

**Takoma Park
Recreation Department**
7500 Maple Avenue
Takoma Park, MD. 20912



(301) 891-7290

www.takomaparkmd.gov/recreation

Forever Young

Enjoying Active Life Over 55 in Takoma Park

March/April 2013

Special points of interest:

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Celebrate Takoma Festival Coming Soon

Join your friends and neighbors on May 19, 2013 for the first annual "Celebrate Takoma" - a wonderful intergenerational community festival celebrating the cultural diversity of Takoma Park. According to the 2010 census, the 16,715 residents of Takoma Park are diverse in age, ethnicity, and language. A great reason to celebrate our diversity!

The festival will be 1- 5 p.m. at Ed Wilhelm Field, behind the Piney Branch Elementary School. There will be games, arts and crafts, food, and lively entertainment representing many cultures from around the world.



Celebrating the cultural diversity of Takoma Park

Would you like to be a part of the festival? We are looking for performers, vendors and citizens demonstrating games from their native countries - please contact us at celebratetakoma@takomagov.org

Active Net[®] Registration Made Easy For You

Good News! Based on your requests, the Takoma Park Recreation Department's computerized registration system "Active Net" is now open for you. In most cases, no more paper forms to fill out. Come to the Recreation Department office and our

wonderful staff will be happy to register you for classes and trips right on the spot! Once your information is initially entered, it will only take a few minutes each time you need to register for a new activity. **In-person registration is required** – to keep things fair for

everyone, especially those who do not have computer training or access to the internet. First come, first serve. For more information, please call 301-891-7290 and we will be happy to assist you.



Ideas and suggestions? Contact me at the email address or phone number to the left. Better yet, come to the April 2013 Advisory Group breakfast meeting and share your thoughts with me. See page 2 for details. See you there!

~ Paula ~



Mark Your Calendars—Special Events in Takoma Park - March and April

- Saturday, March 30 - Annual Egg Hunt** - Get your baskets ready and join the Takoma Park Recreation Department for an “Egg-Spectacular Good Time.” Ages 2—8 years. The egg hunt starts promptly at 11 a.m. sharp! Ed Wilhelm Field. Free. Don’t miss out. www.takomaparkmd.gov/recreation
- Saturday, April 6 - Old Takoma Spring Clean-Up** - www.MainStreetTakoma.org
- Saturday, April 13 - Arbor Day Celebration & Free Tree Give-Away** - www.TakomaParkMD.gov
- Saturday & Sunday, April 13/14 - Art Hop** - The Old Takoma Area will be transformed into an arts district, with over 30 artists exhibiting work in local businesses, from 4th St NW in Washington DC to the Takoma Junction in Takoma Park MD with lots of stops in between! www.arthoptakoma.com
- Sunday, April 14 - Family Fun Festival** - *Washington Adventist University* - www.WAU.edu
- Saturday & Sunday, April 20/21 - Sweep the Creek Clean-Up** - *Friends of Sligo Creek* - www.FOSC.org
- Sunday, April 21 - Earth Day Celebration at T.P.S.S Food Co-op** - www.TPSS.coop
- Tuesday, April 23 - 14th Annual “Favorite Poem Evening”**, 7:30 p.m. at Takoma Park MD Library - sponsored jointly by the Takoma Park Maryland Library and the Friends of the Library. Join other poetry enthusiasts and read your favorite poem; hosted by Takoma Park Poet Laureate Merrill Leffler - intergenerational, all ages welcome - www.TakomaPark.info/library - If you would like to participate, please contact Ellen Arnold Robbins at ellenr@takomagov.org - 301-891-7258. (Date tentative, check with the library 301-891-7259).

Forever Young Advisory Group Meeting

We want to hear from you. Join other active adults 55 and older from our community at the next recreation advisory group meeting. Bring your suggestions and ideas for this recreation program in Takoma Park. Light refreshments will be served. Come to an open and relaxed meeting and get involved! See you there!

Forever Young 55 Plus Advisory Group

Breakfast Meeting

Friday, April 12, 2013

9:30 a.m.—10:30 a.m.

