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Discover Froio!

"There's a There There!"
One to Two Naps a Week May Improve Heart Health

Sleep duration did not influence the study.

There is new evidence that napping may be good for overall heart health, but only if you limit your snoozing to a couple of times a week.

A study out of the University Hospital of Lausanne, Switzerland, found that napping once or twice a week lowers the risk of cardiovascular disease incidents such as heart attack or stroke by 48 percent. No such associations were found for those who napped more than twice a week, however.

Researchers collected data over five years from nearly 3,500 people between the ages of 35 and 75 living in Switzerland who had no history of cardiovascular disease. Of those, 58 percent reported no napping, and 19 percent fell into the optimum range of dozing off one to two times a week.

While the number of naps a week played a key role in the results, the duration of participants’ naps — which ranged from reported five-minute snoozes to one-hour-plus slumbers — did not appear to influence the findings.

Noting in the study that their work represents “the first population based cohort study investigating the effect of nap frequency and daily nap duration over a week on fatal and non-fatal CVD [cardiovascular disease] events,” the study authors also cited two earlier Greek studies that found nappers have lower coronary mortality and a lower risk of coronary heart disease. They pointed out, too, some seemingly contrary research, such as three cohort studies in the U.S., Japan and Germany that showed an increased risk of cardiac events or cardiovascular disease mortality with napping.

Their focus on napping frequency, the researchers note, “may help explain the discrepant findings surrounding naps and cardiovascular events.”

In an editorial published alongside the study, Yue Leng, an epidemiologist studying sleep behavior at the University of California, San Francisco, said the data offer “some reassurance that the answer is probably more than a simple ‘yes’ or ‘no’, and that we have much more to learn about napping.”

As Leng puts it, “What is the timing, duration and frequency of the naps? Do we count in a 5 min ‘dozing-off’ as a nap? What is the best way to measure naps? Until we get to the answers to some of these questions, the implications of napping cannot be fully addressed.”

By Aaron Kassraie, AARP, September 10, 2019

Tips for a Better Night’s Sleep

The National Institute on Aging recommends older adults sleep seven to nine hours a night and that they follow these tips for their best rest.

- Adhere to a regular sleep schedule, turning in and getting up at roughly the same times each day.
- Avoid napping in the late afternoon or evening.
- Develop a bedtime routine to cue your brain to ready for sleep.
- Try not to watch television or to use your computer, cellphone or tablet in the bedroom.
- Keep your bedroom at a comfortable temperature, not too hot or cold.
- Exercise at regular times each day, and do so more than three hours before bedtime.
- Avoid eating large meals close to bedtime.
- Stay away from caffeine late in the day.
- Remember that alcohol won’t help you sleep.

By Aaron Kassraie, AARP, September 10, 2019

That’s So Cliché

Each year, Cliché Day is celebrated on the same day, November 3, which is apt considering that a cliché is a phrase or expression that is used over and over again until it becomes unexciting or boring. Perhaps the saddest part of any cliché is that it was once original and exciting. Take the story opener, “It was a dark and stormy night.”

This phrase was originally penned by Edward Bulwer-Lytton in his 1830 novel Paul Clifford. Bulwer-Lytton is not only responsible for this cliché but also for incorporating the phrases “the pen is mightier than the sword” and “pursuit of the almighty dollar” into his books. It seems that if anyone should be celebrated on Cliché Day, it is Bulwer-Lytton. So, feel free to use any number of worn-out expressions on this day, as long as you give credit where credit is due.

Activity Connection, November 2019

Stimulating!
Shake Your Soul
Mon @ 10:30
How to Do Better Than Merely Getting Ahead

Getting ahead is overrated as a goal. In fact, it might even be just plain stupid.

The problem with getting ahead is that it’s a zero-sum game. There’s only one winner. And in this game, it’s possible that even the winners are losers. How many of us want to be remembered merely as the person who spent their lives striving to get ahead of everyone else?

So instead of fixating on getting ahead, what if we simply focused on having enough? Turns out, you’re allowed to do that!

