



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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NEEDHAM'S ART IN BLOOM & FRIDAY ENTERTAINMENT LIVE WITH MAGIC BY JACK RYAN



Friday, March 1st • 12-4 pm

At the Needham Senior Center. There is no fee for either program.



NEEDHAM'S ART IN BLOOM Displays throughout the center from 12pm-4pm No Sign-up Required

Jump out of the winter doldrums. Come see and feel the warm beauty of spring! Back by popular demand, now in its 5th year, you'll be sure to enjoy this sampling of artwork by the talented Needham High School students, with creative floral interpretations by members of the Beth Shalom Garden Club. On Saturday, March 2nd from 9am-5pm and Sunday, March 3rd from 1pm – 4pm the entire exhibit of 40+ pieces will be on display throughout the Needham Public Library. This complimentary event is generously funded by Roche Bros. Supermarkets. More information: www.NeedhamArtinBloom.com

ENTERTAINMENT LIVE – DON'T MISS MAGIC BY JACK RYAN!

1:30 – 2:30 pm

Sign-up is required. Call (781) 455-7555

We'll be entertained by professional magician Jack Ryan's interactive, sophisticated magic, interesting stories, humor, and tidbits about other famous magicians! This past President of the Society of American Magicians in Boston has been successfully entertaining audiences of all ages for over thirty years and travels throughout New England.

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The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

FRIENDS OF NEEDHAM ELDERLY
2013 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Membership for 2013 \$ 25.00 Memorial* (Please see below) \$ _____
Donation \$ _____ **Total Enclosed** \$ _____

*Name of Deceased _____

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address _____

Please make checks payable to: Friends of Needham Elderly and mail to: FONE, 83 Pickering Street, Needham, MA 02492.

Not sure if your membership is up-to-date? Check the label of this Senior Compass. If there is a number (#) next to your name your membership is current. If your membership is not current or you have never been a member, we urge you to join us!

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

DONORS

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In Memory of Moshe Tamir

NEW! SOCIAL NETWORKING WORKSHOP
FOR THE MATURE JOB SEEKER

Are you over 55 years old and job searching? Confused about LinkedIn, Facebook and Skillbuilder?
Thursday, March 21st • 2-4pm

Sign-up is required; call (781) 455-7555. There is no fee for this program.

Please join us for an engaging workshop about the importance of Online Networking, the Hidden Job Market and the differences among Social Media websites. Rebecca Cadima - an experienced facilitator and current Human Resource (HR) professional –will lead the workshop. To register for this FREE workshop, please call the Needham Senior Center at 781-455-7555. If you have questions about the Job Search Program, you can contact Joan M. DeFinis at 781-455-7555 ext. 212 or jdefinis@needhamma.gov.

NEW! HEARING SCREENING

Friday, March 22nd • 9:30 am – 12:30pm

At the Needham Senior Center

Sign-up is required; to make your appointment call (781) 455-7555 ext.205

There is no fee for this program.

Are you experiencing difficulty with your hearing? If yes, you will be able to schedule a 15 minute appointment and have your hearing checked. The audiologist will screen your hearing with an audiometer. If you already have a hearing aid, the audiologist will check your aid, replace the batteries and answer any questions that you may have. Mass Audiology has been family owned and operated for over 44 years.

LIFELONG LEARNING PROGRAMS

ART HISTORY: "PICASSO"

Wednesday, March 6th • 10:30 am

Offsite Location: Avery Crossings • 110 West Street

We thank Avery Crossings for sponsoring this wonderful program!

There is no fee or sign-up required.

Pablo Picasso, whether you swear by him or at him, was undeniably the most successful and influential artist of the 20th Century. Join us for a look at and a discussion of the many, many styles, expressions, loves and lives of the man at the heart of modern art.

MEET THE AUTHOR, PROFESSOR CAITRIN LYNCH

Wednesday, March 13th • 1:30 pm

Snow date is Monday, March 18th at 1:30 pm.

At the Needham Senior Center

Sign-up is recommended. There is no fee for this program.

Please join Olin College anthropologist Caitrin Lynch for a presentation about her new book, "Retirement on the Line: Age, Work, and Value in an American Factory." The book is an in-depth study of Vita Needle Company, a workplace in Needham which employs primarily senior citizens. Professor Lynch will talk about the value and meaning of work for older citizens, and share profound insights regarding society's view about aging and employment.

