

**Alzheimer Support**.....4<sup>th</sup> Monday, 10 am  
Support for families and friends of those afflicted with Alzheimer's Disease.

**Aphasia Support Group** .....Thursdays, 10 am  
Support for adults with communication disorders.

**Billiards, Drop-In** ..... Monday-Friday, 9 am-4:30 pm  
Pool tables - 50¢ daily use or \$2.50 monthly.

**Billiards, Pool Tournament**.....2<sup>nd</sup> Thursday, 9:00 am  
Singles tournament for those who drop in, \$2.

**Bingo** ..... 1<sup>st</sup> Friday, 12:30 pm  
Drop-in no charge.

**Brain Games**..... 2<sup>nd</sup> Tuesday, 10 am  
Keep your brain in shape. Pre-register, free.

**Bridge, Drop-In**..... **Rubber** - Mondays, 12:15 pm  
..... **Duplicate** - Wednesdays, 12:30 pm  
Drop in with partner to play bridge.

**Computer Club**..... Wednesdays, 12:30 pm  
For computer enthusiasts with some experience.

**Costco Monday**.....Mondays, 9:00 am  
Day old baked goods for sale.

**Crochet**.....Thursdays, 12:15 pm  
Join anytime to learn or refresh your skills, no charge.

**Dance - Ballroom** ..... Mondays, 1 pm  
Lessons provided by instructor Bill Scheff, \$3.

**Dance – Intermediate Line** ..... Fridays, 1 pm  
Drop-in, \$2.

**Dance - Round** ..... Wednesdays, 2:30 pm  
..... Thursdays, 1 pm  
Lessons provided by instructor Lillian Chesney, \$ 1.50.

**Deaf Assistance**..... Wednesdays, 9 am  
Join for socialization and assistance accessing resources.

**Euchre, Drop-In** .....Thursdays, 12:30 pm  
Drop-in for an afternoon of Euchre, 75¢.

**Exercise – Aqua Zumba** ..... Thurs, 8:30 am  
Zumba workout in the water at RO Middle School, pre-register, fee.

**Exercise - Chair**.....Mondays, 10:30 am  
Drop-in for "gentle," less strenuous exercise, no charge.

**Exercise – Chair w/Cindy**.....Friday, 10:30 am  
Gentle but effective exercise. Pre-register, fee.

**Exercise – Dance for Fun**..... Thursday, 2:15 pm  
Stretch, dance and laugh. Pre-register, fee.

**Exercise – Gentle Yoga**..... Mon, 1 pm  
..... Thursday, 1 pm  
Slow flow class to strengthen bodies and calm minds.  
Pre-register, fee.

**Exercise – Senior Pilates**.....Monday, 10:30 am  
Body conditioning exercise.

**Exercise - Silver Foxes**...Mon-Tues-Wed & Fri, 9:30 am  
Low-impact aerobics to a Richard Simmons video tape,  
no charge.

**Exercise – Sit Down & Tone-Up** Tues/Wed, 10:30 am

**Exercise - Tai Chi**.....Continuing, Thursday, 9 am  
.....Beginner, Thursday, 10 am  
Chinese exercise of moving meditation, pre-register, fee.

**Exercise - Water Aerobics**..... Wed, 8:30 am  
Water exercises at RO Middle School, pre-register, fee.

**Exercise – Aqua Zumba** ..... Thurs, 8:30 am  
Zumba workout in the water at RO Middle School, pre-register, fee.

**Exercise - Yoga** ..... Tuesday, 12:45 pm  
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register, fee.

**Exercise – Zumba Gold**. Wed, 12:30 pm/Fri, 10:20 am  
A low-impact aerobic workout. Pre-register, fee.

**Financial/Investment Aid** ..... 3<sup>rd</sup> Thursday, 10 am  
Help with financial questions. 20 min appts.

**Focus On the News** ..... 1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 10:15 am  
Fun & lively discussion of current news happenings, free.

**Foot Doctor** ..... 2nd Wednesday, 9 am  
Dr. Adas and Dr. Wexler will visit once a month.

**Handbells** .....Level II, Friday, 12:45 pm  
Pre-register, fee.

**Hearing Tests**.....2<sup>nd</sup> Tuesday, 1 pm  
Free hearing tests and hearing aid cleanings. 15 min appts.

**Helping Hands**.....Tuesday & Thursday, 9:30 am  
Making blankets for charity.

**Kerry Price** ..... 3<sup>rd</sup> Friday, 12:30 pm  
Different sing-along piano programs each month, \$2.

**Legal Aid**..... 3<sup>rd</sup> Thursday, by appt  
Atty. Kent Schultz provides free 15 minute consultations.

**Mahjongg, Drop-In**..... Wednesdays, 9:30 am  
Experienced players may drop in and play.

**Manicures**.....Every Wednesday, 10 am  
A licensed Nail Technician offers manicures. Pre-register, fee.

**Massage Therapy**..... 3<sup>rd</sup> Friday, by appt  
35 min/\$30 and 75 min/\$60 massage sessions.

**Monthly Matinee** ..... 2<sup>nd</sup> Friday, 12:30 pm  
.....4<sup>th</sup> Tuesday, 9:30 am

**Painting Classes**..... Thursday, 9:15 am  
Carl Angevine instructs in all media and all stages of development. Pre-register, fee.

**PAL (Positive Attitude Living)**.....Fridays, 10:30 am  
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

**Pinochle, Drop-In** ..... Tuesdays, 12:30 pm  
Drop-in for pinochle, meet new friends,75¢.

**Quilt Basting** ..... 1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 9:30 am  
Join the relaxing fun of basting quilts or have your quilt basted for a nominal fee.

**Sen John Pappageorge**..... 1<sup>st</sup> Wednesday, 11:30 am  
Senator Pappageorge or assistant will visit the center.

**Senior Sew** ..... Tuesdays, 10 am  
Join us for a day of piecing quilt tops. No fee.

**Sit 'n' Knit**.....Tuesdays, 1 pm  
Join us for a day of knitting. No fee.

**Star Grabbers**..... 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10 am  
Amateur Astronomy Group. Pre-register, no fee.

**Visually Impaired Adults**.....3<sup>rd</sup> Tuesday, 12:30 pm  
Support Grp for adults with visual impairments. Drop-in

**Welcome Newcomers!** .....1<sup>st</sup> Monday, 10:30 am