You don’t have to participate in a game that will constantly pit you against the competition, which may well amount to everyone else in the world. Almost inevitably, that casts you as a failure in your own eyes. You can opt for simple satisfaction instead.

So just for a minute, imagine what it might feel like to be satisfied with simply having enough. Can you write down how that might change your priorities? Your daily schedule? Or is there some other way to connect with that feeling?

The reason the exercise is important is because only you can define the term. I can’t tell you what enough looks like, except to remind you that it may not be so easy to sort it out. If you’ve got a spouse or a business partner or family members who rely on you, talking about it may be one of the most searching conversations you’ve had in a long time.

What I’m hoping to accomplish with this pile of words is just to encourage you or allow or create space for you to explore this idea a bit. That’s all.

What might happen if you were to make this shift? Would you work less? Would you spend less? Would you sleep more? Would you quit your job and start something new? Would you give more to charity?

Maybe nothing new would happen. But what I can tell you is this: If you can’t find a way to be satisfied with enough, you may never be satisfied with anything. There will always be someone else ahead of you, even if the only person ahead of you is the future self you are constantly killing yourself to become.

Now tell me, does that sound like how you want to live?

By Carl Richards, “Sketch Guy,”
New York Times, September 12, 2019

When to Keep, Shred or Scan Important Papers

Depending on the date, you may not need to hold onto these documents

There’s a fine line between holding on to important financial and medical records — and hoarding. Here’s where to draw it:

Tax returns
Don’t plan on running for president? Hold on to your old tax returns and supporting documents for three years, counting from the return’s due date or the date you filed (whichever comes later). That’s the window the IRS has to audit you to catch any mistakes, explains Mark Steber, chief tax officer at Jackson Hewitt. If you’re self-employed or have a complicated return, though, double that to six years, which is how much time the IRS has to audit you if it suspects you’ve grossly underreported your income. However you earn your money, check your My Social Security account before you shred so you can verify that Social Security has accurately recorded your earnings for each year. Having your tax returns in hand will make it easier for you to get your figures corrected.

Do you own your home? Keep financial records related to real estate for seven years after you sell, the IRS advises. By using home-improvement receipts, you can potentially reduce any taxes you might owe on the sale.

Banking/investments
If there’s a possibility you or your spouse will be applying for Medicaid for nursing home coverage, in most cases you’ll need to produce five years of financial records — banking, credit card and brokerage statements. That’s why the government can look for any asset transfers that might delay your eligibility. Otherwise, keep banking and financial statements for a year, except those issued for income-related purposes to provide the IRS with a record of tax-related transactions, says Jennie Gift, vice president of business development at document-management company Records Nation. Your bank or credit card issuer may have statements going back several years online, she adds; if not, download each new statement and save it in a password-protected folder on your computer.

Own stocks or bonds? Keep records of any purchase for six years after you file the return reporting the sale of that security — again, in case the IRS thinks you’ve underreported your gains.

And dump that shoebox of old canceled checks, since electronic versions of them are retained by your bank or

Continued on insert page
S.H.I.N.E. (Serving Health Insurance Needs of Everyone)
Call for appt. 499-9346
Tuesdays @ 12:00

Foot Clinic
By Appointment 499-9346
Thurs Nov. 7th 9:00

November Breakfast Club
Kate Laubin, a founder of the Pittsfield chapter of the Bag Share Project, describes their unique volunteer driven efforts to create reusable bags!
Thurs Nov. 14th 8:00 a.m. $3.00

Pittsfield Tree Watch
Nurture the roots of your tree interest!
Thurs Nov. 14th

New Member Day
Find your way!
Let us know you’re coming 499-9346
Wed Nov. 20th 10:00 a.m.

Thanksgiving Party
At Meal Site!
Thurs Nov. 21st 11:30 Reserve By Day Ahead

Legal Education
Have legal questions evaluated.
Thurs Nov. 21st 1:00 p.m. By Appt 499-9346

November Card Party
All in!
Thurs Nov. 21st 1:00 p.m. $2.00

Brown Bag Day
Fri Nov. 22nd 10:30 a.m.

