

Hadley Senior Community Center Newsletter

April/May 2015



Notice the photo in the masthead...there is no snow. That is *not* an optical illusion. Spring really is on its way, at least that's what everyone, except Punxsutawney Phil, keeps telling me. With that hope, however hard to believe, we have lined up so much for you to do, you won't have any excuse for hibernating once those bulbs break the soil.

From more exercise classes, antique appraisals, acting classes, and legal presentations, Spring Potlucks, having your taxes done, and the Elder Financial Empowerment Summit being held on May 21, there will be something in this newsletter happening in the next 2 months that will get you up off your couch, away from the TV, and breathing fresh air and contemplating new ideas.

Personally, I'm looking forward to having Pete Shoenberger's open forum discussing the electric bill hikes. I was searching for months to find an impartial party to come help us understand why this was happening and if we had any recourse. In my opinion, too many times, we just helplessly relinquish our resources without just-cause or explanation, suffering yet another blow to our shrinking dollar, believing we have little or no control. My hope is that by the time Mr. Schoenberger is scheduled, the DPU will have done right by us, and rates will be lowered. In the mean-time, I'll be looking for the bulbs to break ground.

~ Suzanne Travisano

Thank you for your thoughtfulness...

Thank you to the following people for their contributions, either through donations, volunteerism, or in-kind gifts to the Hadley Senior Community Center: Diane Baj, Jeanne Stolarski, Edna Ball, Mary Pelis, Ray Bender, and a donation from Norma and George Ritter in memory of Florence Russell.

Meet the Directors of The FRIENDS of Hadley Council on Aging, Inc.



Seated L to R: Karin Garstka, Jane Nevinsmith, Susan Norris, Connie Mieczkowski, Back: Dave Adams, Rich Holden and Steve Montague

Hadley Senior Community Center
46 Middle St, Hadley, MA 01035

Office: 413-586-4023, or coa@hadleyma.org

Hours: Monday through Friday 9am–4pm
Meals on Wheels 584-6784
Highland Valley Elder Service 586-2000

To be put on the email list, please send us a request at coa@hadleyma.org

Events You Don't Want to Miss!

Friends of Hadley Council on Aging

Membership Drive: This fun, energetic, and creative fundraising group is planning lots of exciting things to support the increasing needs of seniors in Hadley. You can get involved, donate, and volunteer by stopping at the COA office, going on-line to www.friendsofhadleycoa.org or in person at one of their events. Don't miss out on the fun!



POTLUCK

Friday May 8th- 5:30-7pm

Let's Celebrate Spring by preparing a favorite dish and coming together to share a meal. I've been told there are lots of great cooks around with specialties we would all love to sample. It's TIME!

FRIENDS OF THE HADLEY COUNCIL ON AGING

Wish to thank the following Business Sponsors:

Senior Financial Planning
ph: 413-665-8324 ~ 2 Amherst Road, Sunderland, MA

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kwalters-zucco@arborsassistedliving.com

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Amherst MA 01002
T. 413-548-6800
F. 413-548-6888

Devine Overhead Doors, Hadley
Route 9 Diner, Hadley

FRIENDS OF THE HADLEY COA & DOUGLAS AUCTION HOUSE

Present:



What Are Your Valuables Worth?

Tuesday May 12, 5-8pm

Douglas Auction House owner, Douglas Bilodeau, will be at the Hadley Senior Community Center, Tuesday, May 12 from 5 – 8PM to offer verbal appraisals to benefit the Friends of the Hadley Council on Aging.

Take advantage of this opportunity to get the history of a cherished family heirloom, or cash for those things you know are valuable that you no longer need or want.

The auctioneer will examine up to 3 articles per person. He may then make an offer to purchase items outright, or he might offer to sell them at auction on a commission basis. The owner, in both cases, may accept or refuse the offer.

This is a fundraiser for the Friends of the Hadley Council on Aging, and the cost is \$10 per item, or 3 items for \$25. Refreshments available.

