



(301) 891-7290
www.takomaparkmd.gov/recreation

Forever Young

Enjoying Active Life Over 55 in Takoma Park



Welcome Montgomery College Lifelong Learning!

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Montgomery College, in partnership with the Takoma Park Recreation Department, is bringing it's popular continuing education program for adults to Takoma Park. Residents now have the opportunity to participate in a variety of exciting college level courses, offered throughout Montgomery County, here at the Takoma Park Community Center. Beginning this Fall 2014, three new courses will be offered: Learn to Paint Like an Impressionist; Marc Chagall - Dance of Imagination; and Creative Movement for Cardio and Posture. See page 4 and 5 for details. As with all Lifelong Learning Institute classes, there will be a fee (tuition waiver applies: adults 60 and older pay course fee only, paid directly to Montgomery College). Future plans include course offerings in subjects such as Archeology, Career and Employment, History and Current Events, Art & Art History, Home and Garden, Literature and Writing, Music, Theater and Film, Interior Design, Personal Enrichment, Personal Finance, Photography, Science, and Wellness and so much more...

Special Interests

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Fall 2014 Registration for Classes Opens August 15th



Mark your calendars. Registration for classes opens on Friday, August 15th. **Please note:** to keep registration fair for all registrants age 55 and older, including those without computer access or training, the Forever Young 55 Plus program requires in-person registration. No on-line registration. We apologize for any inconvenience. Registration will begin at 8:30 a.m. For more information, please call the Takoma Park Recreation Office at 301-891-7290 or Paula Lisowski, Seniors Program Manager at 301-891-7280.

Paula Lisowski
Seniors Program Manager
Takoma Park Recreation
7500 Maple Avenue
Takoma Park, MD 20912
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Phone: (301)891-7280



See Page 3



Mark Your Calendars - Community Special Events in Takoma Park, July & August 2014 - All Ages Welcome!



Friday, July 4 - Parade, Concert and Fireworks - www.TakomaPark4th.org
Be part of the tradition. Takoma Park has celebrated our national independence for over 120 years. All ages welcome to join in the fun. This annual family fun event is full of Takoma Park spirit!

10:00 a.m. Parade Begins
7:00 p.m. Evening Program
Fireworks follows the program



Tuesday, August 5th - National Night Out - Takoma Park Police - www.TakomaParkMD.gov
Join the Takoma Park Police Department, friends and neighbors, for this year's annual National Night Out, 6 - 9 p.m. at 7510 Maple Avenue. Great fun for all ages! Please stop by the Takoma Park Recreation Department booths for games and demos. See you there!

...and Special Events Around Town

July 2-6, 2014 - Smithsonian Folk Life Festival, National Mall, Washington, DC: Celebrate cultural traditions from around the world. The Festival includes daily and evening music and dance performances, crafts and cooking demonstrations, storytelling and discussions of cultural issues. Open daily 11:30 a.m. - 5 p.m.. For more information, visit: <http://www.festival.si.edu>

July 12-13, 2014 - Baltimore/Washington One Caribbean Carnival, Baltimore, Maryland: The event features groups representing the Caribbean, Latin America and Diaspora in colorful costumes portraying different themes, dancing to the sound of Calypso, Soca, Reggae, African, Haitian, Latin and Steel band music. Admission: \$15 per person. For more information visit, www.dccaribbeancarnival.org

July 21-26, 2014 - Loudoun County Fair, Virginia: Family fun includes a carnival, rodeo-bull riding, dairy show, goat show, horseback demonstrations, magic acts, pet shows, floral exhibits, obstacle courses, live music entertainment performances. \$10 Adults, \$5 children, under 6 free. For more information, call (703) 777-3835 or visit <http://www.loudouncountyfair.com>

August 23 - October 19, 2014 - Maryland Renaissance Festival - A 16th century English village with crafts, food, live performances, games and lots more. Located in Crownsville, Maryland. Open weekends from 10 a.m. - 7 p.m. \$17 Adults, \$8 Children, Children under 6 free. For more information call (800) 296-7304 or email: info@rennfest.com

Community Activities - Meet Up with Friends and Neighbors

Piney Branch School Swimming Pool: 7510 Maple Ave. (inside Piney Branch Elementary School). Due to construction at the Piney Branch Elementary School, the Piney Branch Pool will be closed until September 3, 2014. For more information please contact Joyce Seamens, Director of Pool Operations, at (301) 565-0190, email address JKSeamens@aol.com

Games Night: Meets every Tuesday from 7 to 9 p.m. at 7051 Carroll Ave. The activity is intergenerational 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

Table Tennis (Ping Pong) Open Play: Mondays - Saturdays 10 a.m.– 12 Noon, Game Room, Takoma Park Community Center, 7500 Maple Avenue, Drop-in. Free.