Drop-in. Senior Room

Takoma Park Community Center, 7500 Maple Ave.

Community Activities - Meet Up with Friends and Neighbors

Biking/Hiking: For information about existing hiking and bicycling groups, please contact by email only: Margaret Chapman, MargtChapm@aol.com. (English or Spanish).

Azalea City Quilters of Takoma Park: Meets on Tuesdays/ 10:00 a.m. – 12:00 noon/ Takoma Park Community Center, 7500 Maple Avenue - Drop-in. Free.

Games Night: Meets every Tuesday from 7 to 9 PM at 7051 Carroll Ave. The activity is inter-generational and free. The games include Rummikub, Canasta, Spades, Bridge, and more. Contact John Goon 301-315-8297 - spineyone@yahoo.com or Johnny Browning 301-270-0648 - jspanky1@verizon.net

Mixed Media Collage Group - Meets on Fridays, 12:00 noon—2:00 p.m. See page 5 for more information.

If you would like to share information about an event or activity in Takoma Park and surrounding communities, with other residents, please contact Paula Lisowski, Seniors Program Manager, at PaulaL@takomagov.org



Inclement Weather

Info: For information, call our weather hotline: (301) 891-7101 ext. 5605



If the Federal Government declares it is closed, or announces a delay (such as a 2-hour delay), the City of Takoma Park follows that declaration. If the Federal Government delays opening then regularly scheduled classes, which normally take place after the delay start time, will be held when the building opens.



NEW Need to Brush-up on Your Driving Skills? Let AARP help you.

The AARP Driver Safety Program, the nation's largest classroom refresher course for drivers 50 and older, is designed to help tune up driving skills, explain safe driving strategies, covers the latest rules of the road, defensive driving techniques, and how to drive a vehicle more safely in today's increasingly challenging environment.

Some insurance companies in Maryland may offer auto premium discounts to drivers who take this course. Check with your agency. Your choice of two classes will be offered in April. Registration for either class begins on **March 15, 2013**. Payment will be collected by the AARP instructor on the day of class.

AARP Driver Safety Program

Wednesday, April 10, 2013
9:30 a.m. - 2:00 p.m. Azalea Room

-or-

Wednesday, April 17, 2013
12:00 Noon - 4:30 p.m. Lilac Room

Takoma Park Community Center, 7500 Maple Ave.

Register for class, in-person, at the Recreation Department.

Registration opens on March 15, 2013

Cost: \$12 for AARP Members

\$14 for Non-Members

Make checks payable to AARP.

Bring your check, AARP Card, and driver's license to class.

April 21 - 27 is National Volunteer Week - "Celebrating Service"

The 2013 National Volunteer Week celebrates "ordinary people who accomplish extraordinary things through service." We have great volunteers

who provide valuable services in our recreation program. This is a perfect time to show our appreciation for all they do for us. Come to the advisory

meeting on Friday, April 12 and let's plan how we can honor the volunteers at the end of this month. We need to hear your ideas and suggestions.



Free Tax Aide Service in Takoma Park

The Takoma Park Recreation Dept. is partnering with AARP and the Montgomery County RSVP to bring the annual **free** tax aide program to Takoma Park. Offered to

low-income adults age 55 and older, this service covers personal tax returns only (No businesses, schedule "C", or rentals, schedule "E" returns). Takoma Park has been allotted two days in March. There will be

twelve appointments, (4 per hour). Please select a time, then call-in to the **AARP Appointment Office** to schedule your tax aide appointment. Please call this number — **240-777-2577**

Takoma Park Tax Service Schedule:

Wednesdays,
March 14, 2013
March 21, 2013

11:00 a.m., 12:00 noon,
and 1:00 p.m.

Location: Senior Room
Takoma Park Community
Center, 7500 Maple Avenue

Forever Young Birthday Party - cake, ice cream, and fun!



Birthday Party

Honoring January, February and March birthdays

Friday, March 15, 2013

11:30 AM- 1:00 PM - Free

For adults age 55 and older.