Educational and Social Activities ***(Better known as having fun and learning!!!)***

Basic Computer Safety: Janice Jorgenson leads us through common sense ways to keep our computers and our personal information safe in the age of identity and tech-high-jacking. **Tuesday April 7 at 10:45 am**

What is your Electric Bill this month? You've been reading about rate hikes, raises, kilowatts and the natural gas availability, but what does that have to do with the phone calls and mail for switching to another company, or getting your bills back down near where they were without living in the dark? Come to an open forum facilitated by Peter Schoenberger, Hadley resident and founder of Everyone Needs Utility Fairness, (ENUF) the grass roots effort to hold the big utility companies accountable and make some sense of the mess. **Friday April 10th at 2pm.**

Lunch & Learn: **Linda Manor will educate us on what Assisted Living Communities have to offer** around medical and social needs, as well as financial logistics. Facilitated by Jennie Sutherland ADC, Community Outreach Coordinator for Berkshire Healthcare Systems. **Tuesday April 14 at 12:15.** To join us for lunch at 11:45, call us by Friday 4/10 at 586-4023.

Senior Cycling on the Norwattuck Rail Trail in Hadley: Join us as long-time program participant Bob Robertson tells us about the 60+ cycling program sponsored by All Out Adventures, a non-profit agency that "promotes health, community, and independence for people with disabilities, and their family and friends through outdoor recreation."
Wednesday April 29 at 10:45am.

Lunch & Learn: **Rockridge Retirement Community comes to introduce Violette's Crossing, a 62+, income-based Independent Rental Apartment Community** coming in the Spring of 2016. Learn what amenities come with being a part of Rockridge and if this is something that might be right for you. **Friday May 1st at 12:15.**

LET'S ACT OUT! II

6 weekly lessons of Acting Improv, Character Building, and Stage Technique. This year we will be putting together a "Coffee Mystery Theatre" as our culmination of the workshops. Casting & stage design sign-ups are still available for the show scheduled for late May. (Date to be announced)

(Sponsored by the Hadley Cultural Council-so you know it has to be good!)

**Thursdays
3:15-4:30pm.**

Knitting/Crocheting Group Beginners and Pros welcomed. The group meets in the Education Room Thursdays at 10:45. Drop in!

Canasta- Fridays at 12:30.

Mexican Train- Thursdays at 12:30

Highland Valley Elder Services **Second Annual Walk for MEALS ON WHEELS**

"March for Meals Walkathon"

Help support this very underfunded but priceless program serve meals, and do a daily check-in to homebound seniors in our community.

To sponsor our team 'Hadley Hikers for Meals' contact the office at 586-4023.

Health and Wellness

Chronic Disease Pain Management

Stanford University's Evidence-Based 6 week program to empower those suffering with Chronic Pain. Please register by calling 586-4023.

Monday mornings 9:30-noon. May 18 - June 29

Free Transportation to classes is available for those that do not drive by calling the office at 586-4023. Sponsored by a HVES grant.

"The CPSMP was developed for people who have a primary or secondary diagnosis of chronic pain. Pain is defined as being chronic or long term when it lasts for longer than 3 to 6 months, or beyond the normal healing time of an injury. Examples of chronic pain conditions are: chronic musculo-skeletal pain (such as neck, shoulder, back pain, etc.), fibromyalgia, whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post-herpetic pain, and trigeminal neuralgia), and post stroke or central pain. The CPSMP may also benefit those who have conditions such as persistent headache, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, or those who experience severe muscular pain due to conditions such as multiple sclerosis." For more information you can go to:

<http://patienteducation.stanford.edu/programs/cpsmp.html>

Community Health Nurse Open Office Hours:

Wednesdays from 8am-noon on the main floor of the Senior Community Center. Medical Equipment loans, blood pressure and glucose checks are always available. 586-2513

Foot Care Clinics by Appointment: Offered by Diane Roeder, every other month. Cost: \$30 for clinic visit or \$50 for a home visit. Next clinic date is Friday April 24. Call 586-4023 for an appointment.

Ear Care Clinics by Debcor Homecare by appointment: 549-6545. There is a fee.

