

WINDSOR

Senior Center

JULY & AUGUST

THERE'S STILL TIME
TO
SIGN UP FOR:

SPAIN 2024
GREECE 2025
ALASKA 2025

- Rowing and Kayaking for Veterans on page 3
- Info on the American Rescue Plan Act on page 2
- Annual Summer Picnic info on page 9
- CT Money School workshops with lunch included on page 8

TOWN OFFICES ARE
CLOSED ON
THURSDAY, JULY 4

- R.O.M.E.O Club meets on the first Monday each month
- Captivating Canvas Paint Class on July 18 and August 15
- Paint and Create with Emi-Sue on August 6 & 20 (two-part class)

YOUR
SUMMERTIME
DUAL ISSUE!

Registration for most July programming opens on June 24

Registration for most August programming opens on July 29

Audio Eye is your new
Online Helper! Learn more
on page 3!



Welcome to the Senior Center

Senior Services is a department under the Windsor Recreation and Leisure umbrella. The Windsor Senior Center tries hard to honor all our members and their interests as we continue to provide quality social, recreational, educational, and informational programs for individuals aged 55 and better.

Enriching Windsor's 55+ population; keeping folks engaged, entertained, informed, and fit (both physically and mentally) is our passion! We love promoting independence, personal growth, and participation within community via our programs.

We provide a wide array of offerings that appeal to the range of ages we serve; most of which may be found in the monthly newsletter. If you have ideas for new programming, or any comments and concerns about current programming, please let us know.

The Windsor Senior Center respects and honors the diversity of all our participants. All are welcomed and embraced here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education, and political perspective.

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Lead Driver

Carnell Freeman

Driver

Belman Ramirez

Driver

Derrick Wallen

Driver

Woody Woodard

Driver

Lennox Small

Driver

Pepe Saldana

Driver

Aziz Harram

Driver

American Rescue Plan Act



American Rescue Plan Act (ARPA) funding has been made available for senior centers through the Department of Aging and Disability Services (ADS).

The funding will be used over the next three years to develop, implement, enhance, and market programs for healthy aging. These programs will cover various topics, including activities, workshops, lectures, and social media campaigns. The aim is to raise awareness of outdoor spaces and buildings, housing, transportation, social participation, community and health services, work and civic engagement, and social inclusion.

ARPA funding is intended to address social and economic needs exacerbated by the COVID 19 pandemic. Such needs include but are not limited to food insecurity, isolation and loneliness, declining physical and mental health, and financial stress due to rising costs of goods and services.





MEET AUDIO EYE!

Have you seen this little guy on the websites you browse? 🗿 You'll find him on our own program registration website too! His name is AudioEye.

AudioEye is a powerful accessibility solution, which offers a range of features to enhance your web experience through accessibility compliance. Make text larger, reduce colors, use a magnifier, highlight words, and more.

Key features include:

- AudioEye trusted certification. This software is the only site certified for accessibility.
- AudioEye Toolbar – an assistive toolbar embedded into our CivicREC / Town of Windsor Recreation Registration website that allows users to create their own accessibility experience. Users can customize their experience to tailor technology to their needs to build the best possible registration process.
- AudioEye monitors our website content for accessibility compliance.
- Provide digitally compliant interactions for our residents and users.
- Inclusive design is an approach used to create digital content that is accessible, usable, and understandable by all users.
- The user can use the Assistive Technology tools to customize fonts, colors, and spacing. It is enlarging or reducing the text size and images. The toolbar provides a spacing guide, a highlight window, contrast, color shift, and image help.
- Lastly, users can manage the page structure, links, and landmarks for easier web browsing.



Cell Phone Recycling Program

We are hoping to collect your old cell phones so we may recycle them! Drop off cell phones (in any condition), Monday - Friday during 8 am - 5 pm. We will send them out to be refurbished and outfitted for future users. Call us with questions: 860-285-1992.

Regular Monthly Veteran Programming:



JOIN
FELLOW
VETERANS

● SECOND WEDNESDAY @6PM

VFW POST 4740, 276 BROAD ST. WINDSOR

● LAST THURSDAY @8:30AM

LP WILSON, 599 MATIANUCK AVE. WINDSOR

Rowing & Kayaking Lessons for Veterans and Military Service Members

presented by:



Mount Sinai
Rehabilitation Hospital
Trinity Health

RIVERFRONT
RECAPTURE

In collaboration with Riverfront Recapture, Inc., the Connecticut Adaptive Rowing Program (CARP) is offering veterans and military service members the opportunity to participate in rowing and kayaking.