MOLARI Blood Pressure Clinic
By Appt. 499-9346
Tue Nov. 26th 9:00
When to Keep, When to Shred

credit union, says Bankrate senior economic analyst Mark Hamrick.

Medical
Err on the side of caution here. Harlan Krumholz, a cardiologist and health care researcher at Yale University, recommends that people retain all medical-test results (such as blood-test results and X-rays) indefinitely.

“Normal or not, the information may be useful in the future in their own clinical care or for research,” he notes. Particularly important are surgical reports, hospital discharge summaries and treatment plans for major illnesses. Put these in a password-protected folder on your computer or in a secure cloud-based account so that you can easily share them with future health care providers. Keep immunization and vaccination records permanently, too — they may be required for certain jobs or for traveling abroad, and you shouldn’t rely on your doctor’s office to store them.

Hold on to proof of payments to medical providers for six years with the relevant return, Gift advises, to show the IRS that you’ve made legitimate health care deductions.

By Daniel Bortz, AARP, August 5, 2019

Jukebox Heroes

The day before you gather around the turkey for Thanksgiving, gather around the jukebox for Jukebox Day! After all, both are American pastimes, and both offer perfect reasons to gather together and have a party.

The very first jukebox was installed by Louis Glass in San Francisco’s Palais Royale Saloon on November 23, 1889. His nickel-in-the-slot machine was little more than an Edison wax cylinder phonograph fitted with Glass’s own invention, a coin slot. The machine did not have any speakers or means of amplification, so listeners had to put their ear to one of four listening tubes to hear the music. And listen they did! In the first six months of operation, the single nickel-in-slot phonograph machine earned over $1,000. Glass quickly installed other machines throughout the area, which helped him earn thousands. Before long, other inventors got in on the game, creating coin-operated music players of their own.

In 1918, Hobart Niblack created a device that could automatically change records. This led to the invention of the first machine that could play a wide selection of music from different records, by the Automated Musical Instrument Company in 1927. Then in 1928, Justus Seeberg combined a loudspeaker with a coin-operated player that allowed for multiple records. The modern jukebox was born, and the 1930s became the jukebox’s golden era.

So why was the device named the “jukebox”? The term jule comes from the Elizabethan English word jouk, meaning “to dance or act wildly.” Before the jukebox, there were juke bands that played in juke joints. These were rowdy establishments filled with heavy drinking and good times. But with the invention of the automatic, coin-operated playing machine, live juke bands gave way to cheaper jukeboxes, which suddenly appeared in every juke joint in America.
Everyday! 11:30 a.m.  Meal Site
The nineteenth century English novelist George Eliot said “That the reward of one duty is the power to fulfill another.” For the daily Meal Site staff, that exact service cycle is self-perpetuating. Reap the benefits! Reserve a day ahead. 1-800-981-5201.

Tuesdays! 12:00 p.m.  SHINE (by appt.)
S.H.I.N.E. (Serving Health Insurance Needs of Everyone) counselors help you navigate the oft treacherous maze of health insurance programs. Call Froio at 499-9346, or Elder Services directly at 499-0524.

Thursday, November 7 9:00 a.m.  Foot Clinic ...kickin’ it!
Step by step, the Foot Clinic is alive and kickin’! In the capable hands of Lisa Christman, R.N., you’ll find that all of your foot care needs are thoroughly managed. Her attentive ministrations are good for the sole, and the soul! Please call for appointment, 499-9346.

Monday, November 11  Senior Center  CLOSED  Veterans’ Day

Thursday, November 14 8:00 a.m.  Breakfast Club
Kate Lauzon, a founder of the Pittsfield Chapter of the Bag Share Project, describes their unique volunteer driven efforts to create reusable bags, thus eliminating the need for plastics, and complying with the coming January 1st, 2020 mandate! Breakfast Club: always informative, always delectable.

