

**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

**September/October 2013**



## Washington Adventist Hospital "Health Fair"

### Special points of interest:

- \* Takoma Park Events - page 2.
- \* Costume Parade and Celebration - page 2
- \* Health Fair Schedule of events - page 3
- \* AARP Driver Safety Program - page 4
- \* Special Presentation - page 4
- \* Get Organized - page 5

*Health Fair*

*Wednesday  
September 18  
3 - 7 PM*

**For schedule of events and more information - See page 3**

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Ideas and suggestions? Contact me at the email address or phone number to the left. Better yet, come to the next Advisory Group meeting in December and share your thoughts with me. See the November/December 2013 newsletter for more information.

~ Paula ~



## 5th Annual Takoma Play Day

Takoma Park citizens of all ages are welcome to the 5th annual Play Day on Saturday, September 28, 2013. Enjoy good old-fashioned playful activities: games, team sports (volleyball, croquet, badminton, etc.), performers, artists, dress-up, music, exercise demos,

Touch-A-Truck, and so much more! Join your neighbors for lots of fun on this playful day!



**Saturday, September 28  
10 AM—2 PM  
Takoma Park Middle School  
7611 Piney Branch Road**



## Mark Your Calendars - Special Events in Takoma Park - September/October 2013

**Sunday, September 8 - Takoma Park Folk Festival** - [www.TPFF.org](http://www.TPFF.org)

**Wednesday, September 18 - Adventist Health Fair- 3-7 p.m.**- Takoma Park Community Center - see page 3

**Saturday, September 28 -Takoma Park Play Day** - [www.TakomaParkMD.gov/recreation](http://www.TakomaParkMD.gov/recreation), 301-891-7290 -  
and at [www.TakomaPlays.org](http://www.TakomaPlays.org)

**Sat/Sun, September 28-29 - Sweep the Creek Clean-Up - Friends of Sligo Creek** - [www.FOSC.org](http://www.FOSC.org)

**Sunday, October 6 - Takoma Park Street Festival** - [www.TakomaFestival.org](http://www.TakomaFestival.org)

**Saturday, October 26 - Book Sale - Friends of the Takoma Park MD Library** - [www.FTPML.org](http://www.FTPML.org)

**Saturday, October 26 - Monster Bash Parade & Festivities** - [www.TakomaParkMD.gov/recreation](http://www.TakomaParkMD.gov/recreation)

### **Monster Bash Annual Costume Contest**

**Saturday, October 26 at 5:00 p.m.**

New location: Public Parking Lot beside the TPSS Co-op on Carroll Avenue

This year we have a new route and the entire evening festivities will be on Carroll Avenue and Old Town Takoma Park.



### **Costume Parade**

**Saturday, October 26**

**Approximately 6:15 p.m.**

Immediately following the Costume Contest (Carroll Avenue, Old Town)



### **Costume Award Ceremony and Celebration**

**Saturday, October 26**

**Approximately 7:00 p.m.** (Immediately following the parade, Carroll Avenue, Old Town)

Join us for refreshments, sponsored by the Takoma Park Lions Club,  
and a musical performance suitable for all ages sponsored by the Takoma Park Recreation Department.

## **...and Special Events Around Town**

**Wednesday, September 4-28 - The Trawick Prize: Bethesda Contemporary Art Exhibit-** finalist's works from D.C., Virginia and Maryland - 7700 Wisconsin Avenue, Bethesda, MD 301-215-7990.

**Saturday, September 21 - Panafest** - The festival is designed to showcase the diverse cultures of African countries, 6:30 - 9:30 p.m., Silver Spring Civic Center, One Veteran's Place, Silver Spring, MD.

**Sunday, October 13 - The Beacon 14th Annual 50+ Expo** - Noon—4 p.m. - Informative Exhibits and Speakers/Health Screenings, Silver Spring Civic Center, One Veteran's Place Silver Spring, MD, for more information, call The Beacon at 301-979-9766.