Based on the Connecticut River and led by therapeutic rehabilitation specialists from Mount Sinai Rehabilitation Hospital, this first-of-its-kind program provides military service members and veterans with physical disabilities—including PTSD and/or visual impairments—the opportunity to stay active and enhance their sense of wellbeing through an enjoyable leisure activity in a stunning outdoor setting.

Register for Saturday dates in July & August:

July 13 & 27 and Aug. 10 & 24/ Time: 9:00 – 11:00am

Where: Boathouse Riverside Park, 20 Leibert Road, Hartford

Classes are FREE but registration is required. For more information, contact Paige McCullough-Casciano at 860-714-2421 or email PMccullo@TrinityHealthOfNE.org.

A Look Ahead

Here is a snapshot of some special July and August events.

July

Registration for July programming opens on June 24.

- *Reminder: No Silver Sneakers Classes on Fridays throughout the summer!*
- Wed. July 3 from 12:30 PM - 2:00 PM - CT Money School Begins: Money Values and SMART Goals. Registration REQUIRED. More info on page 8.
- Thurs. July 4 - All Town Offices CLOSED for Independence Day.
- Mon. July 8 from 9:00 AM - 1:00 PM - AARP Safe Drivers Course.
- Mon. July 8 at 9:00 AM - R.O.M.E.O. Club meets.
- Tues. July 9 at 10:00 AM, the bus for the Aquaturf departs for Celebrate Italia!
- Tues. July 9 at 10:00 AM - Ellen Anderson presents: Nature's Celestial Dance. More info on page 8.
- Thurs. July 11 at 12:30 PM - Ice Cream Social, courtesy of our friends at Aetna.
- Wed. July 17 from 12:30 PM - 2:00 PM - CT Money School presents: Making Money Work for You. Registration REQUIRED. More info on page 8.
- Wed. July 17 at 4:30 PM - Evening BINGO.
- Thurs. July 18 at 10:00 AM - Captivating Canvas Paint Class. More info on page 5.
- Thurs. July 25 at 8:30 AM - Veteran's Coffee Hour.
- Fri. July 26 from 10:00 AM until 12:00 PM - Free consulting with Greater Hartford Legal Aid. More info on page 8.
- Wed. July 31 at 11:45 AM - Monthly Birthday Celebration. More info on page 9.

August

Registration for August programming opens on July 29.

- *Reminder: No Silver Sneakers Classes on Fridays throughout the summer!*
- Mon. Aug. 5 at 9:00 AM - R.O.M.E.O. Club meets.
- Tues. Aug. 6 at 6:00 PM - Paint & Create with Emi-Sue part 1 of 2. More info on page 5.
- Wed. Aug. 7 from 12:30 PM - 2:00 PM - CT Money School presents: The ABC's of Credit & Borrowing. Registration REQUIRED. More info on page 8.
- Thurs. Aug. 8 at 11:00 AM - Alzheimer Association presents: Healthy Living/Brain and Body. More info on page 8.
- Fri. Aug. 9 from 11:00 AM - 2:30 PM - Windsor Senior Summer Picnic. More info on page 9.
- Tues. Aug. 13 at 10:00 AM - Ellen Anderson presents: Galapagos Hidden Wonders. More info on page 8.
- Thurs. Aug. 15 at 9:00 AM - Rise n' Shine Breakfast. More info on page 9.
- Thurs. Aug. 15 at 10:00 AM - Captivating Canvas Paint Class. More info on page 5.
- Mon. Aug. 19 at 8:15 AM - Bus departs for Holiday Hill Senior Outing.
- Tues. Aug. 20 at 6:00 PM - Paint & Create with Emi-Sue part 2 of 2. More info on page 5.
- Wed. Aug. 21 from 12:30 PM - 2:00 PM - CT Money School presents: Healthy Banking. Registration REQUIRED. More info on page 8.
- Wed. Aug. 21 at 4:30 PM - Evening BINGO.
- Wed. Aug. 28 at 11:45 AM - Monthly Birthday Celebration. More info on page 9.
- Thurs. Aug. 29 at 8:30 AM - Veteran's Coffee Hour.
- Thurs. Aug. 29 at 9:45 AM, the bus departs for Essex Day Trip.

