COMING SOON!

To A Neighborhood Near You!

Many towns and communities are worried about their older residents and the services that are needed as people age. As part of that concern, some towns around Hancock County are turning to Friends in Action for help with those needs.

On Deer Isle, the effort has developed into “Friends in Action Deer Isle-Stonington”, in partnership with the Island Medical Center. An Advisory Board is assisting FIA and working closely with Jo Cooper to open a satellite office in the medical center with a local volunteer coordinator. The group has been recruiting volunteers and hopes to start by providing medical transportation. For more information, contact Jo Cooper at FIA or Charlie Osborn, 348-5255.

Similar concerns have been growing in the downeast Schoodic region, around the Sullivan and Gouldsboro area. A group has been looking into resources for their older residents for over a year and is now working with Friends in Action to develop volunteer resources and local programs. This group has also formed an Advisory Board and has been recruiting volunteers. “Friends in Action Schoodic” hopes to assist people in the towns that comprised the former school union in that area, including Winter Harbor, Gouldsboro, and Sullivan. For more information, contact Christina McGowan 422-2405 or Jo Cooper.

COMING IN MARCH

The B.E.S.T. (Basic Easy Strength Training) exercise program has proven so popular that we are adding a second day, now also offered on Wednesdays. There will be a class offered by the Senior College that will take place in the Senior Center art room on Mondays (more information inside). Another of the very popular jewelry making classes will be led by Lyn Wilson on March 15. The Gardener's Book Club will discuss Unbound by Wangari Maathai on March 17. Eastern Area Agency on Aging is holding public hearings on its Area Plan of Service on March 22. Also on March 22, a new computer class on Basic Computer Maintenance is being offered by David Gee.

Have the aliens landed? No, it is not a space ship but the recently donated pottery and ceramics kiln! It awaits take-off in our art room. We plan to have classes and group times starting in April. Special thanks to Audsey Turney for her generous donation and to Neil Labballe for his help in setting up the program!

Thank you to our March sponsor!
### Weekly Program Schedule in March

Programs marked with a star (*) are free of charge.

#### MONDAYS:
- 9:00 – 11:00: “Visit with Friends” Coffee House*
- 9:00 – 10:15: “Bone Builders”*
- 11:30 – 12:30: Strength & Balance
- 1:00 – 1:45: “BEST” Strength Training
- 1:00 – 3:00: Pastels on Velour

#### TUESDAYS:
- 9:00 – 11:00: Pickle Ball
- 9:00 – 10:00: “Friends in Motion” Walking Group*
- 10:00 – 11:00: Strength and Balance
- 10:00 – 12:00: Computer Help*
- 10:00 – 11:30: Free Writing Group*
- 12:00 – 1:00: Senior Lunch
- 1:00 – 2:00: Chair Yoga
- 5:00 – 6:30 Senior Strength Training*

#### WEDNESDAYS:
- 9:00 – 10:15: “Bone Builders”*
- 9:00 – 12:00: “Wednesday Painters”*
- 10:00 – 12:00: Sewing
- 10:30 – 11:30 Tai Chi
- 11:30 – 12:15: “BEST” Strength Training
- 1:00 – 4:00: Quilt Class
- 1:00 – 2:00: Gentle Yoga
- 1:30 – 3:30 Knitting / Craft Group*
- 2:30 – 4:45: Mah Jong*
- 3:00 – 5:00: Computer Help*

### SPECIAL IN MARCH
- **March 7, 14, 21, 28**
- **MAKING SILHOUETTES**
  - with Larry Zellner
  - Offered by Downeast Senior College
  - Call Ginny at 667-0871 to register, class is $25.00

#### VICTORIAN DOLL HOUSE PROJECT
- We’ve found some friends!
- Join us on March 21, at 11:30 for our first meeting to organize and lay out a plan of action to make this Doll House become a reality. We have identified a leader, so those of you who want to help can do so by painting, cleaning, putting together or simply being there to help sort parts.

#### RAISED BED GARDEN PLANNING
- March 14, 11:00
- The next meeting about the raised beds will be March 14, 11:00. Join Master Gardener Volunteer Mary Jude and other FIA volunteers as we plan the gardens for 2016!

#### BASIC COMPUTER MAINTENANCE
- March 22, 10:00 – 12:00
- Come learn about that foreign creature called the “Computer”, even if you use one regularly or have been thinking about getting one to “Skype” with the kids out of state, email friends, look online for items of interest. This class will allow you to become familiar with the terminology, special keys, and everything else you thought you knew, but guess you didn’t, concerning navigating the system. With David Gee. Sign up at the FIA office.
- This is an introductory class, no charge, donations accepted.