### **Piney Branch School Swimming Pool**

Piney Branch Pool, 7510 Maple Ave. (inside Piney Branch Elementary School). For more info about hours and classes: [www.acsgw.org/pool.htm](http://www.acsgw.org/pool.htm), (301) 891-8017 or call Joyce Seamens, Director of Pool Operation, Adventist Community Services at (301) 565-0190.

Here's how to find the newsletter online. Go to:  
[www.takomaparkmd.gov](http://www.takomaparkmd.gov)

Click on **recreation**

Click on **55 & older** to preview or download the latest issue of the newsletter.



### **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.



# Washington Adventist Hospital Health Fair

No Appointment Required - Emphasis on 55+ health - All ages welcome!

Free health screenings, including blood pressure, grip strength, bone density, and many more!

Free information about stroke awareness, diabetes care, heart care, mental health, nutrition and more!  
Talk to the experts!

Free Flu shots for Medicare Part B patients \*Please bring your card with you.  
\$25 Flu shots for all other attendees

Free information - talk to a Washington Adventist Hospital representative - have your questions answered - find out the latest news!

Free Recreation Department program information -  
Live fitness class demos.  
Door prizes and give-a-ways!

Free "Forever Young" T-Shirts  
First 50 adult attendees (55 plus)

**Wednesday, September 18**  
**3:00 p.m. - 7:00 p.m.**

**Azalea Room**  
**Takoma Park Community Center**  
**7500 Maple Avenue**

For more information: **301-891-7280**  
[PaulaL@takomaparkmd.gov](mailto:PaulaL@takomaparkmd.gov)  
[www.takomaparkmd.gov/recreation](http://www.takomaparkmd.gov/recreation)



Visit with your TPSS CO-OP representative for nutrition information and FREE healthy snack samples, natural and good for you!



Transportation available by Recreation Bus.  
Continuous loops **3:00 - 5:00 p.m.** Pick up and Drop off at Victory Tower 7051 Carroll Ave., and 7620, 7710 and 7777 Maple Ave.

**2014 Fitness Expo coming soon!**  
Saturday, January 4, 2014  
8 AM - 3 PM  
Takoma Park Recreation Center,  
7315 New Hampshire Ave.  
Information: 301-891-7289

Presented by:



**Takoma Park Recreation Department**  
7500 Maple Avenue, Takoma Park, MD. 20912  
◻ (301) 891-7290 ◻ [www.takomaparkmd.gov/recreation](http://www.takomaparkmd.gov/recreation) ◻



## What's New this Fall? These Classes and workshops!

September and October months are filled with new classes and workshops including art, exercise, health, and technology.

Something for everyone! Check out pages 5, 6, and 7 for the following classes: Watercolors and Silk Painting, Tai Chi

Shibashi, Reflexology, Introduction to Smart phones, Intermediate Knitting and more! In-person registration is open now

for Fall classes. Come to the Takoma Park Community Center to learn new skills and have some fun!

## 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 plus is designed to help tune up driving skills, explain safe driving strategies, and covers the latest State of Maryland rules of the road. Some Maryland insurance companies may

offer auto premium discounts to drivers who take this course. Check with your agency. Register in-person with the Recreation Department. Payment will be collected by the AARP instructor on the day of class. For more details call the Recreation Department at 301-891-7290.

### AARP Driver Safety Program



**Saturday, October 5, 2013**

**12 Noon - 4:30 p.m. Hydrangea Room**

Takoma Park Community Center, 7500 Maple Ave.

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

**\*Registration opens on August 15, 2013\***

**Cost: \$12 for AARP Members**

**\$14 for Non-Members**

Bring your check (payable to AARP), AARP Card, and driver's license, to class on 10/5/13.