Thursday, November 14 4:00 p.m.  Pittsfield Tree Watch
Tree Watch explores your deep-rooted tree interests. Keep counsel with a cabal of committed tree enthusiasts. 4:00 p.m. in the Coffee Shop

Wednesday, November 20 10:00 a.m.  New Member Day Tour (Tour du Jour!)
Unearth the basic facts, and the nuances, of the Senior Center. There’s more than meets the eye and we relish the opportunity to convey the full essence de Froio. Let us know you’re coming. 499-9346.

Thursday, November 21 11:30 a.m.  Thanksgiving Party at Meal Site!
A ghost? A goblin? A levitating, glowing pumpkin head? That’s a pretty tall order. What we can guarantee, however, is a rollicking good time replete with good food, good cheer and good atmosphere!

Thursday, November 21 1:00 p.m.  Legal Education
Attorneys from Pittsfield Family and Probate Court evaluate your legal issues and offer helpful direction. By appointment. 499-9346.

Thursday, November 21 1:00 p.m.  November Card Party
Brazilian lyricist and novelist Paulo Coelho has noted that “You have to take risks. We will only understand the miracle of life fully when we allow the unexpected to happen.” At monthly Card Party you’ll find unexpectedly bottomless coffee, prizes and snacks! Unless otherwise arranged, foursomes are best.

Friday, November 22 10:30 a.m.  Brown Bag
Be a part of this monthly nutritional grocery program. Inquire about Brown Bag and SNAP benefits.

Monday, November 25 10:00 a.m.  The Councilman is In!
The Froio Center hosts councilman Kevin Morandi’s invaluable “open office” sessions. His informal Q & As take place a day before City Council meetings, maximizing the potential for a responsive “public-to-council” conduit.

Tuesday, November 26 8:45 a.m.  Blood Pressure Clinic (by apt.)
MOLARI Health Care monitors your blood pressure. Call 499-9346 for an appointment.

Thursday, Friday November 28, 29  Senior Center  CLOSED  Thanksgiving Holiday
10 Little-Known Tips and Tricks to Use on Your iPhone

Continued from page 5

assistant may be great at giving you information such as the weather, directions and sports scores, but sometimes she just doesn’t say things right. This is especially true for some names and places, perhaps with origins in other languages, that may be difficult for Siri to pronounce.

And you can’t blame the girl if it’s spelled one way but pronounced another. (For example, I have a friend named Alissa, but it’s pronounced “Aleesa.”)

If Siri says something wrong, just tell her. After she mispronounces something, say, “That’s not how you pronounce...” and insert the mispronounced word. Siri will ask for the correct pronunciation and let you check to make sure she got it right.

4. Shake to delete
When typing words in any application (such as Mail, Messages or Notes), or when using editing tools (Cut, Copy or Paste), you can shake the iPhone to undo your typing. Shake again to redo.

This is much faster than pressing and holding the back/delete button until unwanted text is gone.

And yes, a confirmation message will pop up to double-check you meant to do this, and it wasn’t just a sneeze. Tap to confirm or cancel.

If this shake feature accidentally happens more often than you like, deactivate it in Settings. Select General | Accessibility | Shake to Undo, and then tap to turn off.

5. Easily scan QR codes
Once upon a time not too long ago, you needed a dedicated app to scan a Quick Response code, the square two-dimensional bar code better known as a QR code. This took time to locate on your iPhone, launch the app and then point it to the little black and white square.

However, with today’s iPhones, your camera now knows whether it is looking at a QR code.

Simply launch your camera and hover over the QR code. It will immediately perform the preprogrammed action, such opening a website, showing you a contact or launching a video.

6. Expand your storage
As you likely know, iPhone doesn’t let you expand your storage past what you buy initially, such as 64GB or 256GB. Most Android phones, on the flip side, take a microSD card.

But you’re not out of luck.

Products like the SanDisk iXpand, from $22, and Kingston DataTraveler Bolt, from $35, snap into the lightning connector of an iPhone or iPad and let you play content from the drive such as TV shows and movies. You also can back up your device’s photos onto this teeny drive so you can delete it all off your iPhone or iPad and start snapping photos again.