Fun and Fit, with Sidra Ellison **Now 2 days a week**

Wednesdays at 1pm April 1st –May 27
(9 week session for \$27)

Fridays 10:45 a.m. from April 10th through May 29 (8 week session for \$24)

(As a Spring incentive to get back in shape- buy both sessions for \$45! This is a one-time offer only)

Join us for an energizing, fun program for seniors that includes a variety of low-impact exercises set to stimulating music. We will use dumbbells, gym balls and more. You will work on strength, flexibility, balance, fall prevention and cardiovascular fitness. ***This is a work-out!***

Sidra Ellison is a Certified Senior Fitness Specialist, National Academy of Sports Medicine, Certified Personal Trainer, National Academy of Sports Medicine, Certified Healthways FLEX Instructor, Certified Silver Sneakers Instructor (Strength and Range of Motion, Cardio Circuit), and Licensed Zumba Instructor.

This class is partially funded by a grant from EOE.

Tai Chi

Mondays at 1:30pm-until the end of June

This program is partially grant funded from the Executive Office of Elder Affairs.

Taught by Bai Ling Li of the School of Tai Chi.

Dancercise: Moving to a new day and time. Please inquire at office.

Yoga, Stretch, Flex and Breathe: Wed. 9:15a

Whether you have a lot of flexibility or a little, this class is all about loosening up, gentle stretching, and moving your body and mind toward a peaceful, integrated sense of calm. Exercises can be done sitting for those that prefer not to get down on the floor. FREE.

Warning: This class can be habit-forming.

Hadley Council on Aging
Senior Community Center at Hooker School
46 Middle Street
Hadley, MA 01035

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RETURN SERVICE REQUESTED

THE COUNCIL ON AGING OFFICE & SENIOR
CENTER IS OPEN MONDAY-FRIDAY FROM 9:00
A.M.-4:00 P.M. 586-4023 or coa@hadleyma.org

COUNCIL ON AGING STAFF MEMBERS

Senior Services Director: Suzanne Travisano
Office Management Assistant:
Community Outreach Coordinator: Elsie Waskiewicz
Clerical Assistant: Leslie Elliott
Van Drivers: Jane Nevinsmith, Dick Fydenkevez,
Gladys Nicholson

MEMBERS OF THE COUNCIL ON AGING:

Elizabeth Faulkner, Chairperson
Glenn Clark, Vice Chair
David Storey, Secretary
Marguerite Wilson, Treasurer
George Ritter, Elsie Andrews and Margie Townsend

HIGHLAND VALLEY ELDER SERVICES'

BOARD REPRESENTATIVES:
Elizabeth Faulkner & Jack Wright

Congregate Meals, sponsored by Highland Valley Elder
Services for those ages 60+, are held every day at 11:45am,
for a suggested voluntary donation of \$2. You must call
586-1910, at least 2 days in advance, to sign up for meals.

Veteran's Services Office Hours: Wednesdays from 10-12
in the Education room at the Senior Center

Central Hampshire Veterans Services 587-1299
Highland Valley Elder Services 586-2000
S.H.I.N.E. /RX Advantage 1-800-AGE-INFO
Hampshire Elder Law Program (H.E.L.P.)—civil legal
services at no cost to low income elders 586-8729
Salvation Army's Hadley Representative. 549-5473
Social Security (www.socialsecurity.gov) 1-800-772-1213
Social Security (Holyoke Office) 1-877-480-4989
Medicare (www.medicare.gov) 1-800-633-4227
Medicare Beneficiary Hotline 1-800-252-5533
MA Med Line 1-866-633-1617
Elder Abuse Hotline 1-800-922-2275
Hadley Fire Department 584-0874
(carbon monoxide alarm & smoke detector assistance)
Hadley's Community Health Nurse, Marge Bernard, R.N.
586-2513
Hadley Housing Authority at Golden Court: 584-3868

STATE SENATOR STAN ROSENBERG may be reached
at the State House, Boston, MA 02133 (617-722-1532) or at
his district office at 1 Prince Street, Northampton (587-
6365).

STATE REPRESENTATIVE JOHN SCIBAK
413-539-6566, by mail to P.O. Box 136, So. Hadley, MA
01075, or by e-mail to Rep.johnscibak @hou.state.ma.us.

Day Trip Calendar

To sign up for Day Trips call the office at 586-4023.

Wed. April 8 –Shopping trip to the Lee Outlets. \$15 transportation. Lunch cost on your own. Depart at 9:00 am.