Lilac Room

Takoma Park Community Center, 7500 Maple Avenue
Drop-in. For more information, please call 301-891-7290.



Forever Young On-line.

Here's how to find the newsletter online. Go to:
www.takomaparkmd.gov/recreation

Click on this symbol:



- All programs take place at the Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- Advance registration is required for trips and classes. Must be 55 or older to participate in the classes and trips.
- No registration is required for drop-in activities.
- Transportation is provided for trips and special events. Space is limited and requires advance registration.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.

Register now for these great fitness classes

"I enjoy Line Dancing - it's so much fun!"

Line Up for the Dance

Two, three, four... To the left
Oops, other left
 To the right
Oh, oh they've changed direction,
 One thing you must do
 Is learn your directions...two, three, four
Oh, was that four or five?
 Now one quarter turn,
One quarter? What's that?
Oh are we supposed to be facing the window now?
 People, a half turn is behind you,
 The quarter turn is at your side,
Which side? Why didn't I pay more attention in match class?
 Now shimmy
Shimmy, I can't get down that far - and move too?
 OK, now, I'm going to put on the music
Oh, that's too fast,
How about a slower piece?
Wow, but this is so much fun!!
 Author/Poet - Grace Cooper



Grace Cooper

Line Dance Exercise



Wednesdays, Ongoing 10:50 - 11:50 a.m. (No class 3/27/13)

and/or
 Friday Evenings, Ongoing 6:30 - 7:30 p.m. (No class 3/29/13)

Great music! Led by instructor Barbara Brown, this class provides enjoyable physical exercise and requires **no** prior experience. Benefits include strengthening of bones and muscles, weight loss, increased stamina, and stress reduction. **Registration is required.** Dance Studio. Free.



Gentle Yoga

Spring Session: May 3 - June 28
 Summer Session: July 12 - August 23



Spring Session: May 21 - June 25
 Summer Session: July 9 - August 13

Tuesdays, 11:45 a.m. - 12:45 p.m.

Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. 6 weeks. Limit 20 students. **Registration is required.** Dance Studio. Free.

Alternate Fridays, 12:00 - 1:00 p.m.

Carol Mermey, RYT, will introduce you to the ways yoga can help you increase flexibility, strength, and balance, using a series of seated and standing poses. Learn breathing and relaxation techniques. Beginners and experienced students welcome, work at your own level. You must bring a yoga mat to every class. **Registration is required.** Limit of 16. Dance Studio. Free.

Bone Builders



Weight training and discussion concerning diet, safety and exercise. **These ongoing classes may be full due to their popularity, however a waiting list is available.** For more information, please call (301) 891-7290.

Drop-in Activities

Table Tennis



Mondays - Fridays, ongoing
 11:00 a.m. - 1:00 p.m.
 Saturdays, ongoing
 10:00 a.m. - 12:00 noon

Come play this fun, energetic game. A great way to improve eye-hand coordination: helps keep the body healthy and the mind sharp. Drop-in. Game room. Free.

Blood Pressure Screening



Thursdays, March 28 and April 25
 11:30 a.m. - 12:30 p.m.

Adventist Healthcare will be doing a monthly blood pressure screening. Drop-in. Senior Room. Free.

****The Game Room is available for seniors to play pool, table tennis, basketball arcade and other active games.**
Hours: Monday - Friday, 9:00 a.m.—1:00 p.m., and Saturdays 10:00 a.m. - 12:00 p.m.

Register now for these great education classes



Computer Classes

Wednesdays,

Session I: April 10 - May 15

Session II: May 22 - June 25

Session III: July 3 - August 7

11:30 a.m. - 1:30 p.m.

Learn to use the internet, a word processing program, and email. You need a Takoma Park Library card* to access the computers, and take this course. Limit **six** participants. Instructors: Phil Shapiro, Jim Mueller, Jane Hawkanson. **Registration is required.** Six weeks. Computer Center.

Class Fee: \$10 Payable to the City of Takoma Park.

