


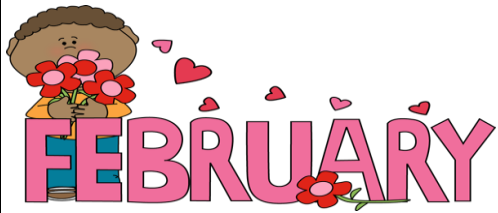



H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>SHIP COUNSELING By Appointment Only Call us about your Medicare problems! We will be glad to assist you!</p>	<p>SENIOR CENTER AND NUTRITION SITE CLOSED FOR NEW YEAR'S DAY HOLIDAY</p> 	<p>1 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 BEGINNER QUILTING CLASS 1:00-4:00</p>	<p>2 COFFEE & CONVERSATION 8:30-10:00 3 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>
<p>COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>6 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 COLOR ME CALM 11:00-12:00 ART CLASS \$ 1:00-3:00 VETERANS MEETING 3:00-4:00 TAI CHI 4:30-5:15</p>	<p>7 FAITH AND FELLOWSHIP 9:30-11:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only JEWELRY CLASS 1 10:00-11:00 DAY BY DAY 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 DUTCH LUNCH \$ TRIP TO CONCORD MILLS MALL 9:00-3:00 JEWELRY CLASS II 1:00-2:00</p>	<p>8 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BEGINNER QUILTING CLASS 1:00-4:00</p>	<p>9 COFFEE & CONVERSATION 8:30-10:00 10 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>
<p>COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SMARTPHONE CLINIC 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>13 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 COLOR ME CALM 11:00-12:00 UNDERSTANDING CREDIT BY SECURITIES 11:00AM-12:00PM ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15</p>	<p>14 FAITH AND FELLOWSHIP 9:30-11:00 JEWELRY CLASS 1 10:00-11:00 BLOOD PRESSURE CLINIC SPONSORED BY KINDRED AT HOME 10:00-11:30 EAST ELEMENTARY SCHOOL BIRTHDAYS 10:30AM SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00</p>	<p>15 HEALTHY LIFESTYLE CLASS 8:00-9:30 16 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 BEGINNER QUILTING CLASS 1:00-4:00 ART NIGHT \$ WEAVING TAPESTRY 5:00-8:00</p>	<p>16 COFFEE & CONVERSATION 8:30-10:00 17 WHAT IS RECREATIONAL THERAPY AND WHY DO I NEED IT? BY SENIOR TLC 9:00-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>
<p>SENIOR CENTER AND NUTRITION SITE CLOSED FOR MARTIN LUTHER KING, JR DAY</p> 	<p>20 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 COLOR ME CALM 11:00-12:00 VOLUNTEER MEETING 12:15 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15</p>	<p>21 FAITH AND FELLOWSHIP 9:30-11:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00</p>	<p>22 HEALTHY LIFESTYLE CLASS 8:00-9:30 23 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BEGINNER QUILTING CLASS 1:00-4:00 RADON WORKSHOP BY NC DEPARTMENT OF HEALTH AND HUMAN SERVICES 2:00-3:00</p>	<p>23 COFFEE & CONVERSATION 8:30-10:00 24 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>
<p>COUPON & RECIPE SWAP 9:30-10:30 DOCUMENT SHREDDING 9:00-2:00 CERAMICS 9:30-11:30 AIRA PRESENTATION 9:30-10:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>27 KNITTING 8:30-10:30 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 9:45-11:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 ADVISORY BOARD MEETING 12:00 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15</p>	<p>28 FAITH AND FELLOWSHIP 9:30-11:00 JEWELRY CLASS 1 10:00-11:00 RESOLVING CONFLICT THROUGH COMMUNICATION BY HOSPICE 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00</p>	<p>29 HEALTHY LIFESTYLE CLASS 8:00-9:30 30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 CBD OIL PRESENTATION BY MOUNTAIN STREET PHARMACY 10:00-10:30 BINGO \$ 10:30-11:15 BEGINNER QUILTING CLASS 1:00-4:00</p>	<p>30 COFFEE & CONVERSATION 8:30-10:00 31 SENIOR GAMES KICK-OFF 9:00-10:00 (In the Craft Room) CHORUS 10:00-11:00 RED CROSS BLOOD DRIVE 10:00AM – 2:30PM (In the Conference Room I) SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>