## FYI Did You Know?



### Bill Payer Program in Montgomery County

Senior Connection's Volunteer Bill Payer Program matches a senior (62+ with an annual income that does not exceed \$45,100) with a volunteer who will help to manage monthly income and expenses, organize paperwork and pay bills on time. Supported by the AARP Foundation, this program offers coverage that protects the client's funds, which always remain within the client's control. This is a "free" service that helps seniors feel more financially secure. For more information, and applications, please contact **Mary Murphy at (301) 942-1049** or [mary.murphy@seniorconnectionmc.org](mailto:mary.murphy@seniorconnectionmc.org)

## Learn about a "Forever Young" senior's adventure in South Africa



Linda Nunes-Schrag will share her reflections on her journey to rural Wintertveldt, (north of Johannesburg and Pretoria) South Africa. Located in a semi-desert area with few natural resources, it was part of a region set aside in the 1960's for black South Africans. Hear the story (through slides) of 7 women from an abused shelter rise up to the challenges of making their lives meaningful through managing the Othandweni "Place of Love" Day Care, After school Program and a small guest house.

### Linda Nunez-Schrag Special Presentation

**Monday, October 21, 2013**

**12:30 - 1:30 p.m.**

**Free. Drop-in.**

**Lilac Room**

Takoma Park Community Center  
7500 Maple Ave.



**Back by Popular Demand!**

**Got Clutter? Get Organized!**



 Judy Tiger, Owner "Just That Simple"

Judy Tiger, professional organizer and owner of DC-based Just That Simple ([www.just-that-simple.net](http://www.just-that-simple.net)), will share her top tips on taming clutter. Whether your challenge is papers, clothes, photos, memorabilia, books, the pantry,

the attic, the basement or the garage, you'll learn from her personalized, nonjudgmental and soothing approach to 'stuff.' As Tiger says, "Clutter can be overwhelming and stressful. But a few 'simple' steps can change chaos to calm."

**Wednesday, October 2  
1:00 - 2:00 p.m.**

**Senior Room  
TP Community Center.**

**Free. In-person registration is required.**

For more information, call the Takoma Park Recreation Department at **301-891-7290**.

**We had fun on our trip in May!**



Our May 10 trip to the Sandy Spring Museum and Brighton Azalea Gardens was lovely. See page 8 for upcoming September/October trips.



- 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 for these great fitness classes*

**Line Dance Exercise**



Fall Session: Oct. 1 - Dec. 17  
(12 classes)

**Wednesdays, Ongoing 10:50 - 11:50 a.m. (NO class on 9/18, 9/25).**

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. **In-person registration is required.** Dance Studio. Free.

**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. **In-person registration is required.** Dance Studio. Free.



**Self-Help Reflexology**

September 4 - September 18  
(3 classes)



**Wednesdays, 9:30 - 10:30 a.m.**

Participants learn how to create better health and well-being for self by applying pressure to reflex points on the body to help reduce pain, enhance circulation, lower stress, and induce relaxation. Three one-hour classes: 1st class- “the hands”, 2nd class- “the ears”, 3rd class- “the feet”. Instructor: Maebelle Algee.

**In-person registration is required.** Limit of 12. Senior Room. Free.



**Gentle Yoga**

Fall Session: (8 classes) 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6, 12/20

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

Yoga can help you increase flexibility, strength, and balance, using seated and standing poses. Learn breathing and relaxation techniques. Beginners welcome, work at your own level. You must bring a yoga mat to every class. **In-person registration is required.** Limit of 16. Dance Studio. Free.

**Bone Builders**



**Mon/Thurs 10 – 11 a.m.**  
- or -  
**Tues/Fri 10:30 - 11:30 a.m.**

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



**Tai Chi Shibashi (Martial Arts Exercise)**

**Thursdays, (Six Classes) October 3 - November 7 11:30 a.m. - 12:30 p.m.**

The 18 Healing Movements of Shibashi, a soft form of Tai-Chi uses a gentle approach, one movement blending into the next; aids the body to become limber while encouraging relaxation, leaving students rejuvenated, calm and focused. Instructor: Elisabeth Larson. **In-person registration is required.** Limit of 20 students. Dance Room. Six weeks. Free.

