifer will start this 8 week program on March 26. The first class will start at 9:00 (there is paperwork that needs done.) the remaining classes will start at 10:00 am.

### Moving On with Shari



Hello Seniors. I am just completing my 2<sup>nd</sup> month as Executive Director of the Finney County Committee on Aging. It has been a fun and fast two months. I have been watching, listening, learning, mixing and moving. A long time ago, a wise woman told me **see first** then speak after you know more and have something useful to share/contribute. I am approaching the time to **put into motion** some new ideas and improvements. Small changes can have big results – I do believe that.

I have to tell you today, that I love this place (senior center and transit center). There is so much going on.

**Every day we are in motion.** Busses running M-F everywhere around town (60+ stops) or in the county from 6am-6pm. Dancers dancing at 8:30am and 07:30pm. There is lots of card playing: fun and laughter at the tables and even some stray nickels at the bridge tables. I can occasionally here snooker balls crashing and the domino guys laughing. We have a small library room with hundreds of donated books for those of you that still like to hold what you read; and for our technology savvy senior, seeking the world at their fingertips, we also have a computer lab (6 computers and a printer). On any given day, we serve meals to 30-40 seniors, plus delivering meals on wheels to those who can't get out of their homes. Without our volunteer drivers, we couldn't be **moving those meals** like we do.

I would welcome your ideas for improvements. I invite you to get yourself moving in our direction: come for lunch, come for cards, come to visit and laugh; come and get some exercise with us. Grab a token at transit and come ride with us; see what's new around town.

### Making Seniors Happy

Activities Director/Meals on Wheels Director

### Patti Thummel Activities

#### Activities



Are we having FUN yet?? January and February brought several new activities and exercise opportunities. Did you make it to the Valentine Tea? If you didn't you missed a great party along with surprises. You never know what us girls will have up our sleeves so try and make it to our special parties. Our Shimmer and Shine day was a success. We got to know our Betty Loper a little better. Vic McCart is our next senior to be honored in March. If you haven't given Qwirkle a try plan on stopping by on Friday afternoon for a game. Those that are playing is enjoying Qwirkle a lot. Check out the new activities listed in March and April's Schedule. And as Always I would love to hear you ideas.

#### Meals on Wheels

Boy, with all these cold snowy days our numbers of clients has risen. Blizzard packs went out last week for our home bound Meals on Wheels clients. March has been dedicated to raising awareness of senior hunger. 1 in 6 American seniors go hungry every day. Our campaign for March for Meals on Wheels will begin March 1. I have 2 open spots on my Meals on Wheels Committee if anyone would be interested, we meet every quarter.

Stop by my office anytime with questions, ideas or just to say Hi.....my door is always open!

## RSVP NEWS

Here comes Marty.....There goes Marty!!!

Hey there's Annette.....There she goes!!!

Those two girls in RSVP are busy, Busy, BUSY with tax season.

Hear from them in the next Newsletter.

Do you need something to do? Contact Marty or Annette to become a member of RSVP. They will place you in a volunteer setting fit for you. Call 275-5566 or come by their office at 907 North 10th, Garden City.

### Kitchen Korner

By Leslie



The Friendship Meal Site menu is a very good way to get a great, nutritional meal at a fraction of the cost you would get it anywhere else. They are prepared by the hospital staff at St Catherine and it is only a suggested donation of \$3.50 per meal for anyone 60 or older.

We turn in the meal count the day prior to serving so we are asking that you please call the center at 620-272-3620 to order your meal or meals before 9:00am or stop in and fill out a menu.

There are many new activities so stop in, check it out and enjoy a good meal either before or after one of those activities.

Nutrition Site Mgr

Leslie McCue

### Della's Delightful Details



I have wonderful RECEPTIONIST that man the front desk, help the people that comes into the center to get to the right person to address their need, and answers the phone. If you are interested in being a receptionist for the center please contact me.

It is a new year, so anyone that gets commodities needs to come in and see me to get their new card for 2019. You need to bring me **proof of income for everyone** in the household and that you are a resident of Finney County. We hand out commodities every other month. The next distribution is in March.

It is getting close to graduations and summer time. The center is a great place to rent for parties. See me for details on the rental of the center.

We now have a Foot Clinic that come in the second Friday of the month to cut toe nails. Please call and make an appointment. The number is 620-272-3620. It is limited to ten (10) people a month.

We have a lawyer that comes in the third Friday of the month from 1:00 to 3:00, (by appointment only). He takes care of different things for the seniors, like making a will, doing power of attorneys and other things that the seniors might legally need.

We enjoy having our seniors come in and take part in what we do.

Hope to see you here.



### Finney County Transit (FCT)



We operate Monday through Friday from 6am-7pm. We proudly are available to serve the general public, disabled and elderly of Finney County. This Spring Break of 2019, we will be providing **FREE** rides throughout the Mini Bus and City Link for the **YOUTH** 18 and under, starting from March 11<sup>th</sup> until March 15<sup>th</sup>. Note that any child under the age of 10 must be accompanied by an individual over the age of 16. Call 620-272-3626 for more information or to schedule a ride. Also, feel free to click over and check out our website [www.finneycountytransit.org](http://www.finneycountytransit.org) or like us on Facebook @finneycountytransit. We look forward to seeing you and/or your family on our buses in the future.