7. Track a flight
Air travel can be just as stressful for those picking up from the airport as it is for the fliers themselves.

With your iPhone, you now can type the flight number into Safari’s address bar and you’ll see details of the flight pop up — no app needed. Tap on the results and not only will you see updated flight times and status but a real-time map of where the plane is in the sky.

Picking up family, friends or colleagues from the airport has never been easier.

8. Use the hidden trackpad
Say you’re composing a message, email or note, and you need to change something you typed before sending or saving. With your iPhone, simply press and hold on the keyboard and the cursor will automatically become a mouse-like trackpad.

Now keep your finger or thumb on the screen and drag around the cursor to reach the part of text that you want to tweak. Or to highlight text, just press a little harder while continuing to slide your finger. Then let go for the keyboard to return.

9. Quickly edit, share a screen grab
If you see something you want to save or share on your iPhone, press and hold the Home button and Top or Side button. Or with iPhone X, simultaneously press the Volume up button and Lock button.

Previously, if you wanted to edit or share the screen shot, you had to go to the Camera Roll, select the image, and then do your thing. But now, immediately after the screen capture is taken, it will appear as a small thumbnail in the lower left corner of your iPhone.

Tap it to open the picture, edit if you like (such as crop or annotate) and then share, if desired.

10. Get reminders by location
You probably know Siri can be used to set a time-based reminder, like saying “Siri, remind me to call John Smith at 4 p.m.” But did you know that you can set location-based reminders, too?

You can say, “Remind me to call John Smith when I get home,” and you won't be notified until you step up to your door.

If you haven’t done so already, for this to work you’ll need to create a Contact card with your info on it, including your name and address.

Similarly, you can say something like this: “Remind me to get gas for the car when I leave here,” and you’ll be notified only when you drive away from the area.

Neat, huh?

By Marc Saltzman, AARP, September 9, 2019
Marc Saltzman has been a freelance technology journalist for 25 years. His podcast, ‘Tech It Out,’ aims to break down geek speak into street speak.
**A Positive Outlook May Be Good for Your Heart**

People who were optimists tended to have better heart health and live longer.

Having an optimistic mind-set may reduce the risk for cardiovascular disease and early death, a review of studies has found.

In previous studies, optimism has been shown to be associated with a range of favorable physical health outcomes and with greater success in work, school and relationships.

This new meta-analysis, published in JAMA Network Open, included 15 studies that measured optimism and pessimism by asking the level of agreement with such statements as “In uncertain times, I usually expect the best,” or “I rarely expect good things to happen to me.”

Analysis of the 10 studies that looked at heart disease, which pooled data on 209,436 people, found that compared with pessimists, people with the most optimistic outlook had a 35 percent lower risk for cardiovascular events.

Nine studies with data on all-cause mortality included 188,599 participants and found that optimists had a 14 percent lower risk of premature death than the most pessimistic people.

The studies had an average 14-year follow-up and controlled for various health and behavioral characteristics, including wide ranges of cardiovascular disease risk factors.

“It seems optimists have better health behaviors,” said the lead author, Dr. Alan Rozanski, a professor of medicine at the Icahn School of Medicine at Mount Sinai. “They’re more likely to exercise and to have better diet. And there is evidence of direct biological effects — they have less inflammation and fewer metabolic abnormalities.”

By Nicholas Bakalar, New York Times, September 27, 2019

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**Japan’s Movie Monster**

On November 3, 1954, the movie Godzilla was released throughout Japan. The tale of a giant dinosaur-like monster awoken by an atomic bomb was not an instant hit. Many critics believed that the filmmakers were exploiting Japanese fears of nuclear devastation, fears that were still fresh in the minds of many Japanese less than 10 years after the bombing of Hiroshima and Nagasaki. When the film was released in America two years later, critics had a different view. They believed that the movie accurately captured the horrors of nuclear war. Soon, even Japanese critics were praising Godzilla for its social commentary. Today, Godzilla remains an enduring part of Japanese pop culture. The movie spawned 32 more films, as well as a bevy of comic books and toys. According to Guinness, Godzilla is the longest-running film franchise in history.