*Drop-in Fitness Activity*

**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.

**\*\*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 for these great art and education classes*



**Computer Classes**



**Wednesdays,**  
**Session I: September 4 - October 9**  
**Session II: October 16 - November 20**  
**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. **In-person 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 Smart Phones**



**Class I: Wednesday, September 11**  
**10:00 a.m. - 12:00 noon -or-**  
**Class II: Saturday, September 14**  
**12:00 noon - 2:00 p.m.**

An introduction to Smart Phones (i.e. iPhone, Android, Windows phone) and Tablets (i.e. iPads, Galaxy, Kindle Fire, etc.) Each two-hour workshop covers brand comparison, basic operation, taking photos/video, browsing the Internet, and much more. Participants are encouraged to bring their own devices (and questions) for a more hands on experience. Choose the day that's convenient for you. Instructor: John Pitt. **In person registration is required.** Lilac Room. Free.

**Watercolors and Silk Paintings For Beginners**



**Wednesdays, (Four Classes) October 9 - 30**  
**12:00 noon - 2:00 p.m.**

A special class in creating works of art with watercolors on synthetic, smooth Yupo paper. Magically the watercolor painting extends in a gentle transition from Yupo paper to silk. Both mediums provide a healing experience calming the body and mind as the spirit expresses personal creativity. Two sessions are assigned to watercolor painting, followed by two sessions for silk painting. Instructor: Elisabeth Larson.

**In-person registration is required.** Four weeks. Art Studio. The class is free, however a **\$5 materials fee**, payable directly to the instructor, is due first day of class, 10/2/13.



**Intermediate Knitting Class (This class is not for beginners)**



**Mondays, September 30 - October 28 (5 classes) 10:00 a.m. - 12:00 Noon**

Go beyond scarves. Review stitches and techniques and get help with your with your hat, sweater or other garment. Bring your pattern, yarn, and needles to class. **Come to the "Needlework Get-together" - (see below) on any of the following dates prior to the start of class for instructor's review of your project selection - 8/26, 9/9, 9/16, or 9/23. In-person registration is required.** Limit 7 students. Senior Room. Free.

*Drop-in these activities and have some fun !*

**Blood Pressure Screening**

**Thursdays, Sept. 26 and Oct. 24**

**11:30 a.m. - 12:30 p.m.** Adventist Healthcare will be doing a monthly blood pressure screening. Drop-in. Senior Room. **Free.**



**Bingo**

**Thursdays, Sept. 26 and Oct. 24**

**12:00 - 2:00 p.m.** Try your luck. Win a prize. Drop-in. Senior Room. **Free.**



**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. **Not** an instructional class. **Drop-in.** Senior Room. Free. \*Group will **not** meet: 9/30/13 - 10/28/13.



## Active Adventure Trips

### How to register for September and October 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.



#### SEPTEMBER 2013 TRIPS - Registration begins Tuesday, September 3 (and not before)

#### September Trip #1: The Anderson

#### House (Society of the Cincinnati), Washington, DC

Experience the history and splendor of Washington, DC's "Gilded Age" as we tour the home of Larz Anderson, an American diplomat. Anderson House, a beautiful National Historic Landmark on Embassy Row contains a fabulous collection of fine and decorative arts. Bring spending money for lunch at a local eatery. **Rain or Shine!**

**Date: Thursday, September 12, 2013**

**Time: \*10:00 a.m. - 3:00 p.m.\*** Note later departure

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

**Free admission. No cost for transportation.**

#### September Trip #2: Historic Easton, MD

Talbot County Historical Society's Campus, in downtown Easton, includes a Museum with a collection of over 10,000 objects; three historic houses, (cabinetmakers shop, a Federal-era home, and the studio home of noted architect H. Chandless Forman). We will tour these sites, as well as sites related to Frederick Douglass' life in Talbot County. Bring spending money for lunch at a local eatery.