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H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>S.H.I.P. COUNSELING BY APPOINTMENT ONLY! We are here to help you with any of your Medicare questions.</p>
<p>COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 WHAT IS RECREATIONAL THERAPY AND WHY DO I NEED IT? BY SENIOR TLC 10:00-11:00 (Instructors From the YMCA) SENIORS IN MOTION \$ 10:30-11:30 BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 SHRED TRUCK</p>	<p>3 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 ART CLASS \$ 1:00-3:00 VETERAN'S MEETING 3:00-4:00 TAI CHI 4:30-5:15</p>	<p>4 FAITH AND FELLOWSHIP 9:30-11:00 DAY BY DAY 10:00-11:00 JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00</p>	<p>5 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 BEGINNER QUILTING CLASS 1:00-4:00 WRITING YOUR MEMOIRS 1:00-2:15</p>	<p>6 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>
<p>COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SMARTPHONE CLINIC 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>10 KNITTING 8:30-10:30 GENTLE EXERCISE CANCELED BIBLE HISTORY CANCELED BLACK HISTORY MONTH PROGRAM "CELEBRATING MUSIC FROM THE AFRICAN AMERICAN COMMUNITY" 9:30-11:00 STEPS TO HEALTH-TAKE CONTROL CANCELED ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15</p>	<p>11 FAITH AND FELLOWSHIP 9:30-11:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 DUTCH LUNCH \$ BURLINGTON COAT FACTORY AND CRACKER BARREL IN GASTONIA 9:00-2:00 JEWELRY CLASS II 1:00-2:00</p>	<p>12 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 VALENTINE'S DAY PARTY 10:00-10:45 BINGO \$ 10:45-11:30 GROCERY SHOPPING 12:00--2:00 BEGINNER QUILTING CLASS 1:00-4:00 WRITING YOUR MEMOIRS 1:00-2:15</p>	<p>13 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00 VALENTINE'S DANCE 7:00-9:30</p>
<p style="text-align: center;">SENIOR CENTER AND NUTRITION SITE CLOSED FOR PRESIDENT'S DAY</p> 	<p>17 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 VOLUNTEER MEETING 12:15 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15</p>	<p>18 FAITH AND FELLOWSHIP 9:30-11:00 JEWELRY CLASS 1 10:00-11:00 BLOOD PRESSURE CLINIC SPONSORED BY KINDRED AT HOME 10:00--11:30 EAST ELEMENTARY SCHOOL BIRTHDAY 10:30AM SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00</p>	<p>19 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 BEGINNER QUILTING CLASS 1:00-4:00 WRITING YOUR MEMOIRS 1:00-2:15 ART NIGHT \$ TBA 5:30-7:30</p>	<p>20 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>
<p>COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) SPENDING PLANS AND STRATEGIES BY SECU 11:00AM-12:00PM BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00</p>	<p>24 KNITTING 8:30-10:30 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 9:45-11:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15</p>	<p>25 FAITH AND FELLOWSHIP 9:30-11:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only JEWELRY CLASS 1 10:00-11:00 COMFORT TOUCH AND STRESS MANAGEMENT BY HOSPICE 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00</p>	<p>26 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BEGINNER QUILTING CLASS 1:00-4:00 WRITING YOUR MEMOIRS 1:00-2:15</p>	<p>27 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00</p>

