



Forever Young

Enjoying Active Life Over 55 in Takoma Park

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“New” Cardio Groove Demos and Six-week Sessions!



Get in the Groove - - join in these fun new demos with our energetic instructor, Nancy Nickell. We bet you'll like it so much, you'll join a session. Choose the day that fits in your schedule so you can keep moving and grooving to the happy beat. Need more info? See page 6 or call 301-891-7280.

Demo #1 - Thursday, April 3, 2014 1:30 PM Dance Room
Demo #2 - Saturday, April 5, 2014 11:30 AM Azalea Room
Cardio-Groove classes begin May 1, 2014 - see page 6 for details.

Registration for Spring 2014 Classes Opens March 15th



Mark your calendars. Registration for classes opens on Saturday, March 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. Takoma Park Community Center will be open 10:00 a.m. - 6:00 p.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.



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

Saturday, April 5 - Old Takoma Spring Clean-up - www.MainStreetTakoma.org

Sat/Sun, April 5, 6 - Sweep the Creek - Friends of Sligo Creek - www.FOSC.org

Saturday, April 12 - Arbor Day & Tree Give-Away - www.TakomaParkMD.gov

Sunday, April 13 - Family Fun Festival - Wash. Adventist University - www.WAU.edu

Saturday, April 19 - 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! (Rain Date: 4/21/14) www.TakomaParkMD.gov/recreation



Saturday, April 23 - Favorite Poem Evening - Join other poetry enthusiasts and read your favorite poem; intergenerational, all ages welcome - www.TakomaPark.info/library

Sunday, April 27 - Earth Day at T.P.S.S. Food Co-op - www.TPSS.coop



Celebrate Takoma Festival—Coming Soon! Join your friends and neighbors on May 18, 2014 for the annual "Celebrate Takoma" - a wonderful intergenerational community festival celebrating the cultural diversity of Takoma Park. The festival will be 11 a.m. - 4 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.

Would you like to be a part of the festival? We are looking for performers, vendors and citizens demonstrating games from their native countries. <http://takomaparkmd.gov/recreation/celebrate-takoma>

...and Special Events Around Town

March 7-8, 2014—Dance Bethesda: weekend of dance events including free lessons, parties and performances at downtown Bethesda studios. For more information, call 301-215-6660 or visit: www.bethesda.org

March 18-30, 2014—The DC Environmental Film Festival: features 190 documentary, animated, archival, experimental and children's films from around the world, shown at more than 75 venues around Washington, DC. Most screenings are free to the public and include discussion with filmmakers or scientists. For more information, call: 202-342-2564, email: info@envirofilmfest.org or visit: www.dcenvironmentalfilmfest.org

April 26-27, 2014—USA Science & Engineering Festival: The nation's largest celebration of science and engineering is returning to Washington, DC this spring at the Washington Convention Center, 801 Mount Vernon Place. The event is focused on encouraging the next generation of engineers and scientists, and to increase public awareness of the importance of math and science education. Activities include live performances, a book fair, a career pavilion, and more than 500 of the nation's leading science organizations, universities, and museums. For more information, please visit the festival website at www.usasciencefestival.org

Community Activities - Meet Up with Friends and Neighbors

Table Tennis (Ping Pong) Open Play: Mondays - Fridays, 11 a.m. - 1 p.m., Saturdays 10 a.m. - 12 Noon, Game Room, Takoma Park Community Center, 7500 Maple Avenue, Drop-in. Free.

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

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 - jspanky1@verizon.net

**SPECIAL
EVENTS!
55 PLUS**

WOW! Open House at the Recreation Center



John Webster, Manager of Facilities, and Jurrel Cottman, Recreation Center Supervisor.

Did you know Takoma Park has a recreation site on New Hampshire Avenue? Here's your chance to check it out. Join us for a fun Open House event just for adults 55 and older. Check out this really

great facility and find out what's new for you; tour the Gym, Fitness Room (includes dumbbells, treadmills, stair climbers, elliptical, upright bikes, recumbent bikes, and more); join in some fun active games;

or play Bingo and win a prize; enjoy yummy refreshments while you listen to some great music. A free "Forever Young" t-shirt to the first 25 "new" registrants. Join the fun!