Wed. April 15- Spend your Tax Refund Day-Local day trip to have lunch at the Cracker Barrel and shop at the Holyoke Mall at Ingleside. Depart at 10:45am. Transportation \$5, lunch cost on your own.

Tues. April 21 Day trip to the Pez Factory in New Haven CT. Depart at 9:30, \$25 covers admission and transportation, lunch cost on your own.

Wed. April 28 – Elaine Center at Hadley of Genesis Health Care, Presentation and Tour of the new Northeast Rehab facility, then have a complementary lunch. Depart at 10:45am. \$5 transportation

Wed. May 6 Trip to the New England Quilt Museum in Lowell MA. Depart at 8:30am, \$30 admission, docent tour and transportation, lunch cost on your own.

Wed. May 13 –Lunch Trip to the Old Mill Restaurant, Westminster MA. Depart at 10:30am. \$10 transportation, lunch cost on your own.

Tues. May 19 Trip to the Newport Playhouse and Cabaret Restaurant for a Surf and Turf Matinee of “Cheaters.” Buffet includes Baked Stuffed Shrimp, Prime Rib, Shrimp cocktail, chowder, chicken, ham, salads, vegetables dishes, and more! Depart at 8:30am, \$85 for the trip, inclusive.

Tues. May 25 –Lunch Trip to Sophia’s in Windsor CT. \$10 transportation, plus cost of lunch. Departs at 10:45am

Fri. June 12- Day trip to lunch at the Red Lion Inn and then visit to the Norman Rockwell Museum. Depart at 8:30am, \$30 for transportation and museum admission, lunch cost on your own.

April 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Local Shopping in the Senior Van: Thursday Mornings: 9:30-noon \$4 round trip. You must call by Tuesday to reserve your seat. 586-4023</p> 		<p>1 9:15 Yoga Stretching 11:45 Lunch 1pm Fun & Fit Exercise Class.</p>	<p>2 9:30 Osteo Class 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train</p> <p>9:30 shopping van 3:15-4:30 Let's Act Out II</p>	<p>3 11:45 Lunch</p> <p>11:30-12:30 Rep. John Scibak office hours</p> <p>12:30 Canasta</p>
<p>6</p> <p>AARP Tax Clinic</p> <p>11:45 Lunch 1:30 Tai chi</p>	<p>7 9:30 Osteo Exercise</p> <p>10:45 Computer Safety Basics</p> <p>11:45 Lunch</p>	<p>8 9:15 Yoga Stretching 11:45 Lunch 1pm Fun & Fit Exercise Class.</p> <p>Trip to the Lee Outlets</p>	<p>9 9:30 TRIAD/SALT 9:30 Osteo class 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train 9:30-12 shopping van. 3:15-4:30 Let's Act Out II</p>	<p>10 10:45 Fun & Fit Exercise Class. 11:45 Lunch 12:30 Canasta</p> <p>2pm: Electric Rate Hike Open Forum with Peter Shoenberger</p>
<p>13 11:45 Lunch 1:30 Tai chi</p>	<p>14 9:30 Osteo Exercise 10:30 COA Meeting 11:45 Lunch 12:15 Lunch and Learn: Linda Manor presents Assisted Living Options-levels of care and residence.</p>	<p>15 9:15 Yoga Stretching 11:45 Lunch</p> <p>1pm Fun & Fit Exercise Class.</p> <p>Spend your Refund: Trip to Cracker Barrel and Holyoke Mall.</p>	<p>16 Brown Bag Day Pick up is between 10:15-noon 9:30 Osteo Class 9:30-12 shopping 10:45 Knitting group 11:45 Lunch 12:30 Mexican Train 3:15-4:30 Let's Act Out II</p>	<p>17 10:45 Fun & Fit Exercise Class. 11:45 Lunch 12:30 Canasta</p>
<p>20</p> <p>Patriot Day</p>  <p>Center Closed</p>	<p>21 9:30 Osteo Exercise 11:45 Lunch S.H.I.N.E. appts</p> <p>PEZ! Wonderland Factory Trip</p>	<p>22 9:15 Yoga Stretching 11:45 Lunch 1pm Fun & Fit Exercise Class. 2pm Friends of COA meeting</p>	<p>23 9:30 Osteo Class 9:30-12 shopping van 11:45 Lunch 10:45 Knitting group 12:30 Mexican Train 3:15-4:30 Let's Act Out II</p>	<p>24 Foot Clinic 10:45 Fun & Fit Exercise Class. 11:45 Lunch followed by April Birthday Celebration 12:30 Canasta</p>
<p>27 11:45 Lunch 1:30 Tai chi</p>	<p>28 9:30 Osteo Exercise 10am Outreach hours at Windfield #30, 1pm Golden Court 11:45 Lunch Trip: tour and lunch at Elaine Genesis Center (visit the new Rehab wing)</p>	<p>29 9:15 Yoga Stretching 10:45 Presentation on The Senior Cycling Program on Norwattuck Rail Trail 11:45 Lunch 1pm Fun & Fit Exercise Class.</p>	<p>30 9:30 Osteo Class 9:30-12 shopping van 11:45 Lunch 10:45 Knitting group 12:30 Mexican Train 3:15-4:30 Let's Act Out II</p>	

