

Raynham COA/Raynham Senior Center

June, July, August 2024

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<https://www.town.raynham.ma.us/raynham-council-aging-senior-center>

Raynham Senior Center, 2215 King Philip Street, Raynham, MA 02767 508-824-2740

SENIOR CENTER HOURS:

Monday– Thursday 9-3 and Friday 9 to 12

BRAIN BUILDER CLASSES

Monday, June 10, July 8, and July 22

TIME: 1:00 PM—2:00 PM

Join us to learn tips and techniques to help improve memory, word-finding, thinking skills, socialization in a fun, supportive environment!

Sign up today!

BOCCE is back!

Monday's at 10:00 AM

Red Sox Game and Lunch \$3

Wednesday, June 5 at 1:00 PM

Join us for popcorn, hotdogs, and ice cream.

Red Sox vs Braves at 1:35 pm

Sign up and pay by May 29.

Summer Annual Cookout and Music

Wednesday, July 10th at 1:00 pm

Join us for a cookout with the Raynham Firefighters!

We will be serving Hamburger, Chips, and Dessert. We will also be having music by Bob Richards who sings and plays the piano.

Cost: \$5

Sign up and pay by July 3rd



Scrabble Tournament

This beautiful Scrabble table was donated to the Raynham Senior Center in memory of Kathleen Slater. We would like to honor her memory by having a Scrabble Tournament. We are looking for at least 6-8 people. The Winner will get a prize and be crowned Scrabble Champion. Please let us know if you are interested.

Summer Game Nights

Tuesday, June 11th at 5:30 pm – 7:30 pm

Tuesday, July 9th 5:30 pm -7:30 pm

Tuesday, August 13th 5:30 pm - 7:30 pm
(Singo at Night)

This night is informal and participant's will choose what game/games to play.

SUMMER LUNCH AND SINGO

SINGO is a new and exciting musical spin on the traditional game of Bingo. SINGO is a mix of bingo and great music. Instead of listening for a number, players are listening for the song title to their favorite music.

Wednesday, June 12th @ 11 AM

Lunch (\$5) Sandwiches and Chips
Sign up and pay by June 5th.

Wednesday, July 17th @ 11 AM

Lunch (\$5) Lasagna, Salad, Roll
Sign up and pay by July 10th.

Wednesday, August 21st @ 11 AM

Lunch (\$5) will be Pizza (Pepperoni & Cheese)
Sign up and pay by August 14th.

Monthly Blood Pressure Clinic

Wednesday, June 12th at 9:30 AM

Wednesday, July 17th at 9:30 AM

Wednesday, August 21st at 9:30 AM

Come in for a blood pressure check with our Raynham Public Health Nurse Lindsay.

Movies for the Summer Months:

Tuesday, June 25th @ 11:00

THE JAZZ SINGER

Starring: Neil Diamond and Lucie Arnaz

Recording superstar Neil Diamond makes his movie debut in The Jazz Singer, the 1980's updated version of the Al Jolson classic, as a fifth-generation cantor who struggles to find expression through his own songs in the highly competitive world of popular music. He is opposed by his tradition-bound father, portrayed by Laurence Olivier, who is convinced that his son is betraying his birthright by striking out on his own.

Movie for July

Tuesday, July 30th @ 11:00

THE WEDDING DATE

Starring: Debra Messing and Dermot Mulroney

Debra Messing (TV's Will & Grace) shines in this hilarious romantic comedy about the surprising road to finding true love. Kat Ellis (Messing) is determined to attend her younger sister's wedding with a date. Rather than face the ridicule of her family and in order to show up her ex-fiancé, she resorts to the Yellow Pages to find a last-minute escort, Nick (Dermot Mulroney, My Best Friend's Wedding). His dashing good looks and quick-witted charm may win over her family. But will they win over Kat? Filled with unexpected twists and endless laughs, The Wedding Date is the one date that you'll want to keep!

Movie for August

Tuesday, August 27th @ 11:00

BECAUSE I SAID SO

Starring: Diane Keaton and Mandy Moore

Daphne Wilder (Diane Keaton) is the proud mother of three women: Milly (Mandy Moore), Maggie (Lauren Graham) and Mae (Piper Perabo), and her love for her offspring knows no bounds. Because her youngest, always chooses the wrong man, she decides to take action to prevent Milly from repeating the mistakes of the past. Dating disaster ensues when Daphne tries to achieve her goal by placing an online personal ad for Milly.

Mindfulness Class 9 AM

First & Third Thursday's of the month

This class is being put on by Benny, a Buddhist monk from the Raynham Temple which is a Buddhist meditation center. This class will cover mindfulness which has four foundations, or the four places that you can gain your consciousness more and more. Those four foundations are body, feeling, idea and function. Then you try to incorporate those as you meditate.