#### BRACELET-MAKING:
- **Just in time for ST. Patrick’s Day**
- TUESDAY, March 15, 10:00 – 12:30
- Learn how to make a designer bracelet using wire and beads. ALL MATERIALS PROVIDED class $5.00, includes your choice of 1 bracelet, and 1 set of earrings or 2 bracelets. Additional bracelets can be made for an additional fee. Class is limited in size, please sign up!

#### MOTHER’S DAY TEA
- Friday, May 6, 2:00 – 4:00
- A FUND RAISING EVENT FOR FRIENDS IN ACTION
- $10 PER PERSON. Music and refreshments, gifts and door prizes! Enjoy a special afternoon with your mother, aunt, sister, daughter or friends. Tickets available April 1. Seating is limited.

#### “WALL OF LOVE”
- Honor your loved ones in May
- We will be running a special in the May edition of our Program Guide honoring loved ones. You can add your loved one’s name to the “Wall of Love” with a small donation. Entries must be received by April 25th.
The Friends in Action Senior Center is located at 5 General Moore Way, Ellsworth, within the Moore Community Center. There is no fee to become a member of the Senior Center. For more information, contact Paula Perry, Senior Center Program Coordinator at 664-6016 or pperry@friendsinactionellswh.org

**VISIT WITH FRIENDS COFFEE HOUSE**
**MONDAYS and THURSDAYS, 9:00 – 11:00**
Come meet new and old friends and enjoy a cup of coffee and some conversation! Refreshments, coffee, cribbage and board games, some occasional entertainment. There is no charge, donations are appreciated.

**SENIOR LUNCH PROGRAM**
**TUESDAYS, THURSDAYS 12:00**
A hot cooked meal prepared on the premises. Monthly menu is available with this program guide or on our website. Meals are $6.00 per person age 60 and over, $8.00 for all others, and must be ordered by 2:00 pm the prior day; if ordered, payment is required. Financial aid is available to any who need it and is kept confidential. Application form available at our website, in our office and with this program guide.

**ARTS AND ENRICHMENT PROGRAMS**

**PASTELS ON VELOUR**
**MONDAYS, 1:00 – 3:00**
$5.00 per calendar month. Pastels painting, with Jill Donovan.

**FREE WRITING GROUP**
**TUESDAYS, 10:00 – 11:30**
This group welcomes new participants. You may share your writing, or not, as you prefer. Some prompts are provided to inspire! There is no charge.

**WEDNESDAY PAINTERS**
**WEDNESDAYS, 9:00 – 12:00**
A painting group that welcomes new senior participants. Bring your own materials. There is no charge.

**KNITTING / CRAFTS GROUP**
**WEDNESDAYS 1:30 – 3:30**
Bring your own craft project (knitting, crochet, sewing, cross-stitch, and more)! Enjoy the company of others and get your projects finished! Some instruction will be available as interest is shown. There is no charge.

**MAH JONG**
**WEDNESDAYS 2:30 – 4:45**
An ancient Chinese game. Learn to play or increase your skill level and enjoy some social time! If you have a game, bring it along. 3 – 5 players per game. There is no charge.

**GARDENERS BOOK CLUB**
**THIRD THURSDAY of each month**
March 17, 9:00—11:00. February’s book: *Unbound* by Wangari Maathai! This group is open to seniors and is organized by Master Gardener volunteers.

**SEWING & QUILTING**
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Check in for the latest project being worked on. Help is provided to beginners. Work on your projects and enjoy learning from others; $5.00 drop-in fee. There are machines and materials available.

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**TUESDAYS 10:00 – 12:00 (David), WEDNESDAYS 3:00 – 5:00 (Russ), THURSDAYS 1:00 – 3:00 (David), FRIDAYS 1:00 – 3:00 (Russ).**
Volunteers Russ Grohe and David Gee provide one-on-one assistance for computer questions. Appointments are recommended. There is no charge. Call 664-6016 for an appointment. (PLEASE NOTE: Russ will not be taking appointments until the week of March 21.)

**HEALTH AND WELLNESS PROGRAMS**

**FITNESS ROOM**
See Fitness Room information included with this guide.

**PERSONAL TRAINING FOR POSTPHYSICAL THERAPY PATIENTS**
This is available by appointment only, for those who are recovering from a stroke or other injury or who need individual guidance. $30 per half hour.

