

## Daily Drop-In Activities

### Mondays

Senior Workout	9 a.m.
Bridge	9 a.m.
Walking Group on hiatus, sign up at front desk	
Art: Judy Priest	10 a.m.
Spanish Class 4th Mon, ck at desk	10 a.m.
Knitting & Crocheting	10:30 a.m.
Senior-cize	11 a.m.-12 noon
Gentle Yoga & Chair Exercise	12:30-1:30 p.m.
Yoga	2-3:45 p.m.

### Tuesdays

Crafts	10 a.m.
Cribbage <i>new game</i>	10 a.m.-12 noon
SHIBA Health Ins. Advice	10 a.m.-12 noon
Dominoes/Mexican Train	1 p.m.
Ping Pong	1-3 p.m.
Middle Eastern Dancers	7-9 p.m.
2nd & 4th Tues.-Wii	10:30 a.m.-12 noon
2nd & 4th Tues.-Potluck	11:30 a.m.
2nd & 4th Tues.-BUNCO	1 p.m.

### Wednesdays

Senior Workout	9 a.m.
Glee Club	10 a.m.
Senior-cize	11 a.m.-12 noon
Bridge	1 p.m.
Poetry Group on hiatus, sign up at front desk	

### Thursdays

Open Sew	9 a.m.-3 p.m.
Hula Dancing	10-11 a.m.
P A N	10-12 noon
Bingo	12:30 p.m.
Scrabble	1 p.m.
Stretch Yoga	1-2:30 p.m.
Stretch Yoga	3-4:45 p.m.
Karate	6:30-8 p.m.

### Fridays

Senior Workout	9 a.m.
Senior-cize	11 a.m.-12 noon
Pinochle	12:30 p.m.
Sing-a-Long at Facilities, see p.8	2:30 p.m.
Bingo	6 p.m.
12th & 19th Guided Imagery/Meditation	10:30 a.m.-12 noon

### Saturdays

Hula Dancing	10 a.m.
2nd & 4th Sats.-Bridge	6:30 p.m.
<i>Bring your own partner.</i>	

### Sundays

3rd Sun.—Movie/classic TV Matinee 3 p.m.

*For further information about any activity, call the Senior Center office at 683-6806.*

## ACTIVITY CONTACTS

ACTIVITY	CONTACT PERSON	PHONE
Art Classes	Judy Priest	683-5660
Bingo (Thursday)	Pat Stone	582-1351
Bingo (Friday)	Anne Penn	683-3914
Bridge (Monday)	Jim Martin	681-6078
Bridge (Wednesday)	Russ Weber	683-8664
Bridge (Saturday night)	Eleanor McIntyre	683-2948
Bunco	Senior Center	683-6806
Computer Classes	Dick Wenger	452-4275
	Verna Sarnecki	683-6806
Convalescent Home sing-a-longs (Senior Singers)	Ines Cole	683-8738
Crafts, Knitting & Crochet	Judy Lange	683-4969
Diabetes Support Group	Susan Sorenson	681-0977
Dominoes	Joyce Coney	582-9304
Foot Care Tues. & Wed.	Glory Ingalls	683-6806
Hula Dancing	Mahina Lazzaro	809-3390
Karate	Mark Jones	640-9158
Massage, Tues.	James Jeffko	683-6806
Middle Eastern Dancers	Lydia Samperi	683-9059
PAN	Bobbie Dahm	582-9873
Ping Pong	Helga duBellier	681-7434
Pinochle	Roscoe Babington	582-3130
Scrabble	Bobbie Dahm	582-9873
Senior-Cize	Jan Boyungs	683-6806
Senior Workout	Senior Center	683-6806
SHIBA	Marjorie Stewart	452-3221
Sign Language	Gerilee Gustason	E-mail: gerileeg@aol.com
Trips & Tours	Carol Bruneau	683-5883
Yoga (All Classes)	Leslie Menia	681-0332

# March 2010

Seminars, Special Events, Activity Changes,  
New Classes, and Reminders

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Daily Drop-In Activities <b>Buy your St. Pat's Day Luncheon</b> Tickets early~ they go fast!!	2 Daily Drop-In Activities	3 Daily Drop-In Activities 10 am—Diabetes Support Group <b>12:30 - 4 pm TAX-AIDE</b>	4 Daily Drop-In Activities	5 Daily Drop-In Activities	6 <b>9 am - 3 pm TAX-AIDE</b>
7 <b>12:30 p.m. Senior Singers</b>	Daily Drop-In Activities <b>International Woman's Day</b>	9 Daily Drop-In Activities 10:30 am -Wii <b>11:30 am—POTLUCK</b> 1 pm BUNCO	10 Daily Drop-In Activities <b>12:30 - 4 pm TAX-AIDE</b>	11 Daily Drop-In Activities Board Meeting 1:30	12 Daily Drop-In Activities 10:30-noon Guided Imagery	13 <b>9 am - 3 pm TAX-AIDE</b> 6:30pm Bridge bring your Partner
14 <b>Spring Ahead</b> Daylight Savings Time Begins <b>Accordion Social 1 - 4 pm</b>	15 Daily Drop-In Activities Newsletter Deadline Free Depression Seminar Preview 3:00 & 6:30 pm	16 Daily Drop-In Activities	17 Daily Drop-In Activities <b>St. Patrick's Day Luncheon 11:30am</b> <b>12:30 - 4 pm TAX-AIDE</b>	18 Daily Drop-In Activities	19 Daily Drop-In Activities 10:30-noon Guided Imagery	20 <b>9 am - 3 pm TAX-AIDE</b> First Day of Spring
21 <b>3 p.m. Sunday Matinee</b>	22 Daily Drop-In Activities Spanish Class is back! Check with Front Desk. Free Depression Seminar Preview 3:00 & 6:30 pm	23 Daily Drop-In Activities 10:30 am -Wii <b>11:30 am—POTLUCK</b> 1 pm -BUNCO	24 Daily Drop-In Activities <b>12:30 - 4 pm TAX-AIDE</b>	25 Daily Drop-In Activities	26 Daily Drop-In Activities	27 <b>9 am - 3 pm TAX-AIDE</b> 6:30pm Bridge bring your Partner
28	29 Daily Drop-In Activities	30 Daily Drop-In Activities	31 Daily Drop-In Activities <b>12:30 - 4 pm TAX-AIDE</b>			
<p><i>Coming Events</i> Elegant Flea Market April 2 &amp; 3, 9am-4pm Volunteer Recognition Luncheon April 20th Bunny Raffle Drawing April 20th</p>						

