

		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<i>Menu</i>	
<b>GLASSICS</b>	<b>P</b>	9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:00 <b>Sen Candaras Aide Visit</b> 11:30 Lunch 12:30 Duplicate Bridge 1:00 <b>Jewelry</b>	1. 9:30 1 on 1 Computer 9:30 Pinochle 10:30 Gentle Exercise 10:30 Italian-Beg 11:00 French 12:00 Italian-Int 11:30 Lunch 12:30 Pitch 1:00 <b>Book Club</b> 7:00 Cribbage	3. 9:00 Adult Fitness 9:15 Chess 10:00 Golf 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii 1:00 <b>Veteran's Circle</b>	3. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 11:30 <b>Over Sixty Club</b> 12:30 Rubber Bridge 12:30 <b>Jazz Ensemble</b> 12:30 Chair Yoga 1:00 NO Table Tennis	4. 10:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 1:00 Mah Jong	<b>Reservations—24 hr notice 565-4150</b>  1. Chicken Caesar Wrap 2. Ham Steaks 3. Spaghetti & Meatballs 4. Oven Roasted Turkey 5. Baked Fish Fillet  8. Bourbon Chicken 9. Kielbasa 10. Lasagna 11. Salisbury Steak 12. Meals on Wheels Florentine Pollock  15. Rib-b-que Sandwich 16. Beef & Bean Chili 17. Chicken Cacciatore 18. BIRTHDAY BASH Cook Out! 19. Herb Crusted Cod  22. BBQ Chicken 23. Pork Loin 24. Veal Parmesan 25. Chicken Marsala 26. Baked Pollock  29. Gyros 30. Chicken Stir Fry	
	<b>METAL</b>							
	<b>PAPERBOARD</b>	<b>C</b>	8. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	9. 9:30 Pinochle 10:00 <b>Emerson—BP Clinic</b> 10:30 Gentle Exercise 10:30 Italian-Beginner 11:00 French 12:00 Italian-Intermediate 11:30 Lunch 12:30 Pitch 1:00 FOLOCA Mtg <b>VAN AROUND TOWN VOTE—8—8 PM</b>	10. 9:00 <b>Blood Sugars</b> 9:00 Adult Fitness 9:15 Chess 9:00 SHINE 10:00 Golf 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	11. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 12:30 Last Chair Yoga 1:00 Table Tennis 1:00 <b>Massage</b>		12. 10:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 No Lunch/MOWs Only 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 1:00 Mah Jong
		<b>P</b>						
	<b>PLASTICS</b>	<b>G</b>	15. 9:00 Adult Fitness 10:05 Aerobics 10:00 Blood Pressure 10:00 Bridge Refresher 10:10 Aerobics 11:30 Lunch 12:30 Duplicate Bridge 1:00 <b>Jewelry</b>	16. 9:30 Pinochle 10:30 Gentle Exercise 10:30 Italian-Beginner 11:00 French 12:00 Italian-Intermediate 11:30 Lunch 12:30 Pitch 1:00 <b>Discussion Grp</b>	17. 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii 1:00 <b>Nordic Walk-</b>	18. 9:30 COA Bd Mtg 10:00 Knitting 10:30 Gentle Exercise 11:30 <b>Birthday Bash</b> 12:30 Rubber Bridge 1:00 Table Tennis 1:00 <b>Master Gardener</b>		19. 9:00 <b>Footcare</b> 9:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 Lunch 11:30/12:15 Int/Beg Tap 12:30 Duplicate Bridge 12:30 <b>Movie – Doubt</b> 1:00 Mah Jong
		<b>METAL</b>			<b>Newsletter Deadline</b>			
<b>PAPERBOARD</b>	<b>C</b>	22. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	23. 9:30 Pinochle 10:30 Gentle Exercise 10:30 Italian 11:00 French 11:00 <b>Travel to Peru</b> 11:30 Lunch 12:30 Pitch	24. 9:00 Adult Fitness 9:15 Chess 9:00 SHINE 10:00 Trivia 10:00 <b>Carousel Trip</b> 10:00 <b>Diabetic Update</b> 10:05 Aerobics 11:30 Lunch 1:00 Bridge 1:00 Wii	25. 10:00 Knitting 10:30 Gentle Exercise 11:30 Lunch 12:30 Rubber Bridge 1:00 Table Tennis 1:00 <b>Massage</b>	26. 10:00 Adult Fitness 10:00 Line Dancing@ CH 10:00 Bridge Lessons 11:30 Lunch 12:30 Duplicate Bridge 1:00 Mah Jong		
	<b>P</b>							
<b>PLASTICS</b>	<b>G</b>	29. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 10:05 Aerobics 11:30 Lunch 12:30 Duplicate Bridge	30. 8:30 News Collating 9:30 Pinochle 10:30 Gentle Exercise 10:30 Italian 11:00 No French 11:30 Lunch 12:30 Pitch	<b>JUNE 2009</b>				
	<b>METAL</b>							

*Calendar Sponsored  
by  
Senator  
Gale Candaras*