**Lots of walking! Stairs! Rain or Shine!**

**Date: Tuesday, September 17, 2013**

**Time: \*8:00 a.m. - 4:00 p.m.\*** Note extended time

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

**\$5 per person, bring with you on 9/17/13. No cost for transportation. Historic sites not accessible by wheelchair.**



#### OCTOBER 2013 TRIPS - Registration begins Tuesday, October 1 (and not before)

#### October Trip #1: The Famous Sugarloaf Crafts Festival, Gaithersburg, MD

Lovers of fine crafts and art will find more than 250 top artisans displaying and selling their unique creations in pottery, glass, jewelry, fashion and home décor. Bring your lunch or spending money for lunch.

**Date: Friday, October 11, 2013**

**Rain or Shine!**

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

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

**\$5.50 per person admission, non-refundable, due at time of registration. No cost for transportation.**

#### October Trip #2: Carroll Community College Art Galleries, Westminster, MD

Tour the Scott Center (Artist: Joseph Paul Cassar) and the Babylon Great Hall (Maryland's Photographer of the Year: Tammy Thompson). Afterwards, we'll have lunch again at the popular Baugher's Restaurant and Farmer's Market. Bring your lunch or spending money for lunch.

**Date: Thursday, October 17, 2013**

**Rain or Shine!**

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

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

**Free admission. 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>1 <i>Center Closed Holiday</i></p>	<p>2 <i>Center Closed</i>  <i>Labor Day Holiday</i></p>	<p>3 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p No Zumba Gold</p>	<p>4 <u>Reflexology Begins</u> 9:30—10:30 a ★ <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class Fall Session Begins</u> 11:30 a—1:30 p ★</p>	<p>5 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>6 <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 </p>	<p>7 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>8 <i>Center Open on Sundays 12 noon - 5 p.m.</i></p>	<p>9 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>10 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p No Zumba Gold</p>	<p>11 <u>Reflexology</u> 9:30—10:30 a <u>Smart Phones</u> ★ <u>Line Dancing</u> 10 a—12 p 10:50—11:50 a <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>12 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Trip to Anderson House</u> 9 a—3 p </p>	<p>13 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>14 <u>Table Tennis</u> 10:00 a— 12:00 p <u>Smart Phones</u> 12—2 p ★</p>
<p>15 <i>Center Open on Sundays 12 noon - 5 p.m.</i></p>	<p>16 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>17 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p No Zumba Gold <u>Trip to Easton</u> 8 a—4 p </p>	<p>18 <u>Reflexology</u> 9:30—10:30 a <u>NO Line Dancing</u> <u>Table Tennis</u> 11:30 a—1 p <u>Computer Class</u> 11:30 a—1:30 p <u>Health Fair</u> 3—7 p  ★</p>	<p>19 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>20 <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 </p>	<p>21 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>22 <i>Center Open on Sundays 12 - 5p</i></p>	<p>23 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>24 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p No Zumba Gold</p>	<p>25 <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>26 <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 </p>	<p>27 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>28 <u>Table Tennis</u> 10:00 a— 12:00 p <u>Play Day</u> 10 a—2 p</p>
<p>29 <i>Center Open on Sundays 12 - 5p</i> ★</p>	<p>30 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p <u>Intermediate Knit Class begins</u> 10 a—12 p <u>No Needlework</u> <u>Get-together</u></p>	<p>★ This star symbol denotes a new event, class or session.</p> <p><b>September is:</b> Classical Music Month Hispanic Heritage Month Self Improvement Month Grandparent's Day (9/8) Comic Book Day (9/25)</p>		 <p>One more photo from our trip on May 10. Lovely day!</p>		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>October is:</b>  <b>National Vegetarian Month</b>  <b>National Diabetes Month</b>  <b>Adopt A Shelter Dog Month</b>  <b>World Smile Day - 10/7</b>  <b>Candy Corn Day 10/30</b></p>		<p><i>1</i>  <u>Bone Builders</u>                      10:30—11:30 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Zumba Gold</u>  <u>Fall Session</u> ★  <u>Begins</u>                      11:45 a—12:45 p</p>	<p><i>2</i>  <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>Clutter Class</u>                      1—2 p</p>	<p><i>3</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Shibashi Tai Chi</u>  <u>Class begins</u>                      11:30 a—12:30 p</p>	<p><i>4</i>  <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</p> 	<p><i>5</i>  <u>Table Tennis</u>                      10:00 a—                      12:00 p  <u>AARP Driver</u>  <u>Safety Class</u>                      12—4:30 p</p> 