SELF DEFENSE CLASS with Elijah Swain

Tuesday, June 11th and 18th at 11:30 AM

Tuesday, July 9th and 16th at 11:30 AM

Tuesday, August 13th and 20th at 11:30 AM

"One Step To Safety"

This program is a combination of basic strikes, tactics, and techniques. They have been developed and proven with a present day approach to the prevention of assaults and the application of self-defense concepts. In the event that you must defend your self, either physically or verbally, these techniques are made simple. This leads to high retention. That leads to high success which leads to CONFIDENCE. I am confident that you will enjoy and find this program helpful and useful. Most of all, these techniques are for you. **SIGN UP TODAY.**

SUMMER MONTHLY BREAKFAST

Menu: Pancakes, Eggs, Bacon,
Potatoes, Fruit, and Coffee.

\$3 per person

Wednesday, June 26th at 9:00 AM

Please sign up and pay by June 19th

Starting in July breakfast will be increasing to \$5

Wednesday, July 31 at 9:00 AM

\$5 per person

Sign up and pay by July 24.

Wednesday, August 28 at 9:00 AM

\$5 per person

Sign up and pay by August 21

ART CLASSES FOR ALL

MONDAYS, June 3rd and 10th @ 10:30

Classes will resume again in September

Let's explore different ways to create art exploring different mediums. Learn basic drawing skills using pencil and charcoal, as well as watercolor and printmaking techniques to build confidence and skills to create art-work together. Great for beginners.

COST: \$8.00 PER CLASS



Yvonne Quinlan



The Senior center will open at 11:00am on Monday, June 3rd so that we can attend her services.

It is with profound sadness we let you know our longtime coworker and friend, Yvonne Quinlan, passed away. Yvonne Quinlan, wife of the late Edward F. Quinlan, passed away May 7, 2024. The daughter of the late Eva and Cody Nadeau, she was the last surviving of their 14 children. She is survived by her loving daughter Debi and husband Louis Bousquet, granddaughter Danielle Marie Hylander and great grandchildren Bradley Michael and Brooke Marie Hylander. Mrs. Quinlan was a communicant of St. Ann's Church. She previously served as a lector and also served as president then vice president of the St. Ann's Senior Club for many years. She was a past member of the Raynham Lions Club, also serving as a past president and secretary of the Raynham Lioness Club. She also served on the Council of Aging Board of Trustees, having served in previous as the president. She retired as an administrative clerk for the Town of Raynham, Council of Aging in January 2021 at the age of 94. A mass to honor Mrs. Quinlan will be held on **June 3, 2024 at 9 am at St. Ann's Church in Raynham.** The family will be receiving visitors from 8:30 am before to the mass. In lieu of flowers, Mrs. Quinlan's request was that you would consider a donation to St. Ann's Church, PO Box 247, Raynham Center, MA 02768.

Games at the Senior Center

LCR Dice Game – Mondays at 10 am

Mah Jong — Tuesdays at 10 & Thursdays at 12

45 Card Game – Tuesdays at 12:30 pm

Hand, Knee, & Foot – Wednesdays at 9:30 am

Cribbage — Wednesdays at 1 pm.

Whist — Thursdays @ 12

Hand & Foot — Fridays @ 9:30 am

Keep Physically Fit!

Yoga/w certified instructor Judy Struble on Mondays at 9:30 am

Light Weights & Stretching/w certified instructor Beth Morrison on Mondays and Wednesdays 11 am

Exercise w/ Marybeth - Tuesdays at 9:45 am

Tai Chi w/ Elijah Swain - Tuesdays at 1 pm

Line Dancing w/ Steve Cavanaugh — Wed at 1 pm

Exercise w/ Diane Nanfelt -Thurs at 10 & Fri at 9:30 am

Each class is \$3.00. Please have exact change.

Bereavement Support Group

Every 1st and 3rd Thursday of the month

Time: 9:30 AM

There really is no “wrong way” to grieve the loss of a loved one. Most of us experience a whole range of emotions and feelings. It is important to reach out and talk to someone and even cry with someone when you need to in a safe place. All are welcome.

Elder Watch List:

Consider putting your name on

The elder watch list is for all seniors so we have your information for emergencies. The list is shared with only the Raynham Police Department and Raynham Fire Department. The one page form includes questions about whether you have specialized medical equipment, asks for emergency contacts and other vital information. Call us at 508-824-2740 and we will send you a form to fill out and mail back to us. **(NOTE: This list does not take the place of the File of Life.)**

M&M Craft Class

Tuesday, August 6th at 11:00 am

Bring a rock or two and we will be turning them into M&M rocks.

Sign up today!

Sophisticates– Next one Monday, June 10th

11 AM - 3:00 PM (Doors open at 10:30)

Place: Hillside Country Club

82 Hillside Avenue, Rehoboth

Enjoy a combination of ballroom & line dancing paired with a delicious lunch. Tickets are \$37.50 each and include dancing and your meal. You must sign up and pay by June 3rd.