**Play Bingo
with Paula
Win a Prize!**



Open House - 55 Plus

7315 New Hampshire Avenue

Tuesday, April 8, 2014 FREE 10:00 AM—1:00 PM

For more information, please contact Jurrel Cottman, Recreation Center Supervisor, 301-891-7286, JurrelC@takomaparkmd.gov or Paula Lisowski, Seniors Program Manager, 301-891-7280, PaulaL@takomaparkmd.gov

**Music!
Refreshments!
Minute-to-Win-it
Games!**

Our 1st Annual Table Tennis Tournament is here!



Our first annual table tennis tournament is scheduled for Sunday, March 30, 2014. The tournament will be a friendly and fun event - simple rules - basic skill levels. If you are interested in participating, please register for this

event by 3/20/14 (closing date). For more information, please contact Paula Lisowski, Seniors Program Manager, Takoma Park Recreation Department, **301-891-7280** or paulal@takomaparkmd.gov



Table Tennis Tournament - 55 Plus

Sunday, March 30, 2014 2:00 - 4:00 p.m.

Game Room, Takoma Park Community Center, 7500 Maple Avenue

★ Official Judge: Mr. Donn Olsen, Table Tennis Coach, Club Joola, Rockville

We will supply paddles but you are welcome to bring your own.

Light refreshments. In-person advance registration is required by 3/20/14.



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.



"Optimal Living 360 - Smart Decision Making for a Balanced Life"



Meet Dr. Sanjay Jain, author and internationally known speaker
Thursday, March 27, 2014 ~ 7:00 - 9:00 PM
Free drop-in event. Adults, age 18 and older welcome!
Auditorium
Takoma Park Community Center, 7500 Maple Avenue

Sanjay Jain, MD, MBA, known as the "Balance Guy," is a US-trained, board-certified physician with more than fifteen years of clinical experience. He holds an MBA from Ohio State University and certifications in Diagnostic Radiology, Integrative Medicine, and Healthcare Quality and Management. A well known speaker in the U.S. and internationally, he is also active in various medical associations.

For many of us, one of life's biggest challenges is figuring out how to make decisions that improve our overall quality of life. Dr. Sanjay Jain, author of Optimal Living 360: Smart Decision Making for a Balanced Life introduces Integrative Decision Making, an

approach that focuses on the big picture and teaches us how to make decisions to receive the highest "return on investment" in life. The easy-to-follow technique will help each of us make the best of any situation and maximize the return on each

aspect of our multidimensional life, even if on a restrained budget or have minimal resources. Join Dr. Sanjay Jain to find out why Optimal Living 360 is a refreshingly comprehensive and a revolutionary approach to personal fulfillment.

**...AND NOW
FOR SOMETHING
COMPLETELY
DIFFERENT!!!**



Toby's Dinner Theatre, Columbia, Maryland

"If you want to laugh a lot, go see "Spamalot" at Toby's Dinner Theatre of Columbia. It's a fast-paced production that makes the most of its jokes thanks to a talented cast," according to Mike Guilliano's recent review in The Baltimore Sun. Toby's in Columbia is producing the first regional production of "Spamalot." Taken from

the classic film comedy, "Monty Python and the Holy Grail," this Tony Award winning musical raises silliness to an art form. This tale of King Arthur and his Knights of the Round Table and the quest for the Holy Grail is filled with music and merriment. Toby's Dinner theatre offers this award-winning Broadway musical along with

an exceptional buffet-style dinner. Adults, age 55 and older, please join us for this wonderful production and enjoy an evening of laughs. For more information, please call **301-891-7280**. Register in-person at the Recreation Office, 7500 Maple Avenue, Takoma Park, MD 20912 or on-line (credit card only):

Friday, March 21, 2014
5:30 p.m. - 11:00 p.m.*
Cost: **\$35.00** per person – group rate ticket at a 1/3 discount. Show, dinner, tax and gratuity included. Cash bar available (extra, not included in this price). Sorry, no refunds. **Free** transportation by Recreation Bus.

*Approximate, return time may be later.