Enrichment and Wellness

R.O.M.E.O. Club

Retired Old Men Eating Out

First Monday each month at 9:00 AM

Former and new members are encouraged to attend to rejuvenate the R.O.M.E.O. Club. Join fellow retired "old men" to chat, laugh, commiserate, and solve the world's problems. Coffee will be served. Free. Drop-in.

Monthly Book Club

Thursday, July 11 at 10:30 AM and
Thursday, August 8 at 10:30 AM

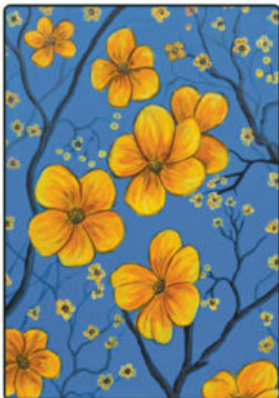
Held on the 2nd Thursday each month in the Senior Lounge. Led by club leader Martha O'Donnell. Free! Drop in!

July book: *Diamond Eye* by Kate Quinn  August book: *Horse* by Geraldine Brooks

Captivating Canvas Paint Class

Thursday, July 18 at 10:00 AM and
Thursday, August 15 at 10:00 AM

Monthly two-hour classes are back to mornings! On the third Thursday each month, paint with Artist Sandy Poirier. Windsor residents: \$16, non-residents: \$18.



July 18th painting



August 15th painting

Movie of the Month

Thursday, July 18 at 1:00 PM and
Thursday, August 15 at 1:00 PM

July's movie will be the classic *Grease*, starring John Travolta and Olivia Newton John. PG, runtime is 110 minutes.

In August, we are inviting you to bring your children and grandchildren to watch *Despicable Me*, the animated favorite starring Steve Carell. PG, runtime is 95 minutes. Call 860-285-1992 to register. Free!



Paint & Create with Emi-Sue

Two-part class on Tuesday, August 6 at 6:00 PM and Tuesday, August 20 at 6:00 PM

Emily of Emi-Sue Creations will be here in August for a two-part session.

Session 1: Use a pour-paint technique on four 4x4 stretched canvases. Take home your masterpieces.

Session 2: Use left over paint from session one to create unique jewelry pieces. Take home your new one-of-a-kind jewelry to wear and enjoy. \$10.00 per person, thanks to ARPA funding. Register online. No drop-ins.

Dancing Feet Foot Care

3rd and 4th Thursday each month RN, April Jacques is here 2x monthly offering footcare. \$40 for basic care (as of June 1). All other services will be mutually agreed upon. Entrance via the Sr. Ctr. or main entrance only. Wheelchair transport available from Sr. Ctr. to Footcare Room. Call 860-285-1992 to register.

Regularly scheduled programming at the Windsor Senior Center

Mondays

9:00 Tai Chi (on hiatus)
 9:00 Pickle Ball -
 Advanced Players
 9:00 Coffee Connection
 9:00 SS BOOM Muscle
 9:30 Beginner Guitar
 Lessons
 10:00 SCRIBE Writer's
 Workshop (*2nd & 4th
 Monday)
 10:30 SS Classic
 11:45 CRT Lunch
 1:00 BINGO
 1:00 Mahjongg

Tuesdays

9:00 Coffee Connection
 9:00 Pickleball - Beginners &
 Intermediate
 10:45 Walking Club
 11:45 CRT Lunch
 1:00 Set Back
 1:00 Wii Bowling
 1:00 Cornhole League
 1:00 SS Chair Yoga

Wednesdays

9:00 Pickleball - Adv.
 Play
 9:00 SS BOOM Muscle
 9:00 Cribbage
 10:00 Yoga
 10:30 SS Classic
 10:30 Parkinson's
 Support (*3rd Wed.)
 10:30 Bereavement
 (closed group)
 11:45 CRT Lunch
 12:30 Quilting (*2nd &
 4th Wednesday)



*Learn Guitar on Mondays
with Marc!*



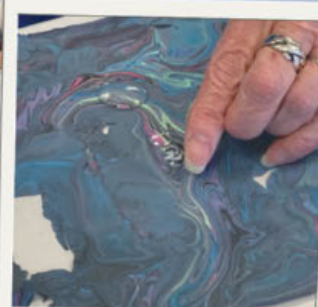
*the Trail Riders out
enjoying a ride*



*Happy 94th Birthday
to June Urban!*



Joyce & Annie



*Paint & Create
with Emi-Sue*



*go home with four paintings
and new jewelry! see page 5*

SUPPORT OUR ADVERTISERS!