Online Facebook : L and S Dance

Website: <https://lsdance.ticketspice.com/sophisticates-february-2024-dance> (credit card)

Venmo: Stephen-Cavanaugh-6

Mail (include check): Steve Cavanaugh, 26 Moulton St, Brockton, MA 02302

Veterans Services

To my fellow Veterans, their spouses or widows, The Raynham Department of Veterans’ Services is a multifaceted organization developed to assist Massachusetts Veterans in understanding and obtaining a multitude of benefits through Mass General Law, Chapter 115. If you qualify, we can provide you with financial assistance to help with rent, fuel to heat your home and daily living expenses. You may be eligible for assistance with the cost of Medicare A/B, MEDEX and prescription co-pays. Please contact our Veterans Agent at (508) 828-4527.

Busting Myths and Getting Savvy About Memory Care Assisted Living Presentation

Wednesday, August 14th at 2:30PM

Ice cream will be served

Jodi Tolman will help seniors and their adult children learn all about how traditional assisted living differs from memory care; who needs memory-care; when is it a better option than remaining at home; how do I talk to my loved-one about making the move; what are the features to look for in a memory-care environment; how do I find the right memory-care community; what does memory-care cost and how do I pay for it?

Sign up today!

Free Legal Advice

The Seniors Law Project, South Coastal Counties Legal Services, Inc. Call 508-676-6265 or 1-800-244-9023 for assistance with benefits, housing, health care/long term care, document preparation. Call for advice as soon as you think you may have a problem!

Food Assistance options

Raynham Food Basket, 494 Church Street, 774-406-5612. Pick ups are on the second and fourth Thursdays of the month, and you must be a Raynham resident. Please call them, this is an excellent program.

Taunton Area Community Table and Meal Center. 378 Bay Street, Taunton, in the former St. John's Church, 508-386-3807, This is a community-based meal center dedicated to providing delicious, healthy meals to individuals and families. No questions asked. Give them a call!

NEWPORT PLAYHOUSE BUS TRIP

WEDNESDAY, SEPTEMBER 25, 2024

Motor Coach Will Depart: 9:45 AM (Approximate)

From the Baseball Field parking lot next to the Raynham Senior Center

PLEASE PARK OVER THERE

Return: 5:00 pm

Cost: \$142 Per Person

The dinner theatre is unique...enjoy a great buffet--a wonderful play and a fun-filled cabaret. The extensive, hearty buffet does not skimp on quality or selection. There's large variety of hot and cold foods, main entrees, side dishes, beverages and homemade desserts. You will not be disappointed!

Play: RUN FOR YOUR WIFE

John Smith has two wives, two lives and a very precise schedule for juggling them both. When Smith is mugged and ends up in the hospital, both of his addresses surface, causing both the Streatham and Wimbledon police to investigate the case. Smith becomes hopelessly entangled in his attempts to explain himself to his two wives and two suspicious police officers, with help from his upstairs neighbor in Wimbledon.

NEW AS OF MARCH 1, 2024

THERE IS NO ASSET LIMIT FOR THE MEDICARE SAVINGS PROGRAM ALSO KNOWN AS MASS HEALTH BUY-IN PROGRAM

If your **2024 GROSS** monthly income does not exceed \$2,824 (single) \$3,833.00 (Married Couple), you may be eligible for this helpful program. The Medicare Savings Program will give you back your monthly premium deducted from your SS check for Medicare B (currently \$174.70).

If you are a Raynham Resident and think you may be eligible, call the Senior Center at 508-824-2740 and set up an appointment with the SHINE counselor Laurie Koss. * You will need to bring proof of your **2024 income** (SS benefit letter you should have received in December, and proof of any pensions you may receive)*

Shades of Ireland Trip

\$3799 per person at double occupancy rates

March 6 – 15, 2025

10 days (9 nights)

Special Travel Presentation:

Wednesday June 12th @ 2:30 PM

Come and learn more about this trip that will take place next year!

About This Tour: From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Choose how you explore the city of Dublin. Kiss the Blarney Stone at historic Blarney Castle. See Killarney from an Irish jaunting car.

Pick from a selection of the best restaurants with our Diner's Choice program. Experience the world-famous beauty of the Ring of Kerry. See border collies in action during a traditional sheepdog demonstration. Stand in awe at the top of the stunning 700-foot Cliffs of Moher. A vibrant blend of captivating culture and stunning nature, this is the Ireland you've always imagined.

