



# Forever Young

Enjoying Active Life Over 55 in Takoma Park

January/February 2013

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## New Year, New Name, New Ideas

In December, the Takoma Park Recreation Department held two focus groups, composed of twenty adults (50 – 65), to discuss the current senior program and give their ideas and suggestions on how to appeal to the “Baby Boomer” generation. Here is a brief overview of suggestions and feedback:

### 1. Change the newsletter title of “Silver Foxes”.

While the newsletter format was well liked, the title was not favored. The department asked the focus groups for alternative titles that would be appealing to both younger and older adults alike. Participants who are currently active in the program voted on suggested titles and picked a favorite.

The winner is: Forever Young.

### 2. Don’t refer to them as “seniors”.

Call them “Active Adults - age 55 plus.”

### 3. Activity based programs.

Offer energetic exercise classes similar to those offered to

young adults but low-impact and slightly modified; classes on business and employment skills, exploring retirement options; book discussion/club; intergenerational activities; first-aid classes; more lectures and presentations (intellectual, cultural, travel); dance and “hip-hop” classes; multi-cultural events; technology classes (keep up with current trends); volunteer and service opportunities; expanded trips – willing to pay for expanded adventurous trips and activities; and partner with existing programs for activities already offered in Montgomery County. While daytime activities were preferred by retired and semi-retired adults, some additional evening programming for full-time workers was suggested.

### 4. Recreation Program as a Resource Center for active adults.

Learn about what’s available in the community. Develop a “Community Board” physically

in the Community Center, and virtually on-line and email. An outdoor sign to be seen when walking or driving by the center was also suggested. Develop a cable show showcasing events and opportunities for 55 plus in the community.

### 5. Meet-ups

Baby Boomers would like the Recreation Department to offer less structured activities in lieu of providing more venues for people of like interests to meet in relaxed, less formal settings and to advertise opportunities for people with same interests to meet-up and form their own activity groups: walking, cycling, basketball, pickleball, badminton, swimming, coffee house, games (not bingo).

The Recreation Department will integrate these ideas and suggestions in future programming, and look for new opportunities for active participation.

## New Bi-Monthly Newsletter

We hope you like our new bi-monthly newsletter. This new format will allow us to keep you informed of what’s

going on in the current month, as well as what’s coming up next month. You’ll be able to plan ahead for trips, classes and

activities so you won’t miss any of the fun! We welcome your feedback about this new format.



What do you think about the changes? Ideas and suggestions? Contact me at the email address or phone number in the box to the left. Better yet, come to the January 2013 Advisory Group breakfast meeting and share your thoughts with me. See page 3 for details. See you there! Happy New Year!

~ Paula ~



## Special Events in Takoma Park for January and February 2013

- Friday, January 11 - Four New Exhibits - Opening Artist's Reception 6—8 p.m.** Free/featured artists: Slice Shih, Mohamed Adje, Michaele Harrington, and Theien Nguyen - The galleries at the Takoma Park Community Center, [www.facebook.com/events](http://www.facebook.com/events)
- Saturday, January 12- Class Demo Day - 10 a.m. - 1 p.m.** - Free demonstrations of upcoming classes. Meet instructors. Sign up for classes on the spot –Recreation Department, Takoma Park Community Center, 7500 Maple Avenue - Info: 301-891-7290 or [www.takomaparkmd.gov/recreation](http://www.takomaparkmd.gov/recreation)
- Saturday, January 12 - Martin Luther King Jr. Celebration & Service Day - Join Takoma United**  
**1:00 p.m. - 3:00 p.m.** Service Activities, including outdoor weed warrior work with Howard Kohn and Jay Keller, and also indoor at PBES with arts and crafts, messages for President Obama, and cooperative games. For all activities please come to the PBES All Purpose Room.  
**4:00 p.m.** Documentary Videos about Martin Luther King, Jr. in the PBES All-Purpose Room.  
**5:00—8:00 p.m.** MLK Jr. Celebratory evening with potluck supper, music, singing, and reflections from the civil rights movement and the Student Nonviolent Coordinating Committee. PBES All-Purpose Room. Please bring a dish to share, with ingredients labeled.
- Thursday, February 7-Third Annual Mid-Winter Play Day - 6 - 8 p.m.** Free- Come hear story teller Candace Wolf, sing and dance to the Alderson Family Trio. Back by popular demand will be: board games, dress-up, giant chess, playing with dough and more. All ages welcome. Takoma Park Community Center, 7500 Maple Ave.- Info: 301-891-7290 - [www.takomaparkmd.gov/recreation](http://www.takomaparkmd.gov/recreation)