MOTORCOACH TRIPS

Overnight Trips – call Gladys Nicholson 413-658-7773

AMISHLANDS, PA. Sept 28th – Oct 1st \$499 per person double occupancy. Includes 3 nights lodging, 2 breakfasts, 3 dinners, 2 shows, guided tour of the Amish Countryside, Bird-in-Hand Farmer’s Market, Hershey Chocolate tram tour, Amish Buggy ride and more.

WHITE MOUNTAINS & CHRISTMAS December 9 – 11, \$419 per person, double occupancy. Includes 2 nights’ deluxe accommodations, 2 breakfasts, 1 lunch, 2 dinners in the hotel’s 5 star restaurant, 3 different Christmas shows, Austrian Sleigh Ride, Visit to the Weather Discovery Center and more.

Day trips – call Jane Nevinsmith 586-3772

WEST SIDE STORY, Wednesday, June 3, Westchester Dinner Theatre*, \$119 per person, reservations on a first come, first serve basis. Broadway greats Leonard Bernstein and Stephen Sondheim combine efforts: “*Maria*”, “*Tonight*”, “*I Feel Pretty*” and “*America*” are some of the songs.

BACKWARDS IN HIGH HEELS, (The Ginger Rogers story) Wednesday, September 23, Westchester Dinner Theatre*, \$119 per person, reservations on a first come, first serve basis. Follow the story of a small town girl who dazzled the world with great songs and show-stopping dance numbers.

SHOWBOAT, Wednesday, November 11, Westchester Dinner Theatre, \$119 per person, reservations on a first come, first serve basis. Music by Jerome Kern and lyrics by Oscar Hammerstein, include “*Ole Man River*” and “*Make Believe*”

*Westchester Dinner Theatre, located in Elmsford, NY, is an elegant equity theatre and features a pre-show lunch and a full scale musical productions



FRENCH RIVERBOAT CRUISE

May 8 – 18, 2016, Airfare, 2 nights Mont St Michel and 7 nights on a Paris and Normandy River Cruise: prices from \$5799 pp/double. Includes guided tours of Mont St Michele, Paris, Giverny, Vernon, Rouen, Normandy Beaches, Conflans. Call Jane Nevinsmith for a flyer, or the Ship Shop to make a reservation. River boat only has 190 passengers, so space is limited. **Jane N. 586-3772**

SAVE THE DATE!

**ON AVERAGE,
VICTIMS OF ELDER
FINANCIAL ABUSE
HAVE LOST
\$90,000**

KNOWLEDGE IS POWER: *Protect Your Assets*

ELDER FINANCIAL EMPOWERMENT SUMMIT:

A multi-disciplinary conference

WHEN: Thursday, May 21, 2015
8:30 a.m. to 3:00 p.m.

WHERE: The Log Cabin Banquet & Meeting House
500 Easthampton Road
Easthampton/Holyoke, MA

FOR: Elders and those who interact with elders and their families, including law enforcement, service providers prosecutors, bank personnel, civil investigators.