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H. LAWRENCE PATRICK SENIOR LIFE AND CONFERENCE CENTER ACTIVITIES FOR THE MONTH OF MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	2 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 VETERAN'S MEETING 3:00-4:00 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15	3 FAITH AND FELLOWSHIP 9:30-11:00 JEWELRY CLASS 1 10:00-11:00 DAY BY DAY 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00	4 HEALTHY LIFESTYLE CLASS 8:00-9:30 BAKE SALE/YARD SALE/CRAFT SALE 9:00-12:00 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 BEGINNER QUILTING CLASS 1:00-4:00	5 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SMARTPHONE CLINIC 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	9 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 FLOWER ARRANGING CLASS \$ 1:00-3:00 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15	10 FAITH AND FELLOWSHIP 9:30-11:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only JEWELRY CLASS 1 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 TRIP TO HAMRICKS AND DUTCH LUNCH \$ PETE'S OF GAFFNEY, SC 9:00-3:00 JEWELRY CLASS II 1:00-2:00	11 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BEGINNER QUILTING CLASS 1:00-4:00	12 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00
WILL CLINIC BY NC LEGAL AID 9:00-3:00 (By Appointment Only) COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 ESTATE PLANNING BY HERITAGE LAW 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00 SHRED TRUCK	16 MEDICINE DROP OFF 8:00-12:00 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 ST PATRICK'S DAY PARTY 10:00-11:00 SPONSORED BY SUMMIT PLACE STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 VOLUNTEER MEETING 12:15 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15	17 FAITH AND FELLOWSHIP 9:30-11:00 JEWELRY CLASS 1 10:00-11:00 BLOOD PRESSURE CLINIC SPONSORED BY KINDRED AT HOME 10:00—11:30 SPIRITUAL AND GRIEF ISSUES AT THE END OF LIFE BY HOSPICE 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 EAST ELEMENTARY SCHOOL BIRTHDAY 10:30 MEDICINE DROP OFF 12:00-4:00 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00	18 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 BEGINNER QUILTING CLASS 1:00-4:00 ART NIGHT \$ TBA 5:30-7:30	19 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) ABUSE OF OLDER ADULTS BY SECURITIES 11:00AM-12:00PM BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE 1:00-3:00	23 KNITTING 8:30-10:30 MONTHLY BIRTHDAY CELEBRATION SPONSORED BY FOOD LION 9:45-11:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 LOCAL AUTHOR'S FAIR 10:00-2:00 STEPS TO HEALTH-TAKE CONTROL 11:00-12:00 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15	24 FAITH AND FELLOWSHIP 9:30-11:00 PERSONAL CARE SERVICES (TOENAIL CLIPPING) By Appointment Only JEWELRY CLASS 1 10:00-11:00 BUTTERBEAN AUCTION 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 JEWELRY CLASS II 1:00-2:00 DUPLICATE BRIDGE 1:00-4:00	25 HEALTHY LIFESTYLE CLASS 8:00-9:30 GENTLE EXERCISE 9:30-10:00 INTERMEDIATE LINE DANCE 10:00-11:30 BINGO \$ 10:30-11:15 GROCERY SHOPPING 12:00--2:00 BEGINNER QUILTING CLASS 1:00-4:00	26 COFFEE & CONVERSATION 8:30-10:00 CHORUS 10:00-11:00 SENIORS IN MOTION \$ 10:30-11:30 FRIDAY LUNCH \$ 11:00-12:00 WII BOWLING LEAGUE 12:00 CHAIR VOLLEYBALL 12:00
COUPON & RECIPE SWAP 9:30-10:30 CERAMICS 9:30-11:30 SENIORS IN MOTION \$ 10:30-11:30 (Instructors From the YMCA) BEGINNER LINE DANCE 11:30-12:30 QUILTING 12:30-3:00 INTERMEDIATE LINE DANCE CANCELED TALENT SHOW 1:00-3:00	30 KNITTING 8:30-10:30 GENTLE EXERCISE 9:30-10:00 BIBLE HISTORY 10:00-11:00 COLOR ME CALM 11:00-12:00 ART CLASS \$ 1:00-3:00 TAI CHI 4:30-5:15	31		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>SHIP COUNSELING By Appointment Only Call us about your Medicare problems! We will be glad to assist you!</p> </div>

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