Thursdays

8:30 Dancing Feet Foot Care (*3rd & 4th Thurs.)
 9:00 Coffee Connection
 9:00 Pickleball - Beg. Play
 10:00 Chess Club (*1st & 3rd Thurs.)
 10:45 Walking Club
 11:45 CRT Lunch
 1:00 Set Back
 1:00 Cornhole League

**Afternoon Guitar Lessons coming soon!*

Chess Club plays at 10:00 on the 1st and 3rd Thursday each month!

Enjoy some friendly competition over this 1500 year old board game. Free! Drop-in!



Corn Hole League meets Tuesdays and Thursdays at 1:00 PM



Combine skill and strategy in a relaxed setting. Enjoy friendly competition during open-play in the LP Wilson Gymnasium. Free! Drop-in!

Fridays

9:00 Tai Chi (on hiatus)
 9:00 Coffee Connection
 9:00 Pickleball - All Play
 9:30 Crafty Fingers & Scrap Booking
 10:00 Yoga
 11:45 CRT Lunch
 1:00 BINGO
 1:30 Line Dancing



Daytime BINGO on Mondays and Fridays at 1:00 PM

It's one of the Senior Center's most popular activities! Join with friends to try to win cash prizes. \$1 per card. (Evening BINGO is also played on the 3rd Wednesday each month at 4:30).



Line Dancing on Fridays at 1:30 PM

No need for a partner! Join volunteer instructor Connie and friends for a great workout in the Ballet Room. A great way to close out the week. Free! Drop-in!

Weekends

Check out our robust schedule of Evening and Weekend Trips on page 10. A \$2.00 donation is encouraged for us to continue offering these wonderful trips. A NAPIS Form 5 must be completed annually to enjoy participation in evening and weekend trips, as this is grant funded through the North Central Area Agency on Aging. Form 5's are available at the Senior Center.



To receive a digital copy of our Monthly Newsletter, please register by completing a Windsor Senior Center Membership form, available in the Senior Center or on our website, and providing your email address.

SUPPORT OUR ADVERTISERS!

Education & Enlightenment

Drivers Safety with **AARP**

Monday, July 8 from 9:00 AM to 1:00 PM

Roads and rules change. So do drivers. Brush up on your skills for behind the wheel with this popular driving course, hosted by AARP. AARP members pay \$20. Non-members pay \$25. Payable in cash or check to AARP.

Exploring with Ellen

Tuesday, July 9 at 10:00 AM and
Tuesday, August 13 at 10:00 AM

Join retired Biochemist and Associate Professor of Chemistry at the University of Saint Joseph for a wild journey through nature and science. Nature's Celestial Dance (July), and Galapagos Hidden Wonders (August). Call 860-285-1992 to register.

In Partnership with

**CT
Money
School**

The Windsor Senior Center presents:

Financial Literacy Workshops

On the 1st and 3rd Wednesday July - November
12:30 PM - 2:00 PM.

July 3:
Money Values and
SMART Goals

August 7:
The ABC's of Credit
& Borrowing

July 17:
Money Matters,
Making Money
Work for You

August 21:
Healthy Banking



Full schedule of workshops is available in the Senior Center. This program is FREE, and a catered lunch will be served to attendees, courtesy of American Rescue Plan Act. Registration will be **REQUIRED**.

Aging in Place

with Sharon Sullivan of Talem
Homecare

Thursday, July 11 at 10:00 AM

Sharon returns to explore better ways to age in place - a term you may be coming more familiar with as you age. Join us during Coffee Connection for an informational presentation. Refreshments will be served. Call 860-285-1992 to register.

Healthy Living: Brain & Body

with the **ALZHEIMER'S ASSOCIATION**

Thursday, August 8 at 11:00 AM

Heather Hitchcock of the Alzheimer's Association will be here to offer this program to help patients and caregivers navigate Alzheimer's with more confidence. Free. Call 860-285-1992 to register.



Consulting Services

with Greater Hartford Legal Aid

Friday, July 26 from 10:00 AM to 12:00 PM

Once monthly, patrons will be able to connect with Greater Hartford Legal Aid's consulting services, which provides high-quality legal services to address critical needs to folks relating to housing, family, senior, employment law and more. Call 860-285-1992 to schedule your 20 minute appointment.

Treats & Eats

Ice Cream Social

Thursday, July 11 at 12:30 PM

Our friends from Aetna will be hosting an Ice Cream Social in the courtyard for our patrons. Please register: 860-285-1992. Free!