**“BONE BUILDERS”**
**RSVP CENTER ON AGING**
**MONDAYS & WEDNESDAYS, 9:00 – 10:15**
Gentle strength and balance training, to prevent and reverse osteoporosis. Participants should commit to regular attendance; a physician’s written approval is required. Limited to 15 participants. Led by trained lay leaders, this class is free.

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HEALTH & WELLNESS PROGRAMS continued

BASIC EASY STRENGTH TRAINING (“BEST”!)
Mondays, 1:00—2:00; Wednesdays 11:30—12:15
This class is perfect for beginners. BEST will help you maintain bone mass and prevent age-related muscle loss. This style of strength training will gently and effectively work the muscles, tendon, tissue, and ligaments in a way that it will allow you to perform everyday activities with greater ease, and with less risk of falling. Freedom of movement can have a considerable impact on your quality of life. $5 drop in or free with Fitness Pass.

STRENGTH & BALANCE
Monday, 11:30 – 12:30; Tuesday, 10:00 - 11:00; Thursday, 10:00 -11:00; Friday, 11:30 - 12:30
Systemic overall body workout that combines strength and cardio training with a variety of exercises; you can get more fit and strong no matter what your age or limitations. $5 drop-in fee or free with Fitness Pass.

SENIOR STRENGTH & CARDIO
Tuesday, 5:00—6:00
Melanie Zador leads the group in Strength Building for seniors, no charge for this class.

PICKLE BALL
Tuesdays, 9:00 - 11:00, Open Court: Monday, Tuesday, Wednesday, Thursday 1:00-3:00
This game uses a whiffle type ball, lower net, smaller court and is similar to tennis. Come learn with how to play with the rest of us! Instructors available to teach first timers. Non-marking shoes required. This game is addicting! By donation ($2 suggested).

SENIOR OPEN GYM
Thursday, 9:00 – 11:00
Play ping-pong or shoot a few hoops in the gymnasium. Coming soon: indoor shuffleboard! No charge.

CHAIR YOGA
Tuesdays, 1:00 – 2:00; Fridays, 12:45-1:15
This class which offers an alternative to yoga on the floor. Chair yoga lends itself to many aspects of the practice of yoga: meditation, breathing techniques, stretching. $5 drop in or free with Fitness Pass.

GENTLE YOGA
Wednesdays, 1:00 – 2:00
For all ages and levels. Anyone can do gentle yoga! There will be some deep breathing and simple stretches to tone and energize the body and mind. We will start with a brief centering meditation and end with a deep resting pose. Great way to feel better all over! $5 drop in fee or free with Fitness Pass.

TAI CHI FOR HEALTH
Wednesdays 10:30-11:30, Thursdays 10:30-11:30
Improve balance, strength, and flexibility. Offered by Healthy Acadia and trained leader Nina Zeldin. $5 donation to Healthy Acadia.

ZUMBA GOLD
Friday, 10:00-11:00
Low impact dance exercise that combines many exercises in a fun way. $5 drop-in or free with Fitness pass. Instructor Europa Hagerman.

GIFT IDEA!
How about giving a “One Size Fits All” gift FITNESS PASS to the Friends in Action Senior Center?

Happy March Birthdays!
Every month we celebrate birthdays at the Coffee House on the first Thursday!
Happy Birthday in March to Rosemary A., Herbert B., Percy B., Judy S. and DR. SEUSS!

SUPPORT GROUPS
Brain Injury & Stroke Support Group
2:00 – 4:00 March 21 meets the Third Monday of each month

Hancock County Parkinson’s Support Group
2:00 – 4:00 pm March 16 Third Wednesday of each month

Sage Maine
Drop-In Center Support Group
1:00-3:00 pm March 29 Last Tuesday of each month

RESOURCES
Every month, Eastern Area Agency on Aging offers resource information workshops and one-on-one counseling about Medicare and other benefits at the FIA Senior Center.