<p><i>6</i>                      Community                      Center Open on                      Sundays                      12 noon - 5 p.m.</p>	<p><i>7</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Intermediate Knit</u>                      10 a—12 p  <u>No Needlework</u>  <u>Get-Together</u></p>	<p><i>8</i>  <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</p> 	<p><i>9</i>  <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>Watercolor Class</u>                      Begins 12—2 p</p> 	<p><i>10</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Shibashi Tai Chi</u>                      11:30 a—12:30 p</p> 	<p><i>11</i>  <u>Bone Builders</u>                      10:30—11:30 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Trip to Sugarloaf</u>  <u>Crafts Festival</u>                      9 a—3 p</p> 	<p><i>12</i>  <u>Table Tennis</u>                      10:00 a—                      12:00 p</p>
<p><i>13</i>                      Community                      Center Open on                      Sundays                      12 noon - 5 p.m.</p>	<p><i>14</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Intermediate Knit</u>                      10 a—12 p  <u>NO Needlework</u>  <u>Get-together</u></p>	<p><i>15</i>  <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</p>	<p><i>16</i>  <u>Line Dancing</u>                      10:50—11:50 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Computer Class</u>  <u>Session 1 ends</u>                      11:30 a—1:30 p  <u>Watercolor Class</u>                      12—2 p</p>	<p><i>17</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Shibashi Tai Chi</u>                      11:30 a—12:30 p  <u>Trip Art Gallery</u>                      9 a—3 p</p> 	<p><i>18</i>  <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</p> 	<p><i>19</i>  <u>Table Tennis</u>                      10:00 a—                      12:00 p</p>
<p><i>20</i>                      Community                      Center Open on                      Sundays                      12 noon - 5 p.m.</p>	<p><i>21</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Intermediate Knit</u>                      10 a—12 p  <u>No Needlework</u><u>Get-together</u>  <u>Linda's Special</u>  <u>Presentation</u> ★                      12:30—1:30 p</p>	<p><i>22</i>  <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</p>	<p><i>23</i>  <u>Line Dancing</u>                      10:50—11:50 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Computer Class</u>  <u>Session 2 Begins</u>                      11:30 a—1:30 p  <u>Watercolor Class</u>                      12—2 p</p>	<p><i>24</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Shibashi Tai Chi</u>                      11:30 a—12:30 p  <u>Blood Pressure</u>                      11:30 a—12:30 p  <u>Bingo</u>                      12—2 p</p> 	<p><i>25</i>  <u>Bone Builders</u>                      10:30—11:30 a  <u>Table Tennis</u>                      11:30 a—1 p</p>	<p><i>26</i>  <u>Table Tennis</u>                      10:00 a—                      12:00 p</p>
<p><i>27</i>                      Center Open on                      Sundays                      12 noon - 5 p.m.</p>	<p><i>28</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1 p  <u>Intermediate Knit</u>                      10 a—12 p  <u>No Needlework</u>  <u>Get-Together</u></p>	<p><i>29</i>  <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</p>	<p><i>30</i>  <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  <u>Watercolor Class</u>                      12—2 p</p>	<p><i>31</i>  <u>Bone Builders</u>                      10—11 a  <u>Table Tennis</u>                      11:30 a—1  <u>Shibashi Tai Chi</u>                      11:30 a—12:30 p</p>	<p>★                      This star symbol denotes a                      new event, class or session.</p>	