Annual Senior Summer Picnic

Friday, August 9 from 11:00 AM to 2:30 PM

Enjoy an afternoon at the Senior Center for the Annual Summer Picnic! We will enjoy BBQ Chicken, Kielbasa and 'kraut, baked beans, macaroni salad, ice cream from Tall Man's Ice Cream Truck, and more. Eat, dance, and be merry! Enjoy raffles, games, and fun with friends and family at the Center. Register online or by calling 860-285-1992.

Rise n' Shine Breakfast

Thursday, August 15 at 9:00 AM

We are thrilled to invite our friends back from Touchpoints of Bloomfield to sponsor the August Rise n' Shine Breakfast. Space is limited. Free! Call 860-285-1992 to register.

Monthly Birthday Parties

Wednesday, July 31 and August 28 at 11:45 AM

If you are age 55+ and have a July or August birthday, sign up a week prior to the celebration, and receive a free gift from our sponsor. Thank you Geissler's for sponsoring our birthday cakes! Call 860-285-1992.

July is graciously sponsored by Cate Evans, Realtor with Coldwell Banker



August gifts and live music are graciously sponsored by Windsor Health and Rehab.

Get Outta Town!

The Windsor Senior Center has partnered with Collette and Friendship Tours to offer you a variety of trips this year!

For complete info, pick up a flyer at the Senior Center or call 860-285-1992!

for sold-out trips, please call to get on a waitlist

Senior Bus Trips:

Aquaturf: Legends Live:	Annual Holiday Hill Trip:
August 13, 2024	August 19, 2024
\$60/\$65	\$50/\$55

Friendship Tours:

Essex Steam Train/Riverboat Adventure:
August 29, 2024
\$150/\$155

Covered Bridges of New Hampshire:
October 1, 2024
\$140/\$145



Collette Tours:

2024:	Ireland: 10 days, 13 meals October 17 - 26	Spain: 12 days, 16 meals November 1 - 12
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2025:	Greece: 11 days, 14 meals April 24 - May 4	Alaska: 12 days, 26 meals August 13 - 25
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Windsor Dial-A-Ride

ALL reservations are now left on a dedicated reservation line. When calling the Windsor Senior Center, you will be given the following options:

- **PRESS 1** To schedule an In Town ride (in Windsor only).
- **PRESS 2** To schedule an Out-of-Town Medical ride (Be sure to leave your name, address, phone number, doctor name, address, phone number, time/duration of your appointment, if you use a walker or wheelchair or bring along an aide).
- **PRESS 3** To reserve a CRT meal from the LP Wilson Kitchen.
- **PRESS 4** To speak to George, the Senior Transportation Coordinator.
- **PRESS 5** To speak with a Senior Center staff member.

We want your experience with us to be as seamless as possible. We hope this new phone tree system will help us to achieve that. Thank you for your cooperation and we look forward to continuing to serve you.

WITHIN WINDSOR

Available Monday - Friday, 8:00 AM to 4:30 PM.

Transportation is provided for medical appointments, shopping, and other activities in town. Call (860) 285-1846 no later than noon two business days before your ride. Call (860) 285-1996 to cancel a ride.

OUT-OF-TOWN MEDICAL RIDES

Transportation for out-of-town medical appointments is offered Mon-Fri 9:00 AM to 3:45 PM.

Call by noon four business days or up to one month ahead of your appointment. Call (860) 285-1992 between 9:00 AM and 3:00 PM to schedule your ride. Provide doctor's name, phone, address, appointment time, and length. Wheelchair transportation is available.

For complete Dial-A-Ride information, including schedules to grocery stores and other shopping/errands please visit our website, call, or come visit us to receive a fully detailed brochure.

Evening and Weekend Trips

- Call 860-285-1992 to sign up for weekend, evening, and leisure trips.
- The cost of meals and/or fees are your responsibility.
- Know that restaurants may not be able to split bills, so bringing cash is advised.
- No additional sign-ups may be made less than 24 hours in advance of the trip.
- Trips marked with ★ indicates registration for non-Windsor residents opens a week later than for residents.

- Trips marked with 🎟 indicates a ticketed event.
- Transportation from home is available for Dial-A-Ride patrons.
- \$2.00 donation encouraged in order for us to continue to offer evening and weekend trips.
- A NAPIS Form 5 must be completed annually and prior to any trip to participate in evening and weekend trips, as this is grant funded through the North Central Area Agency on Aging. Form 5's are available at the Senior Center.