Leave the driving to us!

apm.activecommunities.com/takomaparkrecreation

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 55 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 insur-

ance companies in Maryland may offer auto premium discounts to drivers who take this course. Check with your agency. Two classes will be offered in April. Registration for either class begins on **March 15, 2014**. No payment to the Recreation Department. Payment will be collected by the AARP instructor on the day of class.



AARP Smart Driver Safety Program

Wednesday, April 9, 2014
12:00 - 4:30 p.m. ~ Hydrangea Room
Takoma Park Community Center
7500 Maple Avenue, Takoma Park, MD 20912

Pre-Register for class, in-person, at the Recreation Department.
Registration opens on March 15, 2014
 For more information, call 301-891-7280

Cost: \$15 for AARP Members
\$20 for Non-Members

Make checks payable to AARP.

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

Free Tax-Aide Service in Takoma Park

The Takoma Park Recreation Department is partnering with AARP and 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. Please call the **AARP Appointment Office** to schedule your tax aide appointment. Please call this number **240-777-2577**



Takoma Park Schedule:

Thursdays

March 13, 2014

March 27, 2014

Location: Azalea Room

Takoma Park Community Center, 7500 Maple Avenue



Forever Young Advisory Group Meeting

Seniors and Boomers, 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!

Forever Young 55 Plus Recreation Advisory Group Meeting

Friday, April 18, 2014

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

Drop-in. Senior Room

Takoma Park Community Center
 7500 Maple Ave.

- 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 Spring and Summer classes begins March 15. No registration is required for drop-in activities.
- Transportation is provided for trips and special events. Space is limited. See page 8 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 Demos - Drop-in - Thursday, April 3, 1:30 - 2:30 p.m. Dance Room -or- Saturday, April 5, 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. Drop-in, no registration is required.**



Cardio Grove Six-Week classes: Thursdays, May 1 - June 5, 1:30 - 2:30 p.m. Dance Room –or- Saturdays, May 3 - June 7, 11:30 a.m. - 12:30 p.m. Azalea Room

See description above. **In-person, pre-registration is required.** Instructor: Nancy Nickell. Select the day that fits your schedule. Maximum 25. **Free.**

Gentle Yoga Alternate Fridays, 12:00 noon - 1:00 p.m. Spring Session begins April 11

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.**

Line Dancing Wednesdays, 10:50 a.m. - 11:50 a.m. Spring Session begins April 2

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 4/16/14.

Zumba Gold Tuesdays, 11:45 a.m. - 12:30 p.m. - or - Saturdays, 2:00 p.m. - 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. 10 weeks. Limit 20 students. **In-person pre-registration is required.** Dance Studio. **Free.** **Spring sessions begins April 1 and April 5.** Class canceled on 3/4, 3/8, 3/11, 3/15 per instructor.

Drop-in Activity (no registration required)

Table Tennis - Hours: Ongoing, Mondays - Fridays 10 a.m.—1:00 p.m., 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.**

Education Classes and Workshops

Computer Classes - Wednesdays, 11:30 a.m. - 1:30 p.m.

Spring Session: April 9 - May 14, Summer Session 1: May 21 - June 25, Summer Session 2: July 2 - August 6

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 Smart Phones & Tablets Workshops

Level I Beginners: Saturday, March 8

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

Level II : Saturday, March 15

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

Learn how to get the most out of your smart phone or tablet (i.e. iPhone, iPad, Galaxy, Android, Kindle, etc.) Level 1 workshop will focus on the very basics for those who are unfamiliar with this technology.

Level 2 workshop will cover some of the more advanced functionality of these devices. Participants are encouraged to bring their own devices. Instructor: John Pitt. **In-person advance registration is required.** Hydrangea Room. Free.

Beginning Knitting - Mondays, March 10 - March 31 (4 classes) 11:30 a.m. - 1:30 p.m.

Learn basic knitting stitches and how to read pattern directions. Materials will be provided to complete a simple project. **In-person advance registration is required.** Limit 6 students. Senior Room. Free.



Drop-in activities (no registration required)

Bingo - Thursdays, March 27 & April 24 - 12:00 noon - 2:00 p.m.