SHOPPING EXPERIENCE IN NEEDHAM

SHOP AT THE VOLANTE FARMS:

GREENHOUSE, FARM KITCHEN, AND LOCAL GROCERIES.

Friday, March 22nd • 10:30 am

Please call 781-455-7555 to sign up.

Departure from the Senior Center will be at 10:30am. If you require to be picked up at your home in Needham, contact Penny Gordon at (781) 455-7555 ext. 204.

GROCERY SHOPPING:

To participate in our regular, independent grocery shopping service, which provides transportation from one's Needham home to Roche Bros and Sudbury Farms, please call 781-455-7555 for more information.

WINTER CLOSINGS GUIDELINES

If the Needham schools are closed, the Senior Center is also closed. If schools have a 2 hour delay, we will open at 10:30 a.m. You can also call us and you will hear a message stating if we are open, closed, or have a delayed opening.

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MONDAY'S LUNCH BUNCH

Monday, March 4

Pizzeria Uno, Dedham

Monday, March 11

Grassfields, Waltham

Monday, March 18

Noonhill, Medfield

Monday, March 25

Ninety Nine, Walpole

Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today. Departure from the Senior Center will be 11:30. The suggested donation of \$5.00 will be collected by the van driver. You will pay the cost of your meal, tax & tip at the restaurant. Enjoy! If you require to be picked up at your home in Needham, contact Penny Gordon at (781) 455-7555 ext. 204.

FRIDAY FLICKS

At the Needham Senior Center

No fee or sign-up required.

Friday, March 8th

2:00 pm

"Today's Special", 2009

Romantic Comedy

Friday, March 22nd

1:00 pm

"Fair Game", 2011 – *Drama*

Friday, March 29th

1:00 pm

"Shadow of a Doubt", 1943

Suspense

For the latest news on a new Senior Center, visit our website at www.needhamfone.com

ART CLASS FOR ALL LEVELS

TAUGHT BY
PROFESSIONAL ARTIST
RAMUNE JAUNISKIS

Mondays • 12:00-1:30 pm
March 11 & 25 and
April 8 & 22

Offsite Location:
Needham Public Library
Community Room,
1139 Highland Avenue

The fee is \$32.00
for all four classes.

To sign up contact Sherry at
the Needham Senior Center
at 781-455-7555.

Join us for art in an informal atmosphere at the Needham Library Community room. Students should bring their own materials and ideas for projects. Each student will work on projects of their own choosing with guidance and suggestions from the instructor. All levels are welcome. Ramune Jauniskis, longtime watercolor teacher at the Stephen Palmer Senior Center, is currently teaching art in Belmont, Brookline, Needham, and Wellesley. She is a teacher and craftsman selling her work in local stores and on the Cape as well.

REPRESENTATIVE DENISE GARLICK OFFICE HOURS

Monday, March 4th
10:45 - 11:45 am

At the Needham Senior Center Representative Denise Garlick or a member of her staff will be available to hear your concerns and to answer any questions.

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us

ST. PATRICK'S DAY CELEBRATIONS

MEL SIMONS: "EVERYTHING'S COMING UP IRISH"

At the Needham Senior Center
Friday, March 15th • 1:30 pm
Sign-up is required; call (781) 455-7555.
There is no fee for this program.

Everything's Coming Up Irish - An all Irish show. Irish Songs, Irish Jokes, Irish Trivia, all Irish all the way! WBZ Radio personality Mel Simons presents A One Man Show. Mel will entertain you with a mix of music, comedy, and trivia. Mel appears regularly on "The Morgan White Show" broadcast on WBZ 1030.

TRIP UPDATE

*Thanks to Everyone for a Magical Evening at the Boston POPS –
"Oh What a Night!"*

The Friends of Needham Elderly are excited to
kick off our Trips Program with the new Hit Show:
"WOMEN OF IRELAND" - A SPECIAL ST PATRICK'S SHOW

Friday, March 15th • 2:00 pm
At the Venus De Milo, Swansea, MA.