*Library card fees: **Free/Takoma Park residents**, \$37/ Montgomery County residents, and \$60 non-Mont. Co. residents.



Introduction to Conversational English

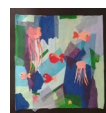
Tuesdays and Thursdays

March 19 thru April 25

1:00 -2:30 p.m.



This program is designed to provide an introduction to conversational English to adults age 55 and older whose first language is not English. This six-week class meets twice a week (12 classes) and will focus on listening, understanding, speaking and pronunciation through the study of familiar, everyday events and situations in English. Class size: Min. 6/Max 12. **Registration is required.** Rose Room. **\$5** (materials fee due with registration).



Mixed-Media Collage!

Friday Group Get-togethers

Fridays,

Begins May 3

12:00 noon - 2:00 p.m.



Use acrylic paint in a variety of ways to create a background, then cut and glue images and paper to the background to create a collage. There will be a facilitator, but no formal instruction. Participants will learn from each other. Please bring magazines or drawings (to be cut) and scissors. You may want to wear an apron. All other supplies provided. Be creative in a relaxed atmosphere and have fun! **Registration is required.** Art Studio. Materials fee due at first class. **\$5 Session II: May 3, 17, 31, and June 7.**



Beginning Crochet

Mondays,

March 11 - April 8

10:00 a.m. - 11:30 a.m.

Learn basic crochet stitches and how to read pattern directions. Materials will be provided to complete a simple project. Five weeks. Class is limited to 6 participants. **Registration is required.**

Senior Room.
Free.



Beginning Knitting

Mondays,

April 15 - May 13

10:00 a.m. - 11:30 a.m.

Learn basic knitting stitches and how to read pattern directions. Materials will be provided to complete a simple project. Five weeks. Class is limited to 6 participants. **Registration is required.**

Senior Room.
Free.



Drop-in these activities and have some fun !

Needlework Get-together



Mondays, Ongoing*

11:30 a.m. - 1:00 p.m.

Are you bored sitting and knitting alone? Join us for fun, conversation and support with your needlework projects. Bring your projects with you. This is **not** an instructional class. **Drop-in.** Senior Room. Free.

*The group will not meet during inclement weather.

Bingo



Thursdays,

March 28 and April 25

12:00 - 2:00 p.m.

Try your luck Win a prize.

Drop-in. Senior Room. Free.



Active Adventure Trips

How to register for March and April trips:

Please register in-person:

Takoma Park Recreation Department, 7500 Maple Avenue, Takoma Park, Maryland 20912.

Trips are popular and fill up fast, so register early. We have a fair “first come-first serve” system for all participants. Mail-in registration is available, and a form can be found on the Takoma Park Recreation Department website. Incomplete forms will not be accepted. Please let staff know if you require any special accommodations to participate. If you have any questions, please call the Recreation Department at 301-891-7290.



MARCH 2013 TRIPS - Registration begins March 1 (and not before)



March Trip #1: Postal Museum & Union Station, Washington, DC

The Smithsonian's National Postal Museum is dedicated to the preservation, study and presentation of postal history and philately. Bring your lunch or spending money for lunch at Union Station.

Date: Wednesday, March 13, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Maplevue Apartments, and Victory Tower only. Registration is required. See procedure above.

Free admission. No cost for transportation.

March Trip #2 Rawlings Conservatory & Gardens, Baltimore, MD



The Howard Peters Rawlings Conservatory & Botanic Gardens includes three greenhouses, two display pavilions and outdoor gardens with plants from around the world. Bring spending money for lunch.

Lots of walking!

Date: Wednesday, March 20, 2013

Time: 9:00 a.m. - 4:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Maplevue Apartments, and Victory Tower only. Registration is required. See procedure above.

\$5 admission/bring on 3/20. No cost for transportation.



APRIL 2013 TRIPS - Registration begins April 1 (and not before)



April Trip #1: "Art Hop" Local Gallery Exploration Day, Silver Spring, MD

Start with a tour of Montgomery College's "King Street Gallery" (Morris and Gwendolyn Cafritz Foundation Arts Center), lunch-break, and then on to a tour of the Pyramid Atlantic Art Center. Bring spending money for lunch.