July Evening and Weekend Trips

Registration opens on June 24

T	July 9	Beamhouse, Glastonbury	4:30/7:30
TH	July 11	J Timothy's, Plainville	4:30/7:30
S	July 13	Yard Goats Game, Hfd.	5:00/TBD
TH	July 18	Beach Day!★ Hammonasset State Park	8:30/2:30
S	July 20	NB Museum & East Side Restaurant, New Britain	9:30/2:30
SU	July 21	Sturbridge Flea Market & Sturbridge Seafood	10:00/4:00
T	July 23	Beach Day!★ Hammonasset State Park	8:30/2:30
SU	July 27	Westbrook Outlets & Lenny and Joe's	9:00/3:00

August Evening and Weekend Trips

Registration opens on July 29

T	Aug 6	Maine Fish Mkt, E. Windsor	4:30/7:30
TH	Aug 8	Roberto's E. Windsor	4:30/7:30
S	Aug 10	Clinton Outlets & Lenny and Joe's	9:00/2:30
S	Aug 17	Windsor Historical Society & Union St. Tavern	11:00/2:30
S	Aug 17	Yard Goats Game, Hfd.	5:00/TBD
SU	Aug 18	Brignole Vineyard, East Granby	11:30/4:30
TH	Aug 22	Beach Day!★ Hammonasset State Park	8:30/2:30
T	Aug 27	Ninety Nine, Enfield	4:30/7:30



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Bill Humphreys

bhumphreys@lpicommunities.com
(800) 477-4574 x6634

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\$60

Sign up for 6 months at the 55+ Fitness Center
includes use of machines (no classes included)

\$100

Sign up for 1 year at the 55+ Fitness Center
includes use of machines (no classes included)

Group Workout Info

SilverSneakers Chair

Yoga: Build core strength and increase flexibility while seated. (\$5/\$7 per class)

SilverSneaker Classic

(FKA Chair Aerobics): Build endurance while seated. (\$5/\$7 per class)

Happy Hikers:

Weekly trail hikes in CT and MA. (Free)

SilverSneakers BOOM

MUSCLE (FKA Shape up & Workout): A great aerobic workout. (\$5/\$7 per class)

Line Dancing:

No partner necessary! (Free)

Tai Chi:

(on summer hiatus) Rise and Flow with Ginger (\$5/\$7 per class)

Trail Riders:

Ride locally on paved trails with beautiful scenery. (Free)

Walking Club:

Get your steps in! (Free)

Yoga:

Enhance your core and flexibility. (\$5/\$7 per class)

- **Residents:** \$60 per 10-class drop-in card
- **Non-Residents:** \$70 per 10-class drop-in card
- **Pay ahead** for the month's classes
 - Prices are as indicated on class descriptions (resident/ non-resident), and paid for on a monthly basis. Class schedules may differ each month due to instructor availability.

**All Summer:
No Silver Sneakers
Classes
on Fridays!**

Please ask for a printed schedule from your instructor in case last minute changes don't make it into the newsletter.

RenewActive
by UnitedHealthcare

Silver&Fit

prime



Active&Fit
ENTERPRISE™

The Windsor Senior Center is a proud partner and host site to the following wellness benefit programs: SilverSneakers, RenewActive, Silver & Fit, Active & Fit, and Prime! Call your provider today to see if you qualify! *Please note that non-SilverSneakers folks may take SS classes, but at the cost listed to the left.

Weekly Fitness Class Schedule

S	M	T	W	Th	F	S
8-2: 55+ Fitness Center Open	8-8: 55+ Fitness Center Open 9-12: Pickleball 8:50 -9:50: SS BOOM Muscle 10-11: SS Classic	8-8: 55+ Fitness Center Open 9-12: Pickleball 10: Trail Riders 10:45: Walking Club 1:30 SS Chair Yoga	8-8: 55+ Fitness Center Open 9-12: Pickleball 8:50-9:50: SS BOOM Muscle 10-11:15: Yoga 10-11: SS Classic	8-8: 55+ Fitness Center Open 9-12: Pickleball 10:45: Walking Club	8-8: 55+ Fitness Center Open 9-9:45: Tai Chi 9-12: Pickleball 10-11:15: Yoga 10: Happy Hikers 1:30-3: Line Dancing	8-2: 55+ Fitness Center Open