In the spirit of Riverdance and Celtic Woman, this world-renowned show features a wonderful blend of traditional song, music and dancing. The price of \$79.00 per person includes transportation, a luncheon, and the show. Meal choice: Corned Beef and Cabbage or Baked Haddock with soup and dessert. The afternoon kicks off with lunch around 2:00 pm, followed by the show at 3:15 pm, departing Swansea at 4:45pm. (Exact coach pickup times from Needham to be announced.) Please call Jackie Martin at (781) 455-7555, ext. 209 to book your space. Tickets are limited to 40 and are selling fast on a first come, first served basis, upon payment. Please leave your telephone number and meal choice in your phone message and we will call you with the pickup time. Please make your checks payable to "F.O.N.E" and drop off or mail to Needham Senior Center, 83 Pickering St., Needham, MA 02492.

LECTURE: "SUPER FOODS FOR SENIORS"

Wednesday, March 20th • 11:15 am

At the Needham Senior Center
Sign-up is suggested. There is no fee for this program.

March is National Nutrition Month! Please join Meghan Ostrander, RD, to discuss nutrition and chronic disease prevention. Meghan will be discussing buzz words like free radicals and antioxidants, and talking about which super foods can help seniors get and stay healthy. Come with questions!

LUNCH AND LEARN LECTURE: "VETERANS AID AND ATTENDANCE PROGRAM"

Thursday, March 28th • 1:00 pm
At the Needham Senior Center

Sign-up is required. There is no fee for this program.

The Veterans Aid and Attendance Program awards pensions to wartime veterans, their spouses, or their surviving spouses to help pay for home healthcare, assisted living, nursing home or memory care when the need for such care is not service-related. Come learn about this program and have your questions answered.

EXERCISE AND DANCE CLASSES

Please note, if you are new to the Senior Center you may always try a class for free.

To sign up, call the Needham Senior Center at (781) 455-7555.

Payment is due at the first class.

LINE DANCING CLASS

9 WEEKS

Mondays • 12:00-1:00 pm

Begins March 18th

Offsite location:

The Baptist Church,
835 Great Plain Avenue

Cost: \$36 • Instructor: Manny Correia

SENIOR STRENGTH EXERCISE CLASS

9 WEEKS

Mondays • 10:15 am

Begins March 18th

Fridays • 9:15 am

Begins March 1st

Cost for each 9-week session is \$36

Cost for both sessions is \$72

Instructor: Pearl Pressman

TAI CHI CLASS

8 WEEKS

Mondays • 9:00 am

Begins March 4th

Offsite location:

Christ Episcopal Church,
1132 Highland Avenue

Cost: \$32 • Instructor: Scott Brumit

YOGA – 7 WEEKS

Tuesdays • 9:00 am

Begins April 1st

At the Needham Senior Center

Please bring a mat to the class.

Cost: \$28 • Instructor: Sandi Levy

THE ARTHRITIS FOUNDATION EXERCISE CLASS

Tuesdays • 2:00 pm

9 WEEKS

Begins March 5th.

Cost is \$36.00

Instructor: Lisa Cadigan

At the Needham Senior Center

Thursdays • 2:00 pm

8 WEEKS

Begins March 7th.

Cost is \$32.00

Instructor: Randi Sharec

Offsite location:

The YMCA on Chestnut Street
Cost for both sessions is \$68.00

BETTER BALANCE, BETTER BONES

8 WEEKS

Wednesdays • 2:45 pm

Begins March 13th

Cost: \$32 • Instructor: Louise Carbone

ZUMBA – 8 WEEKS

Thursdays • 10:00 am

Begins March 7th

Offsite location:

Christ Episcopal Church,
1132 Highland Avenue

Cost: \$50 • Instructor: Leslie Worris

MAH JONG

4 WEEK CLASS

At the Needham Senior Center

Sign-up is required.

Cost for the class is \$20.00
for all four seasons.

**Call for date and time,
781-455-7555**

Interested in learning mah jong?

It is a strategic game that once you learn the rules, your ability to excel is limitless. After four sessions you will know if mah jong is for you. The class is taught by an experienced teacher.

WEIGHT MANAGEMENT SUPPORT GROUP

**Mondays – 9 weeks,
12:45 -1:45 pm**

Begins on March 18th

To sign up, call the

**Needham Senior Center
at (781) 455-7555.**

Instructor: Pearl Pressman

Cost: \$36.00

Payment is due at the first class.