Lots of walking! Stairs!

Date: Thursday, April 11, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Maplevue Apartments, and Victory Tower only. Registration is required. See registration procedure above.

Free admission. No cost for transportation.

April Trip #2: Lincoln's Cottage, Washington, DC



Join the official cottage tour that covers Lincoln's presidency and private life, and see the visitor center, exhibits, interactive galleries and museum store. Bring spending money for lunch.














Date: Thursday, April 18, 2013

Time: 9:00 a.m. - 3:00 p.m.

Meet at Takoma Park Community Center, 7500 Maple Avenue. Bus pick up at Franklin Apartments, Maplevue Apartments, and Victory Tower only. Registration is required. See registration procedure above.

\$12.50 admission/bring on 4/18. No cost for transportation.

The Active Adventures program is designed for active adults, age 55 and over. Each trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering or participating in a trip. Also, since these trips are usually held rain or shine, participants should plan to dress accordingly. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Piney Branch Pool is located at 7510 Maple Ave., inside Piney Branch Elementary School. For more information about hours and classes, check out the pool website: www.acsgw.org/pool.htm Contact the pool at (301) 891-8017 or call Joyce Seamens, Director of Pool Operation, Adventist Community Services at (301) 565-0190.</p>					<p>1 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Gentle Yoga</u> 12—1 p <u>Evening Line Dance</u> 6:30—7:30 p</p> 	<p>2 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>3 <i>Center closed on Sundays</i></p> <p>★ This star symbol denotes a new event, class or session.</p>	<p>4 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> 11:30 a—1 p</p>	<p>5 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Zumba Gold</u> <u>Last class</u> 11:45 a—12:45 p</p>	<p>6 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> <u>Session II</u> 11:30 a—1:30 p</p> 	<p>7 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>8 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Evening Line Dance</u> 6:30—7:30 p</p>	<p>9 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>10 <i>Center closed on Sundays</i></p>	<p>11 <u>Bone Builders</u> 10—11 a ★ <u>Beginners Crochet</u> 10—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> 11:30 a—1 p</p>	<p>12 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>13 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p <u>Trip Postal Museum</u> 9 a—3 p</p> 	<p>14 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Tax Aide Service</u> 11 a—2 p</p>  <p>★</p>	<p>15 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Birthday Party</u> 11:30 a—1 p <u>Evening Line Dance</u> 6:30—7:30 p</p>  <p>★</p>	<p>16 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>17 <i>Center closed on Sundays</i></p>	<p>18 <u>Bone Builders</u> 10—11 a <u>Beginners Crochet</u> 10—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> 11:30 a—1 p</p>	<p>19 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Zumba Gold</u> Session 2 begins 11:45 a—12:45 p  <u>ESOL Class Begins</u> 1—2 :30 p</p> <p>★ </p>	<p>20 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p <u>Trip to Botanic Gardens</u> 9 a—4 p</p> 	<p>21 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Tax Aide Service</u> 11 a—2 p</p>  <p>★</p> <p><u>ESOL Class</u> 1—2 :30 p</p>	<p>22 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Gentle Yoga</u> 12—1 p <u>Collage Get-together</u> 12—2 p <u>ESOL Class</u> 1—2 :30 P <u>Evening Line Dance</u> 6:30—7:30 p</p>  <p>★</p>	<p>23 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>24 <i>Center closed on Sundays</i></p>	<p>25 <u>Bone Builders</u> 10—11 a <u>Beginners Crochet</u> 10—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> 11:30 a—1 p</p>	<p>26 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Zumba Gold</u> 11:45 a—12:45 p <u>ESOL Class</u> 1—2 :30 p</p>	<p>27 <u>No Line Dancing</u> <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>28 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p <u>ESOL Class</u> 1—2 :30 p</p> <p>★</p> 	<p>29 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>No Evening Line Dance</u></p>	<p>30 <u>Table Tennis</u> 10:00 a—12:00 p</p>