**“Our Transportation is your Destination”**

# Senior Center Activity Calendar

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 2:00 Duplicate Bridge	 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness <b>2:30 Electronics Class</b> 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	 9:30 Learn Wood Carving Class 10:30 Men's Coffee 11:45 Trivia Tuesday 12:00 Mardi Gras Lunch & Fun 12:30 Pitch <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie <b>7:30 Dance-TBA</b> <b>S &amp; S DAY</b>	 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Art Class <b>10:30 Bingo</b> 11:45 Throw Back Thurs. 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 8:30 Line Dancing 10:30 Nurse <b>1:00 Foot Clinic *</b> 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge	 1:00-4:00 Billiards
 2:00 Duplicate Bridge	 10 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness <b>2:30 Electronics Class</b> 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	 11 9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 12:30 Pitch <b>12:45 ZooMobile</b> <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 12 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie <b>7:30 Dance-Moonshiners</b>	 13 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 14 8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle <b>1:00 Legal Aide *</b> 1:00 Enhance Fitness 1:15 Bridge	 15 1:00-4:00 Billiards
 2:00 Duplicate Bridge	 17 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness <b>2:30 Electronics Class</b> 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	 18 9:30 Learn Wood Carving Class 10:30 Men's Coffee 1:45 Trivia Tuesday 12:30 Pitch <b>1:00 Movie/Popcorn</b> <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 19 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 12:30 Spring Floats 1:00 Enhance Fitness <b>1:30 FCCA MEETING</b> 6:00 PIYO/Yoga w/Tessie <b>7:30 Dance-Ortiz Band</b>	 20 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Art Class <b>11:30 Lunch &amp; Learn</b> 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 21 8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge	 22 1:00-4:00 Billiards
 2:00 Duplicate Bridge	 24 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness <b>2:30 Electronics Class</b> 6:00 Zumba w/Tessie 7:00 Duplicate Bridge	 25 9:00 Stay Strong, Stay Healthy 9:30 Learn Wood Carving Class 11:45 Trivia Tuesday 12:30 Pitch <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 26 8:30 Line Dancing 9:30 Completely Unraveled <b>10:00 Commodities</b> 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie <b>7:30 Dance- OK Cowboy</b>	 27 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie	 28 8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge	 29 9:00 Quilts of Valor 1:00-4:00 Billiards 5:00 Pickers, Fiddlers & Singers
 2:00 Duplicate Bridge	<p style="text-align: center;"><b>Learn Wood Carving with Daryl Hopkins</b> Classes are every Tuesday and Thursday Morning at 9:30.</p> 					 <b>* By APPOINTMENT ONLY</b>

# Senior Center Activity Calendar

## April 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>1 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:30 Men's Coffee 1:45 Trivia Tuesday 12:30 Pitch <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p>	<p>2 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie <b>7:30 Dance– Craig Stevens</b></p>	<p>3 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:00 Art Class <b>10:30 Bingo</b> 11:45 Throw Back Thurs. 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p>	<p>4 8:30 Line Dancing 10:30 Nurse 1:00 Enhance Fitness 1:00 Qwirkle 1:15 Bridge <b>6:00 Association Covered Dish</b></p>	<p>5 1:00-4:00 Billiards</p>
<p>7 2:00 Duplicate Bridge</p>	<p>8 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p>	<p>9 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 11:45 Trivia Tuesday 12:30 Pitch <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie <b>6-8 Canvas + Paint</b></p>	<p>10 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie <b>7:30 Dance-Joe and Carl</b></p>	<p>11 8:30 Tops <b>9:00 Donuts &amp; Coffee for Volunteers</b> 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:00 Art Class 11:45 Throw Back Thurs 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p>	<p>12 8:30 Line Dancing 10:30 Nurse <b>1:00 Foot Clinic *</b> 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge</p>	<p>13 1:00-4:00 Billiards</p>
<p>14 2:00 Duplicate Bridge</p>	<p>15 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p>	<p>16 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:30 Men's Coffee 11:45 Trivia Tuesday 12:30 Pitch <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p>	<p>17 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie <b>1:30 FCCA MEETING</b> <b>7:30 Dance–Ortiz Band</b></p>	<p>18 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:00 Art Class <b>11:30 Lunch &amp; Learn</b> 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p>	<p>19 8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle <b>1:00 Legal Aide *</b> 1:00 Enhance Fitness 1:15 Bridge</p> <p>Good Friday</p>	<p>20 1:00-4:00 Billiards</p>
<p>21 2:00 Duplicate Bridge</p>	<p>22 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p>	<p>23 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 11:45 Trivia Tuesday 12:30 Pitch <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p>	<p>24 8:30 Line Dancing 9:30 Completely Unraveled 12:30 Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 PIYO/Yoga w/Tessie <b>7:30 Dance–Moonshiners</b></p>	<p>25 8:30 Tops 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 10:00 Art Class 11:45 Throw Back Thurs. 1:00 SkipBo <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout <b>5:00 Soup Supper and Games</b> 6:00 PIYO/Yoga w/Tessie</p>	<p>26 8:30 Line Dancing 10:30 Nurse 1:00 Qwirkle 1:00 Enhance Fitness 1:15 Bridge</p>	<p>27 9:00 Quilts of Valor 1:00-4:00 Billiards 5:00 Pickers, Fiddlers &amp; Singers</p>
<p>28 2:00 Duplicate Bridge</p>	<p>29 12:30 Double Pinochle 12:30 Gentle Exercise 1:00 Enhance Fitness 6:00 Zumba w/Tessie 7:00 Duplicate Bridge</p>	<p>30 9:30 Learn Wood Carving Class 10:00 Stay Strong, Stay Healthy 11:45 Trivia Tuesday 12:30 Pitch <b>1-4 Medicare Help*</b> 1:15 Bridge 4:00 Cardio Workout 6:00 PIYO/Yoga w/Tessie</p>	<p><b>The Senior Center is available to rent for parties, birthday, reunions, etc. If you have a special event coming and are looking for a non-drinking, non-smoking facility. Call Della at 272-3620.</b></p>			<p>* BY APPOINTMENT ONLY</p>