### Highlights: Senior Services Meeting with Wolfgang Mergner 11/29/12

Lieutenant Tyrone Collington, Takoma Park Police Department, presented the “Care Program” Residents of Takoma Park with special needs and who live alone can get a voluntary daily check on their security and welfare status by the TP Police. For more information, please contact Officer Carla Magnaye, Commu-

nity Outreach Officer at **301-891-7121**. Deborah Zuckerman, Senior Investigator, Financial Exploitation Prevention Initiative for the Montgomery County State's Attorney's Office, gave a presentation about financial exploitation as it relates to senior citizens. Maryland law makes it a

crime to financially exploit vulnerable adults and senior citizens. Never give bank numbers, social security numbers, PIN numbers over the phone or by email or mail. If you think you or someone else has been the victim of financial abuse, the State’s Attorneys Office can help. Please call **240-777-7340**.

Other service numbers:

Direct Threat  
**911**

Adult Protective Services  
**240-777-3000**

Office of Consumer Protection  
**240-777-3636**

Next meeting 1/24/13  
6:30 p.m. Azalea Room

### Missing – Historic Quilt

Once upon a time, a historic quilt hung in the Takoma Park Community Center near the old Recreation Department offices. This quilt was constructed by a dedicated group of residents known as the *Azalea City Quilters of Takoma Park*. The quilters, who still meet every Tuesday at the Community Center, (see page 3) are attempting to locate this missing quilt. If you have seen this quilt or know where it is located please contact Paula Lisowski at (301) 891-7280 or [PaulaL@takomagov.org](mailto:PaulaL@takomagov.org).



Description of quilt: Twelve individual images of Takoma Park (x12 inches) make up this historic quilt; including Presbyterian Church, azaleas, houses, and the old railroad station.

If you have any information on the whereabouts or would like to join this fun group please contact us today. We will gladly accept the quilt in any condition (repairs can be made). Thank you.



## 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 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 - jspankyl@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](mailto:PaulaL@takomagov.org)

## Bring In The New Year! Come to the "Forever Young" Breakfast Meeting

### 55 Plus Advisory Group Breakfast Meeting

**Friday, January 18, 2013**

**9:30 a.m.—10:30 a.m.**

**Drop-in. Senior Room**

Takoma Park Community Center, 7500 Maple Ave.

Get a head start on the New Year!

What activities interest you!

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! Drop-in, no registration is required. See you there!

**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 driving environment.

Some insurance companies in Maryland may offer auto premium discounts to drivers who take this course. Check with your agency. In person registration with the Takoma Park Recreation Department is required. Registration for both classes 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, 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.



### Inclement Weather Info:

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

- 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*



Session 1: January 22—March 5  
Session 2: March 19—April 30

**Line Dance Exercise**



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.

Wednesdays, Ongoing 10:50 - 11:50 a.m.

**and/or**

Friday Evenings, Ongoing 6:30 - 7:30 p.m. (No class 2/1/13)

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**

Winter Session: January 4 - April 19

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.

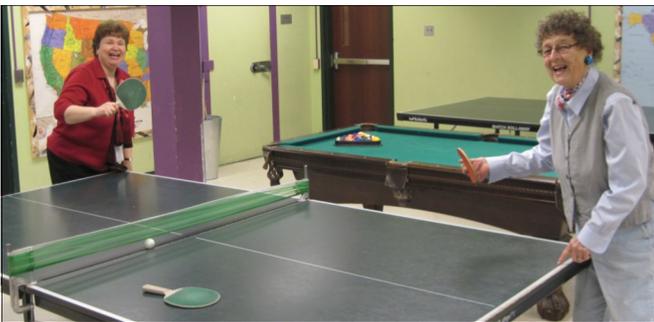
**Registration is required.** Eight classes. Limit of 16 students. Dance Studio. Free.

**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.

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



**Blood Pressure Screening**

Thursdays, January 24 and February 28

11:30 a.m. - 12:30 p.m.

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

*Register now for these great education classes*



**Computer Classes**



Wednesdays,

Session I: January 9 - February 13

Session II: February 27 - April 3

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).



**Beginning Crochet**



**Beginning Knitting**

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.



Mondays,

April 15 - May 13

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



**Mixed-Media Fridays!**

**Collage Group Get-togethers**

Fridays,

Begins March 22

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. **\$4 Session I: March 22, April 5, April 19**

Session II: begins 5/3/13. Registration opens 3/15/13.

*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,

January 24 and February 28

12:00 - 2:00 p.m.