New Canasta Open Play: Tuesdays, 1 - 3 p.m., Senior Room, Takoma Park Community Center, Drop-in. Free. Looking for players. Join the group, all skill levels welcome, beginners too. Call Paula 301-891-7280.

July is Park and Recreation Month



Since 1985, America has celebrated July as the nation's official Park and Recreation Month. Last fall, the National Recreation and Park Association asked the public to help them select the

2014 theme and they answered, selecting the theme **OUT is IN**. This year the focus is going **outside**, and getting **involved** in their community through parks and recreation. Visit your

local parks this summer and have some fun. For more information, visit the NRPA website:

WWW.NRPA.ORG/JULY

New for Fall 2014

Coming Soon - New Programs for the Recreation Center



The Takoma Park Recreation Department held two focus groups of 55 plus adults in May and June to explore active programming for the Forever Young program, and to give their ideas and suggestions including a new initia-



tive for Tuesdays and Thursdays, 12-2 p.m. at the Recreation Center on New Hampshire Avenue. New "active" activities will be added this Fall at the Recreation Center and Community Center. Registration for these new activities will open

on August 15. The Recreation Department is seeking instructors to teach "active" 55+ classes. For more information, please contact Paula Lisowski, Seniors Program Manager, at 301-891-7280.

Living Well with Diabetes Program Presented by Providence Hospital

Wednesdays, September 10, 17, 24 - 10 a.m.-12 noon
Takoma Park Community Center, Senior Room
FREE, diabetes education program designed for persons with diabetes, at risk for diabetes, and those interested in learning more about the disease. The program focuses on "knowing your numbers" and provides point of care (POC) testing in conjunction with diabetes information.

- Session 1- Living Well
- Session 2- Keep Moving
- Session 3- Eating Well
- Session 4- Three Month Follow-Up



In-person registration (begins August 15) is required. For more information contact Paula Lisowski, Seniors Program Manager at 301-891-7280 or email: PaulaL@takomaparkmd.gov

2014 Lifelong Takoma Day Annual Event on Wellness & Connection Saturday, September 20 1 - 4 p.m. Takoma Park Community Center Free Admission!

Compelling presenters, engaging workshops, health & wellness screenings, mini conference
FREE Recreation Department program information
Fitness class demos. Door prizes, give-a-ways!
FREE healthy snacks provided by local TPSS CO-OP
And so much more!
Planned by and for residents 55 +

Stay tuned! Calendar of events will follow in the Forever Young September/October Newsletter, on Takoma TV, and in the Takoma Park Newsletter

- All programs take place at Takoma Park Community Center, 7500 Maple Avenue, unless otherwise noted.
- **Advance** in-person registration is required for trips and classes. Must be **55 or older** to participate in these activities.
- **Registration for TP Recreation Fall classes begins: August 15/ Montgomery College registration begins: July 23.**
- Transportation is provided for trips and special events. Space is limited. See page 6 for trip registration information.
- For more information please call the Takoma Park Recreation Department at (301) 891-7290.

Fitness Classes



Bone Builders Ongoing Classes: Mon/Thurs 10 a.m. – 11 a.m. or Tues/Fri 10:30 a.m. - 11:30 a.m.

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

Cardio Groove Classes: Thursdays, September 11 - October 30, 1:30 - 2:30 p.m. Dance Room -or- Saturdays, September 13 - November 8, 11:30 a.m. - 12:30 p.m. Azalea Room

High energy and easy to follow. Start with a warm-up that gets you in the groove, followed by fast-paced, low impact Aerobics that get the heart pumping and feet moving quickly, then a well-earned cool down and stretch. Moves follow the beat of music designed for Aerobics, flowing from a great sound system. Instructor: Nancy Nickell. **Free. In-person pre-registration is required.** For information, call 301-891-7290.



Creative Movement Fridays, October 10—November 14, 10:00 - 11:00 a.m.

Join this fun-filled creative movement class which combines elements of posture improvement exercises, stretching, and dance movement routines. This class is designed to improve bone strength, posture, and cardiovascular functioning for adults. Six weeks. Course #LL1680. Limit of 20. Lilac Room. **Lifelong Learning Institute - cost \$60. Tuition waiver applies; adults 60 and older pay this fee only. (\$80 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**

Gentle Yoga Alternate Fridays, September 5 - December 19, 12:00 noon - 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. **In-person pre-registration is required.** Limit of 16. Dance Studio. **Free.** For more information, please call (301) 891-7290.

Line Dancing Wednesdays, September 3 - December 17, 10:50 a.m. - 11:50 a.m.

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 pre-registration is required.** Limit of 25. Dance Studio. **Free.** No class on 8/6/14. For more information, please call (301) 891-7290.