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

Blood Pressure Screening - Thursdays, March 27 & April 24 - 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. (No meetings 3/10/14-3/31/14)

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.



Active Adventure Trips for adults 55 and older How to register for March and April 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. 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 Apartments, Mapleview Apartments, and Victory Tower only.

MARCH 2014 TRIPS - Registration begins Monday, March 3 (and not before)

Trip #1: Thursday, March 6, 2014 - MusicaliTea, Strathmore Music Center, Bethesda, MD

Back by popular demand! A great time for music lovers to gather together to enjoy great music. Musical (vocal and/or instrumental) performances by Levine School of Music faculty-artists, students and guests. Tea and light refreshments served. Rain or shine!

Time: 9:45 a.m. - 1:00 p.m. *

Free admission. No cost for transportation.

Trip #2: Wednesday, March 12, 2014 - Art of Fire Studio (Art Glass), Laytonsville, MD

We will tour this contemporary glass studio to watch the unique hand blown glass being made. Browse the gallery shop for that special piece of art glass. After our tour, we will have lunch at a local restaurant. Bring spending money for lunch and shopping. Rain or shine!

Time: 8:45 a.m. - 3:00 p.m. *

Free admission. No cost for transportation.

APRIL 2014 TRIPS - Registration begins Tuesday, April 1 (and not before)

Trip #1: Friday, April 11, 2014 - Amish Market, Old Country Buffet, Laurel, MD

Spend the entire day shopping and having lunch at the Dutch Country Farmer's Market, or you can choose to visit one of the best thrift stores around, next door to a big dollar store and the Old Country Buffet restaurant. Bring spending money for lunch and shopping. Rain or shine!

Time: 8:45 a.m. - 3:00 p.m. *

Free admission. No cost for transportation.

Trip #2: Friday, April 25, 2014 - Riversdale House Museum Tour, Riverdale, MD

Constructed in 1801 for George Calvert, grandson of the fifth Lord Baltimore, Riversdale is an elegant manor house of the historic Federal period. \$2 admission fee. After our tour, we will have lunch at Franklin's Restaurant and store (known for its fun and quirky merchandise). Bring spending money for lunch and shopping. Rain or shine!

Time: 8:45 a.m. - 3:00 p.m. *

\$2 per person admission. Bring with you on 4/25/14. 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>★ This star symbol denotes a new event, class or session.</p>				<p>Table Tennis Tournament Sunday, March 30, 2014. See page 3 for details.</p>		<p>1 <u>Table Tennis</u> 10 a-12 p <u>Zumba Gold</u> 2—2:45 p</p>
<p>2 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>3 <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 Next meeting 4/7/14</p>	<p>4 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>No Zumba Gold</u></p>	<p>5 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>6 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Trip to MusicaliTea</u> 9:45 a—1 p </p>	<p>7 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p</p>	<p>8 <u>Table Tennis</u> 10 a—12 p <u>Smart Phones</u> <u>Level One</u> 12—2 p <u>No Zumba Gold</u></p> <p>★</p>
<p>9 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>10 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Beginning Knitting</u> ★ 11:30 a—1:30 p</p>	<p>11 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>No Zumba Gold</u></p>	<p>12 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p <u>Trip to Art Studio</u> 8:45 a—3 p </p>	<p>13 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Tax Aide</u> ★</p>	<p>14 <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>15 <u>Table Tennis</u> 10 a—12 p <u>Smart Phones</u> <u>Level Two</u> 12—2 p <u>No Zumba Gold</u></p> <p>★</p>
<p>16 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>17 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Beginning Knitting</u> 11:30 a—1:30 p</p>	<p>18 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>No Zumba Gold</u></p>	<p>19 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>20 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p</p>	<p>21 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>Toby's Theater</u> ★ Trip 5:30-11:00 p</p>	<p>22 <u>Table Tennis</u> 10 a—12 p <u>No Zumba Gold</u></p>
<p>23 <i>Center Open on Sundays 12 - 5 p</i></p>	<p>24 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Beginning Knitting</u> 11:30 a—1:30 p</p>	<p>25 <u>Bone Builders</u> 10:30—11:30 a <u>Table Tennis</u> 10 a—1 p <u>No Zumba Gold</u></p>	<p>26 <u>Line Dancing</u> 10:50—11:50 a <u>Table Tennis</u> 10 a—1 p <u>Computer Class</u> 11:30 a—1:30 p</p>	<p>27 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Tax Aide</u> ★ 10 a—1 p <u>Blood Pressure</u> 11:30 a—12:30 p <u>Bingo</u> 12—2 p </p>	<p>28 <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>29 <u>Table Tennis</u> 10 a—12 p <u>No Zumba Gold</u></p>
<p>30 <u>Table Tennis Tournament</u> 2 - 4 p  ★</p>	<p>31 <u>Bone Builders</u> 10—11 a <u>Table Tennis</u> 10 a—1 p <u>Beginning Knitting</u> <u>Last Class</u> 11:30 a—1:30 p</p>			<p><u>Dr. Jain, Speaker Auditorium</u> 7—9 p ★</p>		