Are you fed up with your increasing weight? Do you reach for food when you're bored, tired, stressed, or anxious, instead of when you're hungry? This program will teach you how to make doable lifestyle changes to achieve your weight-loss goals. The group will be led by Pearl Pressman, a Certified Weight Management Consultant, who has lost over 100 pounds! Pearl is a member of the National Weight Loss Registry and has worked as a Weight Watchers group leader.

**Support Groups –
For dates and times,
call (781) 455-7555**

At the Needham Senior Center:

- Hoarding Support Group
- Low Vision Support Group

TAX COUNSELING SPONSORED BY AARP AND THE COA

At the Needham Senior Center

WHAT YOU NEED TO KNOW ABOUT SCHEDULING AN APPOINTMENT!

To schedule your tax appointment call (781) 455-7555.

If you call before this date we will not be able to book your appointment. On the day of your appointment please bring the following items: (1) a copy of last years completed federal and state tax returns, (2) all Tax Information Statements received for 2012, (3) if you are over 65 years of age, copies of bills for water and local property taxes. All tax counselors are IRS trained.

PLEASE NOTE The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note that if you cannot afford a class, we will always offer scholarships.



COUNCIL
ON AGING

Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more info. call the Needham Senior Center at 781-455-7555.

COMPASS NEWSLETTER LABELING AND COLLATING

Tuesday,
March 12th
9:15am

At the Needham
Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

SHINE UPDATE – MEDICARE AND PRESCRIPTION DRUGS

Question: Can You Enroll in a Medigap Plan Now?

Answer: Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month.

.A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement I. The Core plan covers some of the “gaps” in Medicare. The Supplement I plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by seven insurance companies. In 2013, the lowest premium for a Core plan is \$96.38/month and for a Supplement I, \$182.00/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required. If you are interested in learning more about Medigap plans, trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

CURRENT EVENTS GROUP

Meets on the first, third and fifth Tuesday of every month • 10:30 - 11:30 am

At the Needham Senior Center. **There is no fee for this group.**

We have two enthusiastic co-leader volunteers that facilitate the group. If you are interested in talking with others about today’s headlines or what should be in today’s headlines, please join us. This group is a friendly place to equally share information with one another in a supportive environment.



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465 Centre St., 617-244-2034