Activity Connection, November 2019

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**10 Little-Known Tips and Tricks to Use on Your iPhone**

These Apple features already in your hand can make your life easier

Whether you just bought a new iPhone or have swiped and tapped on one for years, chances are you're not using the device to its fullest.

Just as people once thought that we use only 10 percent of our brain — not true, but you get the idea — you probably barely scratch the surface of what your iPhone is capable of.

That's not surprising, perhaps, considering many hundreds of features are built into today's smartphones with new ones added during each software update.

Here are 10 lesser-known iPhone tips and tricks to try out:

1. **Create custom vibrations**
   How great would it be to know who's calling, just by the way the iPhone is buzzing in your pocket? You can.
   In the **Contacts** app, select your person of choice and tap **Edit.** Select **Ringtone** and you'll see a **Vibration** option.
   Press that and you'll see many options, including a **Create New Vibration** tool to customize your own buzz.

2. **Turn ebooks into audiobooks**
   The iPhone has several Accessibility options. One feature called Speak Screen can read aloud any text on the screen at your command.
   While designed primarily for the sight impaired, anyone can take advantage of this feature if they want to turn an ebook into an audiobook. Now you can listen while in the car, while closing your eyes on an airplane or when jogging down the street.
   To activate it, go to **Settings | General | Accessibility | Speech.** Now activate **Speak Screen.**
   Then, in any app you have open, swipe down with two fingers from the top of the screen to hear the contents of the screen read to you, such as an ebook, email, article or notes.
   You can tweak the voice, including gender and language; speaking speed; and more.

3. **Fix Siri's pronunciation**
   Speaking of speech, Apple's voice-controlled personal

Continued on insert page
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Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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Almost November

Almost November means goodbye to Indian summer, to golden landscapes laid out over mountains and streams.

We throw off autumn’s gentle hand painting crimson strands throughout our days, cast off the flowers we’ve tended with love and summer sweat.

We get down to the bare bones.

What’s left is a stretch of limbs and branches, sticks and stones, pine needles frosted over, grass narrowed into mats of flattened brown, birds scattered from flocks to forage for seeds and berries dying on the bush and on the ground.

And inside we hunker down and wait for winter snow to soften the edges of this stark November scene.

We look inward to comfort the child no longer able to bask in reminders of spring, summer and autumn delight.

We teach ourselves patience as we wait and hope for an eventual rebirth.
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<td>Pitch</td>
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<tr>
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<td>11:30</td>
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<tr>
<td>Poetry</td>
<td>Tai Chi w/weights</td>
<td>Flexible Feet &amp; Core Stability</td>
<td>New Member Day</td>
<td>Comedy Dungeon</td>
</tr>
<tr>
<td>10:30</td>
<td>12:00</td>
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<td>10:00</td>
<td>11:45</td>
</tr>
<tr>
<td>&quot;Shake Your Soul&quot;</td>
<td>SHINE</td>
<td>Tai Chi</td>
<td>10:00 New Member Day</td>
<td>Flexible Feet &amp; Core Stability</td>
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<td>12:30</td>
</tr>
<tr>
<td>Ladies Pool</td>
<td>Bridge, Canasta!</td>
<td>Scrapbooking &amp; Cardmaking</td>
<td>Tai Chi</td>
<td>Chair Caning</td>
</tr>
<tr>
<td>12:00</td>
<td>1:30</td>
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</tr>
<tr>
<td>Scrabble</td>
<td>From Stage to Screen</td>
<td>Legal Education</td>
<td>Tai Chi</td>
<td>Card Party</td>
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<tr>
<td>Pinochle</td>
<td>Yoga</td>
<td></td>
<td>Tai Chi</td>
<td>Legal Education</td>
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<td></td>
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<td>Tai Chi w/weights</td>
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<tr>
<td>Mah Jong</td>
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<td>Yoga</td>
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<tr>
<td>Art Studio!</td>
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**Meal Site**

Dinner @ 11:30
Call a Day Ahead!
1-800-981-5201