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>★ This star symbol denotes a new event, class or session.</p>		<p>1</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>★ Zumba Gold Spring Session 11:45 a—12:30 p</p>	<p>2</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 10 a—1 p</p> <p>Computer Class Last Class 11:30 a—1:30 p</p>	<p>3</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p> <p>Cardio Groove Demo 1:30 —2:30 p ★</p>	<p>4</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p>	<p>5</p> <p>Table Tennis 10 a - 12 p</p> <p>★ Cardio</p> <p>★ Groove Demo 11:30a-12:30p</p> <p>★ Zumba Gold 2—2:45 p</p>	
	<p>6</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>7</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p> <p>Needlework Get-Together 11:30 a—1 p</p>	<p>8</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p> <p>Recreation Center Open House ★ 10 a—1 p</p>	<p>9</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 10 a—1 p</p> <p>Computer Class New Session Begins 11:30 a—1:30 p</p> <p>★ AARP Driver Course 12—4:30 p</p>	<p>10</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p>	<p>11</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>★ Gentle Yoga 12—1 p </p> <p>★ Amish Market 8:45 a—3 p </p>	<p>12</p> <p>Table Tennis 10 a—12 p</p> <p>Zumba Gold 2—2:45 p</p>
<p>13</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>14</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p> <p>Needlework Get-together 11:30 a—1 p</p>	<p>15</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p>	<p>16</p> <p>No Line Dancing</p> <p>Table Tennis 10 a—1 p</p> <p>Computer Class 11:30 a—1:30 p</p>	<p>17</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p>	<p>18</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>★ Advisory Meeting 11:30 a—12:30 p</p>	<p>19</p> <p>Table Tennis 10 a—12 p</p> <p>Zumba Gold 2—2:45 p</p> <p>★ Egg Hunt 11:00 a.m.</p> <p>★</p>	
<p>20</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>21</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p> <p>Needlework Get-together 11:30 a—1 p</p>	<p>22</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p>	<p>23</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 10 a—1 p</p> <p>Computer Class 11:30 a—1:30 p</p>	<p>24</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p> <p>Blood Pressure 11:30 a—12:30 p</p> <p>Bingo 12—2 p</p> <p><small>B I N G O 4 21354763 1 119375072 10247 5161 6 23405569 3 21414974</small></p>	<p>25</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>12—1 p </p> <p>Trip to Riversdale Museum 8:45 a—3 p </p>	<p>26</p> <p>Table Tennis 10 a—12 p</p> <p>Zumba Gold 2—2:45 p</p>	
<p>27</p> <p><i>Center Open on Sundays 12 - 5 p</i></p>	<p>28</p> <p>Bone Builders 10—11 a</p> <p>Table Tennis 10 a—1 p</p> <p>Needlework Get-Together 11:30 a—1 p</p>	<p>29</p> <p>Bone Builders 10:30—11:30 a</p> <p>Table Tennis 10 a—1 p</p> <p>Zumba Gold 11:45 a—12:30 p</p>	<p>30</p> <p>Line Dancing 10:50—11:50 a</p> <p>Table Tennis 10 a—1 p</p> <p>Computer Class 11:30 a—1:30 p</p>	<p>Cardio Groove Classes begin May 1 and May 3</p>			