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MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 • www.needhamma.gov Please Note: Items in bold indicate that sign-up is required. Offsite Locations of Programs				1 9-11:30 Table Tennis 9:00 Pool 9:15 Senior Strength Ex. 9:15 Quilting 12-4 Art in Bloom 10:30 P&R Exercise 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:00 Scrabble 1:30 Entertainment Live with Magic by Jack Ryan NO MAH JONG TODAY
#1 Charles River YMCA 380 Chestnut Street #2 Needham Public Library 1139 Highland Avenue #3 Avery Crossings • 110 West St. #4 Baptist Church • 858 Great Plain Ave.	#5 NHA Community Room 5 Chambers Street #6 Christ Episcopal Church 1132 Highland Avenue #7 Wingate Nursing Home 589 Highland Avenue	#8 Presbyterian Church 1458 Great Plain Avenue #9 North Hill • 865 Central Ave. #10 Needham Public High School 60 Webster Street #11 Town Hall, Powers Hall 1471 Highland Ave.		
9-11:30 Table Tennis 9:00 Pool 9:00 Tai Chi # 6 9:00 Yoga with Sandi 9:00 Walking Club 10:15 Senior Strength Ex. 10:45 Rep. Denise Garlick Office Hours 11:30 Lunch Bunch: Pizzeria Uno, Dedham 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:00 Friends Meeting 1:30 Canasta #3 2:00 Hoarding Support Group	4 9:00 Pool 9:15 Bridge – Women 9:15 Yoga AEd 10:30 Current Events 11:45 Lunch 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise with Lisa	5 9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 10:00 P&R Exercise 10:30 Art History #3 “Picasso” 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 2:45 Better Balance Better Bones	6 9:00 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 10:00 Zumba #6 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Lisa	7 9-11:30 Table Tennis 9:00 Pool 9:15 Senior Strength Ex. 9:15 Quilting 10:30 P&R Exercise 11:45 Lunch 1:00 Bridge – Men 2:00 Movie - "Today's Special", 2009 - Romantic Comedy 1:00 Board Games
9-11:30 Table Tennis 9:00 Pool 9:00 Tai Chi # 6 9:00 Yoga with Sandi 9:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Grassfields, Waltham 11:45 Lunch 12:00 Line Dancing #4 12:00 Art Class #2 12:45 Weight Management Support Group 1:00 Advisory Meeting 1:00 Bridge – Men 1:30 Canasta #3 2:00 Hoarding Support Group	11 9:00 Pool 9:15 Compass Collating 9:15 Bridge – Women 9:15 Yoga AEd 10:30 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise with Lisa	12 9:00 Pool 9-11:30 Table Tennis 10:00 P&R Exercise 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 1:30 Meet the Author: Caitrin Lynch 2:45 Better Balance Better Bones	13 9:00 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 10:00 Zumba #6 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Arthritis Exercise with Lisa 6:45 COA Board Meeting	14 9-11:30 Table Tennis 9:00 Pool 9:15 Senior Strength Ex. 9:15 Quilting 10:00 Low Vision Group 10:30 P&R Exercise 11:45 Lunch 1:00 Bridge – Men 1:00 Scrabble 1:30 St. Patrick's Day Party "Everything is Coming Up Irish" Performed by Mel Simons NO MAH JONG TODAY TRIP
9-11:30 Table Tennis 9:00 Pool 9:00 Tai Chi # 6 9:00 Yoga with Sandi 9:00 Walking Club 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Noonhill, Medfield 11:45 Lunch 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:30 Canasta #3 2:00 Hoarding Support Group	18 9:00 Pool 9:15 Bridge – Women 9:15 Yoga AEd 10:30 Current Events 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise with Lisa	19 9:00 Pool 9:00 Keep Well Clinic 9-11:30 Table Tennis 10:00 P&R Exercise 11:15 Lecture “Super Foods for Seniors” 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 2:45 Better Balance Better Bones	20 9:00 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 10:00 Zumba #6 11:45 Lunch 12:00 Computer Lessons 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Job Search Skills Workshop Social Media 2:00 Arthritis Exercise with Lisa	21 9-11:30 Table Tennis 9:00 Pool 9:15 Senior Strength Ex. 9:15 Quilting 9:30 Hearing Screening 10:30 P&R Exercise 10:30 Shop at the Volante Farms 11:45 Lunch 1:00 Bridge – Men 1:00 Movie - "Fair Game", 2011 -Drama 1:00 Board Games
9-11:30 Table Tennis 9:00 Pool 9:00 Yoga with Sandi 9:00 Walking Club 9:00 Tai Chi # 6 10:15 Senior Strength Ex. 11:30 Lunch Bunch: Ninety Nine, Walpole 11:45 Lunch 12:00 Art Class #2 12:00 Line Dancing #4 12:45 Weight Management Support Group 1:00 Bridge – Men 1:30 Canasta #3 2:00 Hoarding Support Group	25 9:00 Pool 9:15 Bridge – Women 9:15 Yoga AEd 10:30 Creative Writing 11:45 Lunch 12:45 Singing Group 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Arthritis Exercise with Lisa	26 9:00 Pool 9-11:30 Table Tennis 10:00 P&R Exercise 11:30 Lecture 11:45 Lunch 12:00 Bridge – Women #3 1:00 Bridge – Men 2:45 Better Balance Better Bones	27 9:00 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 10:00 Zumba #6 11:45 Lunch 12:00 Computer Lessons 1:00 Lunch and Learn - Vets Aid & Attendance 1:00 Cribbage – Men 1:00 Bridge – Duplicate 2:00 Job Search Skills Workshop 2:00 Arthritis Exercise with Lisa	28 9-11:30 Table Tennis 9:00 Pool 9:15 Senior Strength Ex. 9:15 Quilting 11:45 Lunch 1:00 Bridge – Men 1:00 Movie - "Shadow of a Doubt", 1943 -Suspense 1:00 Board Games

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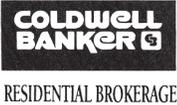
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