Try your luck Win a prize.

**Drop-in.** Senior Room. Free.

## 2012 Trips - Year in Review - Do You Remember the Fun?



**Get Ready For 2013! Trips Resume in March!**

For information, please contact: Paula Lisowski,  
Manager, Seniors Program (301) 891-7280



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 <i>Center Closed</i></p>  <p><i>New Year's Day</i></p>	<p>2 <u>No Line Dancing</u> <u>Table Tennis</u> 11:30 a—1 p <u>No Computer</u></p>	<p>3 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>4 <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>No Evening Line Dance</u></p> 	<p>5 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>6 <i>Center closed on Sundays</i></p>	<p>7 <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>8 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>9 <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 begins</u> 11:30 a—1:30 p</p> 	<p>10 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>11 <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>12 <u>Table Tennis</u> 10:00 a— 12:00 p <u>Class Demo Day</u> 10 a—1 p</p> 
<p>13 <i>Center closed on Sundays</i></p>	<p>14 <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>15 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>16 <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</p> 	<p>17 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>18 ★ <u>Advisory Meeting</u> 9:30 a—10:30 p <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p <u>Yoga</u> 12—1 p <u>Evening Line Dance</u> 6:30—7:30 p</p> 	<p>19 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>20 <i>Center closed on Sundays</i></p>	<p>21 <i>Center Closed</i></p>  <p><i>Martin Luther King Holiday</i></p>	<p>22 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 11:30 a—1 p ★ <u>Zumba Gold</u> Session 1 begins 11:45 a—12:45 p</p> 	<p>23 <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</p> 	<p>24 <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>Senior Services Meeting— with W. Mergner</u> 6:30 p</p> 	<p>25 <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>26 <u>Table Tennis</u> 10:00 a— 12:00 p</p>
<p>27 <i>Center closed on Sundays</i></p>	<p>28 <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>29 <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>30 <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</p> 	<p>31 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 11:30 a—1 p</p>	<p>★</p> <p>This star symbol denotes a new event, class or session.</p>	

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: <a href="http://www.acsgw.org/pool.htm">www.acsgw.org/pool.htm</a> You may contact the pool at (301) 891-8017. You may also call Joyce Seamens, Director of Pool Operation, Adventist Community Services at (301) 565-0190.</p>					<p>1</p> <p><b><u>Bone Builders</u></b> 10:30—11:30 a</p> <p><b><u>Table Tennis</u></b> 11:30 a—1 p</p> <p><b><u>Gentle Yoga</u></b> 12—1 p </p> <p><b><u>No Evening Line Dance</u></b></p>	<p>2</p> <p><b><u>Table Tennis</u></b> 10:00 a— 12:00 p</p>
					<p>3</p> <p><i>Center closed on Sundays</i></p>	<p>4</p> <p><b><u>Bone Builders</u></b> 10—11 a</p> <p><b><u>Table Tennis</u></b> 11:30 a—1 p</p> <p><b><u>Needlework</u></b> <b><u>Get-Together</u></b> 11:30 a—1 p</p>
<p>10</p> <p><i>Center closed on Sundays</i></p>	<p>11</p> <p><b><u>Bone Builders</u></b> 10—11 a</p> <p><b><u>Table Tennis</u></b> 11:30 a—1 p</p> <p><b><u>Needlework</u></b> <b><u>Get-Together</u></b> 11:30 a—1 p</p>	<p>12</p> <p><b><u>Bone Builders</u></b> 10:30—11:30 a</p> <p><b><u>Table Tennis</u></b> 11:30 a—1 p</p> <p><b><u>Zumba Gold</u></b> 11:45 a—12:45 p</p> 	<p>13</p> <p><b><u>Line Dancing</u></b> 10:50—11:50 a</p> <p><b><u>Table Tennis</u></b> 11:30 a—1 p</p> <p><b><u>Computer Class</u></b> <b><u>Session 1 Ends</u></b> 11:30 a—1:30 p</p>	<p>14</p> <p><b><u>Bone Builders</u></b> 10—11 a</p> <p><b><u>Table Tennis</u></b> 11:30 a—1 p</p> 	<p>15</p> <p><b><u>Bone Builders</u></b> 10:30—11:30 a</p> <p><b><u>Table Tennis</u></b> 11:30 a—1 p</p> <p><b><u>Gentle Yoga</u></b> 12—1 p </p> <p><b><u>Evening Line Dance</u></b> 6:30—7:30 p</p>	<p>16</p> <p><b><u>Table Tennis</u></b> 10:00 a— 12:00 p</p>
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