Group Webpage:

gateway.gocollette.com/link/1256833

June 2024

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>CENTER WILL OPEN AT 11 AM</p> <p>ART FOR ALL 1115 LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130</p>	<p>4</p> <p>EXERCISE 945 MAH JONG .10 45 CARD GAME 1230 TAI CHI 1</p>	<p>5</p> <p>HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 RED SOX GAME/ LUNCHEON 1 CRIBBAGE 1</p>	<p>6</p> <p>MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 MAH JONG 12 WHIST 12</p>	<p>7</p> <p>HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030</p>
<p>10</p> <p>YOGA 930 LCR 10 BOCCE 10</p> <p>ART FOR ALL 1115 LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215 HAND SEWING GROUP 1 BRAIN BUILDERS 1 KNITTING 130</p>	<p>11</p> <p>EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1 GAME NIGHT 530</p>	<p>12</p> <p>HAND & FOOT 9:30 BLOOD PRESSURE 930 LUNCH & SINGO 11 CRIBBAGE 1 LINE DANCING 1 SPECIAL TRAVEL PRESENTATION 2:30</p>	<p>13</p> <p>EXERCISE 10 MAH JONG 12 WHIST 12</p>	<p>14</p> <p>HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030</p>
<p>17</p> <p>YOGA 930 LCR 10 BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130</p>	<p>18</p> <p>EXERCISE 945 MAH JONG 10 SELF DEFENSE 1130 45 CARD GAME 1230 TAI CHI 1</p>	<p>19</p> <p>CLOSED JUNETEENTH</p>	<p>20</p> <p>MINDFULNESS CLASS 9 BEREAVEMENT GROUP 930 EXERCISE 10 WHIST 12 MAH JONG 12</p>	<p>21</p> <p>HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030</p>
<p>24</p> <p>YOGA 930 LCR 10 BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>SINGING GROUP 1215 HAND SEWING GROUP 1 KNITTING 130</p>	<p>25</p> <p>EXERCISE 945 MAH JONG .10 MOVIE 11 45 CARD GAME 1230 TAI CHI 1</p>	<p>26</p> <p>BREAKFAST 9 HAND & FOOT 9:30 LIGHT WEIGHTS & STRETCHING 11 CRIBBAGE 1 LINE DANCING 1</p>	<p>27</p> <p>EXERCISE 10 MAH JONG 12 WHIST 12</p>	<p>28</p> <p>HAND & FOOT 9:30 EXERCISE 930 WII BOWLING 1030</p>

July 2024

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>2</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>3</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>4</p> <p>CLOSED</p> <p>FOURTH OF JULY</p>	<p>5</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>8</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>BRAIN BUILDERS 1</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>9</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>GAME NIGHT 530</p>	<p>10</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>ANNUAL COOKOUT AND MUSIC 1</p> <p>CRIBBAGE 1</p>	<p>11</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>12</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>15</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>16</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>17</p> <p>HAND & FOOT 9:30</p> <p>BLOOD PRESSURE 930</p> <p>LUNCH & SINGO 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>18</p> <p>MINDFULNESS CLASS 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>WHIST 12</p> <p>MAH JONG 12</p>	<p>19</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>22</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>BRAIN BUILDERS 1</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>23</p> <p>EXERCISE 945</p> <p>MAH JONG .10</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>24</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>25</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>26</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>29</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>30</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>MOVIE 11</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>31</p> <p>BREAKFAST 9</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>		

August 2024

Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>MINDFULNESS CLASS 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>2</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>5</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>6</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>ROCK CRAFT 11</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>7</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>8</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>9</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>12</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>13</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p> <p>GAME NIGHT/SINGO 530</p>	<p>14</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p> <p>MEMORY CARE PRESENTATION 230</p>	<p>15</p> <p>MINDFULNESS CLASS 9</p> <p>BEREAVEMENT GROUP 930</p> <p>EXERCISE 10</p> <p>WHIST 12</p>	<p>16</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>19</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>20</p> <p>EXERCISE 945</p> <p>MAH JONG .10</p> <p>SELF DEFENSE 1130</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>21</p> <p>HAND & FOOT 9:30</p> <p>BLOOD PRESSURE 930</p> <p>LUNCH & SINGO 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>22</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>23</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>
<p>26</p> <p>YOGA 930</p> <p>LCR 10</p> <p>BOCCE 10</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>HAND SEWING GROUP 1</p> <p>KNITTING 130</p>	<p>27</p> <p>EXERCISE 945</p> <p>MAH JONG 10</p> <p>MOVIE 11</p> <p>45 CARD GAME 1230</p> <p>TAI CHI 1</p>	<p>28</p> <p>BREAKFAST 9</p> <p>HAND & FOOT 9:30</p> <p>LIGHT WEIGHTS & STRETCHING 11</p> <p>CRIBBAGE 1</p> <p>LINE DANCING 1</p>	<p>29</p> <p>EXERCISE 10</p> <p>MAH JONG 12</p> <p>WHIST 12</p>	<p>30</p> <p>HAND & FOOT 9:30</p> <p>EXERCISE 930</p> <p>WII BOWLING 1030</p>