Workshop topics to include:

- ◆ Why scams work!
- ◆ Forensic accounting: What it is & How it works, a case study
 - ◆ Best practices in hiring in-home care

Afternoon panel presentation with Q & A

INFORMATION TABLES, CONTINENTAL BREAKFAST & LUNCH

Look for registration and registration fee information soon at
NorthwesternDA.org

Presenters

Office of Northwestern
District Attorney

Hampshire Sheriff's
Office

Massachusetts Councils
on Aging

United States Postal
Inspector's Service

Consumer Federation of
America

Local Home Care
agencies

Area experts



May 2015 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May Is <u>Elder Law Month</u></p> <p>We will be hosting the annual “Legal Check Up” with an Mass Bar Association Attorney Look for the date to be announced or Feel free to call by late April.</p>			<p>Friday May 1st ➡</p> <p>12:15 Lunch and Learn about Rockridge’s new Violette’s Crossing 62+ income-based apartment addition.</p>	<p>1</p> <p>10:45 Fun & Fit Exercise Class.1 1:45 Lunch 11:30-12:30 Representative John Scibak office hours 12:15 Lunch and Learn (see left)</p>
<p>4</p> <p>11:45 Lunch 1:30 Tai chi with Bai Ling Li</p>	<p>5</p> <p>9:30 Osteo Exercise SHINE appts 10:30 COA Meeting</p> <p>11:45 Lunch</p>	<p>6</p> <p>9:15 Yoga Stretching 10-noon Veteran’s Office Hours 11:45 Lunch 1pm Fun & Fit Exercise Class. Trip to NE Quilt Museum, Lowell, MA</p>	<p>7</p> <p>9:30 Osteo 9:30 TRIAD/SALT 9:30-noon shopping van. 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p>	<p>8</p> <p>10:45 Fun & Fit Exercise Class. 11:45 Lunch 12:30- Canasta SPRING POTLUCK</p> <div style="text-align: right;">  </div>
<p>11</p> <p>11:45 Lunch 1:30 Tai chi with Bai Ling Li (Last in 12 wk series)</p>	<p>12</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p>5-8pm Antique Appraisal Fundraiser for the Friends of Hadley COA</p>	<p>13</p> <p>9:15 Yoga Stretching 10-noon Veteran’s Office Hours</p> <p>11:45 Lunch 1pm Fun & Fit Exercise Class.</p> <p>Lunch trip to the Old Mill</p>	<p>14</p> <p>9:30 Osteo 9:30 TRIAD meeting 9:30-noon shopping van. Brown Bag Day-pick from 10:15-noon 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p>	<p>15</p> <p>10:45 Fun & Fit Exercise Class. 11:45 Lunch</p> <p>12:30 Canasta</p> <div style="text-align: right;">  </div>
<p>18</p> <p>9:30-12 Chronic Disease Pain Management 6-week program begins 11:45 Lunch 1:30 Tai chi (1st in final 6 week series until fall)</p>	<p>19</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p>Newport Playhouse Trip</p>	<p>20</p> <p>9:15 Yoga Stretching 10-noon Veteran’s Office Hours</p> <p>11:45 Lunch 1pm Fun & Fit Exercise Class.</p> <p>2pm Friends meeting</p>	<p>21</p> <p>9:30 Osteo 9:30-noon shopping van. 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train Elder Financial Empowerment Summit</p>	<p>22</p> <p>10:45 Fun & Fit Exercise Class. 11:45 Lunch 12:30 Canasta</p>
<p>25</p> <div style="text-align: center;">  </div> <p>Center is Closed</p>	<p>26</p> <p>9:30 Osteo Exercise 11:45 Lunch</p> <p>Monthly Outreach Office Hours Windfield Estates #32, 10am Trip to Sophia’s Restaurant</p>	<p>27</p> <p>9:15 Yoga Stretching 10-noon Veteran’s Office Hours</p> <p>11:45 Lunch 1pm Fun & Fit Exercise Class.</p>	<p>28</p> <p>9:30 Osteo 9:30-noon shopping van. 10:45 Knitting Group 11:45 Lunch 12:30 Mexican Train</p>	<p>29</p> <p>10:45 Fun & Fit Exercise Class. 11:45 Lunch Followed by May Birthday Celebration! 12:30 Canasta</p>