Zumba Gold Tuesday, Sept. 30 - Dec. 9, 11:45 a.m. – 12:30 p.m./Saturdays, Oct. 4 - Dec. 13, 2:00 - 2:45 p.m.

Zumba Gold was designed for the active senior with less intense dance routines for beginners and older adults using modified movements. 8 weeks. Limit 20 students. **In-person pre-registration is required.** Dance Studio. **Free.** For more information, please call (301) 891-7290.

Art and Education Classes**How to Paint Like an Impressionist - Wednesdays, Oct. 8 - Nov. 12, 1:30 a.m. - 3:30 p.m.**

The historical context, style, and inspiration for the impressionist movement, exploring techniques such as pointillism, impasto, use of palette-knife, layering, and use of color, will be demonstrated and explained. You will then apply these methods with individual instruction to create your own impressionist painting with watercolor or acrylic. Course #LL1652. Limit 12. Six weeks. Art Studio. **Lifelong Learning Institute - cost \$79. Tuition waiver applies; adults 60 and older pay this fee only. (\$168 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**

**Marc Chagall (Dance of Imagination)- Wednesdays, Nov. 5 - 19, 1:30 p.m. - 3:30 p.m.**

This course explores Marc Chagall as a person and as an artist. You will explore Chagall's images that draw on the contemporary avant-garde developments, such as Fauvism, Surrealism, and Cubism. Course #LL1714. Three weeks. Auditorium. **Lifelong Learning Institute - cost \$60. Tuition waiver applies; adults 60 and older pay this fee only. (\$120 for adults ages 55-59). Registration and payment to Montgomery College Workforce Development & Continuing Education. For more information and registration assistance, please call 240-567-1588.**

**Computer Classes - Wednesdays, 11:30 a.m. - 1:30 p.m. *Note the new time for Fall 2014 sessions
Fall Session 1: September 10 - October 15/Fall Session 2: October 22 - December 3: *10 a.m. - 12:00 noon**

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. Instructors: Phil Shapiro, Jim Mueller, Jane Hawkanson. Registration is required. Six weeks. Computer Center. Class Fee: \$10 Payable to the City of Takoma Park.

"New" - Crochet Class - Mondays, September 8 - 29, 11:30 a.m. - 1:30 p.m.

Learn to crochet for the first time, refresh your skills, or advance to intermediate. All the materials (and the patterns) will be provided at no cost for one beginner or intermediate project. Instructor: June Gable. Registration is required. Four weeks. Senior Room. Free

★ **Living Well With Diabetes Program - see page 3 for information and registration details.** ★

*Drop-in activities (no registration required)***Bingo - Thursdays, July 24 & August 28 - 12:00 noon - 2:00 p.m.**

Try your luck. Win a prize. Drop-in. Senior Room. Free.

Blood Pressure Screening - Thursdays, July 24 & August 28 - 11:30 a.m. - 12:30 p.m.

Adventist Healthcare will be doing a free monthly blood pressure screening. 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 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. **Group will not meet 9/8/14—9/29/14.**

Table Tennis - *Hours: Ongoing, Mondays - Saturdays, 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.**

* June 16th to August 15th: Game Room hours for Table Tennis adjusted for Summer Camps. The time for adults 55 and older will be Mondays - Saturdays 10:00 a.m. to 12:00 noon.



Active Adventure Trips for adults 55 and older

How to register for trips: Please pre-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. Mail-in forms will be processed on the opening dates for each month as stated below. 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.

The Active Adventures program is designed for active independent 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. Participants are responsible for lunch, entrance fees or any other additional fees associated with these trips. These trips are held rain or shine. The Recreation Bus can accommodate up to 21 persons. The bus is heated and air-conditioned; wheelchair accessible; no bathroom facilities. Meet at the Takoma Park Community Center, 7500 Maple Avenue. Bus pick up of registered participants at Franklin and Maplevue Apartments, and Victory Tower only.

JULY 2014 TRIPS - Registration begins Tuesday, July 1 (and not before)

Trip #1: Friday, July 11, 2014 - The Kreeger Museum, Washington, DC

We'll beat the summer heat and visit some cool locations this summer. First opened in 1994, The Kreeger Museum is a private museum located at the former estate of David and Carmen Kreeger showcasing more than three hundred works of art, paintings, drawings, prints and sculpture, including a beautiful Sculpture Terrace and Sculpture Garden. The main floor (contains most of the art) and restrooms are fully accessible, however should you choose to go to the lower level of the museum, there are 30 steps (no elevator). Bring spending money to purchase lunch. Rain or shine!
Time: 8:45 a.m. - 3:00 p.m. * \$7 admission, bring with you on 7/11/14. No cost for transportation.