<p>31 <i>Easter Holiday Center Closed</i></p> 						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>★ This star symbol denotes a new event, class or session.</p>	<p><u>1</u></p> <p>Bone Builders 10—11 a</p> <p>Beginners Crochet 10—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Needlework 11:30 a—1 p</p>	<p><u>2</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Zumba Gold 11:45 a—12:45 p</p> <p>ESOL Class 1—2 :30</p>	<p><u>3</u></p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Computer Class Last Class 11:30 a—1:30</p>	<p><u>4</u></p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 11:30 a—1</p> <p>ESOL Class 1—2 :30</p>	<p><u>5</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Gentle Yoga 12—1 p</p> <p>Collage Get-together 12—2 p</p> <p>Line Dance 6:30—7:30 p</p>	<p><u>6</u></p> <p>Table Tennis 10:00 a— 12:00 p</p>
<p><u>7</u></p> <p>Center closed on Sundays</p>	<p><u>8</u></p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Needlework Get-Together 11:30 a—1 p</p>	<p><u>9</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Zumba Gold 11:45 a—12:45 p</p> <p>ESOL Class 1—2 :30</p>	<p><u>10</u></p> <p>AARP Driver Safety Program ★</p> <p>9:30 a—2 p</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Computer Class Session begins ★</p>	<p><u>11</u></p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>ESOL Class 1—2 :30</p> <p>Trip Art Galleries 9 a- 3 p</p>	<p><u>12</u></p> <p>Advisory Meeting 9:30 a—10:30 a</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Evening Line Dance</p>	<p><u>13</u></p> <p>Table Tennis 10:00 a— 12:00 p</p>
<p><u>14</u></p> <p>Center closed on Sundays</p>	<p><u>15</u></p> <p>Bone Builders 10—11 a</p> <p>Beginners Knitting ★</p> <p>10—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Needlework 11:30 a—1 p</p>	<p><u>16</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Zumba Gold 11:45 a—12:45 p</p> <p>ESOL Class 1—2 :30</p>	<p><u>17</u></p> <p>AARP Driver Safety Program ★</p> <p>12—4:30 p</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Computer Class 11:30 a—1:30 p</p>	<p><u>18</u></p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>ESOL Class 1—2 :30</p> <p>Trip to Lincoln's Cottage 9 a - 3 p</p>	<p><u>19</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Gentle Yoga 12—1 p</p> <p>Collage Get-together 12—2 p</p> <p>Evening Line Dance 6:30—7:30 p</p>	<p><u>20</u></p> <p>Table Tennis 10:00 a— 12:00 p</p>
<p><u>21</u></p> <p>Center closed on Sundays</p>	<p><u>22</u></p> <p>Bone Builders 10—11 a</p> <p>Beginners Knitting 10—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Needlework 11:30 a—1 p</p>	<p><u>23</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Zumba Gold 11:45 a—12:45 p</p>	<p><u>24</u></p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Computer Class 11:30 a—1:30 p</p>	<p><u>25</u></p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Blood Pressure 11:30 a—12:30 p</p> <p>Bingo 12—2 p</p> <p>ESOL Last Class 1—2 :30 p</p>	<p><u>26</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Evening Line Dance 6:30—7:30 p</p>	<p><u>27</u></p> <p>Table Tennis 10:00 a— 12:00 p</p>
<p><u>28</u></p> <p>Center closed on Sundays</p>	<p><u>29</u></p> <p>Bone Builders 10—11 a</p> <p>Beginners Knitting 10—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Needlework Get-Together 11:30 a—1 p</p>	<p><u>30</u></p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 11:30 a—1 p</p> <p>Zumba Gold Last Class 11:45 a—12:45 p</p>	<p>National Volunteer Week 4/21-4/27</p>			<p>"The best way to find yourself, is to lose yourself in the service of others." —Mahatma Gandhi</p> <p>"You make a living by what you get, but you make a life by what you give." - Winston Churchill</p>