Trip #2: Friday, July 18, 2014 - Library of Congress, Washington, DC

The Library of Congress is the nation's oldest federal cultural research institution containing the largest library in the world with millions of books, recordings, photographs, maps and manuscripts. Special permanent and temporary exhibits are available for visitors. The Library of Congress occupies three buildings, Jefferson, Madison and Adams. We will visit the Jefferson Building which holds most of the exhibitions. Bring spending money to buy lunch at one of the 3 food service locations in either of the adjacent Library of Congress buildings (Madison or Adams). Weather permitting, food service is available in the Jefferson Building's Southwest Courtyard. **Plenty of walking!** Rain or Shine!
Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

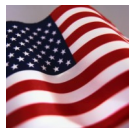
AUGUST 2014 TRIP - Registration begins Friday, August 1 (and not before)








Trip #1: Tuesday, August 12, 2014 - Senior Day, Montgomery County Fair, Gaithersburg, MD

Back by popular demand, we will return again this year to enjoy a good old-fashioned county fair with animal and agricultural exhibits, craft shows, commercial vendor booths and festival foods. Bring your lunch, or spending money to buy lunch, and wear comfortable walking shoes. Some, but not all, of the fairground's buildings and grounds are accessible by wheelchair. Dress appropriately for comfort. **Rain or Shine! Lots of walking!**
Time: 8:45 a.m. - 3:00 p.m.* Free admission. No cost for transportation.

*Times may be adjusted. Check the trip itinerary supplied to registered participants for each trip for details, or call 301-891-7280.

New! Beginning September 2014, the Recreation Bus will add an additional pick up and drop off location at the Takoma Park Recreation Center, 7315 New Hampshire Avenue, for the Active Adventure trips. The pick up time will begin 15 minutes prior to the Takoma Park Community Center regular departure time for registered participants. Look for more information in the September/October 2014 Forever Young Newsletter that will be available the last week of August at the Recreation Center, 7315 New Hampshire Avenue and the Takoma Park Community Center, 7500 Maple Avenue. For more information, please call Paula Lisowski, 301-891-7280 or email to PaulaL@takomaparkmd.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> July is "Parks and Recreation Month" OUT IS IN! </div>		1 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p* *Note new time No Zumba Gold	2 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class Summer Session 2 Begins</u> 11:30 a—1:30	3 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p	4 Center Closed  July 4th Holiday	5 Center Closed Holiday
		6 Center Open on Sundays 12 - 5 p	7 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p	8 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold Summer Session Begins</u> 11:45 a—12:30 p	9 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	10 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p
13 Center Open on Sundays 12 - 5 p	14 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p	15 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p	16 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	17 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p	18 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Trip Museum</u> 8:45 a- 3 p	19 <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p
20 Center Open on Sundays 12 - 5 p	21 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p	22 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p	23 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	24 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p 	25 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1p	26 <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p
27 Center Open on Sundays 12 - 5 p	28 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p	29 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p	30 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> 11:30 a—1:30 p	31 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p	<div style="border: 1px solid black; background-color: #ffff00; padding: 5px;"> This star symbol denotes a new event, class or session. </div>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Inclement Weather Info: For information, call our weather hotline: (301) 891-7101 ext. 5605</p>			 <p>This star symbol denotes a new event, class or session.</p>		<p>1 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p</p>	<p>2 <u>Table Tennis</u> 10 a - 12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>3 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>4 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>5 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p</p>	<p>6 No Line Dancing <u>Table Tennis</u> 10 a—12 p <u>Computer Class</u> <u>Last Class of the Summer Session</u> 11:30 a—1:30 p</p>	<p>7 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p</p>	<p>8 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>9 <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>10 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>11 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>12 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 11:45 a—12:30 p <u>Trip to County Fair</u> 8:45 a—3 p</p> 	<p>13 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—12 p <u>NO Computer Class</u></p>	<p>14 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—12 p</p>	<p>15 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—12 p</p>  <p>Registration opens for fall classes</p>	<p>16 <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>17 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>18 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Needlework</u> <u>Get-together</u> 11:30 a—1 p</p>	<p>19 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Zumba Gold</u> 11:45 a—12:30 p</p>	<p>20 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>NO Computer Class</u></p>	<p>21 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p</p>	<p>22 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Gentle Yoga</u> 12—1 p</p> 	<p>23 <u>Table Tennis</u> 10 a—12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>24 <i>Center Open on Sundays 12 - 5 p</i></p> <p>31 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>25 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Needlework</u> <u>Get-Together</u> 11:30 a—1 p</p>	<p>26 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Zumba Gold</u> <u>Last Class Summer Session Ends</u> 11:45 a—12:30 p</p>	<p>27 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>NO Computer Class</u></p>	<p>28 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p</p> 	<p>29 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p</p>	<p>30 <u>Table Tennis</u> 10 a—12 p <u>No Zumba Gold</u></p>