Medicare and Benefits Counseling
Friday, March 11, 9:00—3:00
Friday, March 18, 9:00—3:00
By appointment only. Call 1-800-432-7812

PUBLIC HEARING
Eastern Area Agency on Aging
Area Plan of Service
March 22, 10:00
MARCH 2016

Tuesday, March 1
Beef Stroganoff, Egg noodles, roll, veg, Brownie

Thursday, March 3
Stuffed Turkey, Mashed Potato, roll, veg, Berry Crisp

Tuesday, March 8
Chop Suey, Roll, Veg, Choc Chip Cookie

Thursday, March 10
New England Pork, Sweet Potato, Veg, Roll, apple Bake

Tuesday, March 15
Roast Beef, mashed Potato, Veg, Roll, Choc Mouse

Thursday, March 17
Corned Beef Boiled Dinner, roll, Chocolate Cake

Tuesday, March 22
Stuffed Peppers, Salad, roll, Cobbler

Thursday, March 24
BBQ Chicken, Potato Salad, Coleslaw, cornbread, Fresh Fruit

Tuesday, March 29
Chicken Cordon Bleu, Mashed Potato, veg, roll, Parfait

Thursday, March 31
Parm Haddock, Roasted Potato, veg, roll, White Cake

All meals are served at 12:00

RESERVATIONS REQUIRED
Reservations must be received by 2:00 pm the day before. (Call 664-6016)

MEALS ARE $6.00 FOR AGES 60 and older (Financial Aid is available if needed.)

ALL OTHERS $8.00

STARTING MARCH 15, meals will be $7.00 FOR SENIORS WHO HAVE NOT REGISTERED

Friends in Action receives $1 per meal from Eastern Area Agency on Aging for all registered seniors, ages 60 and older. Starting March 15, we will charge $7.00 per meal for seniors who prefer not to register. An updated form is available at meals. Registration is only required once per year and you may register the day of your meal. This subsidy helps make our meal program possible. Thank you for your help!

Lots of fun and smiles as friends meet at the Valentine Day Coffee House last month!
SENIOR FITNESS PROGRAM

GENERAL INFORMATION

The mission of Friends in Action is to promote independence and a strong quality of life for older and disabled adults. Our goal is to improve the health and well-being of seniors throughout our region. Many studies have shown that both physical activity and social interaction are essential for all ages. The Friends in Action Senior Fitness programs and the Friends in Action Fitness Room are the result of careful planning to better address that need.

Use of the Fitness Room is intended for adults, aged 50 and older who can function independently.

Our Fitness Program is for seniors of all fitness levels; come see what you can accomplish!

ORIENTATION: Before using the Fitness Room and its equipment, each user must have a general orientation to the room, the equipment and Fitness Room policies with the Fitness Program Director or a designated substitute. This orientation is free and is by appointment.

WAIVER: Each user must sign a waiver; a doctor’s permission form is strongly recommended but may be waived by the user.

CLASSES: Group classes do not require an orientation or waiver before participation (with the exception of the RSVP Center on Aging “Bone Builders” class).

FEES: Costs for classes vary; most will require the Fitness Pass or a drop-in fee. (See fee schedule below.) Some are free or by donation. The Fitness Pass is monthly; it may be purchased for several months at a time.

HOURS: The Senior Center is generally open 8:00 – 5:00, Monday – Friday. The Fitness Room may be used during those hours by members who have been approved by the Fitness Program Director. Others may use the room (after completing an orientation) when an attendant is present.

USE: Each time that you come to use the Fitness Room, you will be asked to sign in and to pay a drop-in fee if you do not have a Fitness Pass. Users with a current Fitness Pass have access to the Fitness Room and classes without additional charge.

CANCELLATIONS: We will make every effort to inform you if a group class is cancelled due to staff illness or weather. Cancellations will be posted on our website. When Ellsworth schools are closed due to inclement weather, the Friends in Action Senior Center is also.

STAFF: Machelle LaHaye is the Fitness Program Director, with Europa Hagerman as assistant trainer. Trainers are also available by appointment, which can be arranged through the main office.

Friends in Action welcomes your suggestions for future programs.

Gift certificates are available!

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<th>Drop-in fee: $5</th>
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FRIENDS IN ACTION SENIOR CENTER

General Information

Telephone 664-6016 (toll free 844-830-7382)

LOCATION: The Friends in Action Senior Center is located in the former Bryant E. Moore School (now called the “Moore Community Center”), 5 General Moore Way, which is off State Street in Ellsworth.

MEMBERSHIP: There is no membership fee for the Senior Center; participants are asked to register at their first visit and then simply check in at each subsequent visit.

FEES: Many of the programs offered by Friends in Action are at no charge or a low fee to cover costs; donations are appreciated and may be made in person at the Senior Center, by mail to P.O. Box 1446, Ellsworth 04605 or by credit card on our website, www.friendsinactionellsworth.org. Friends in Action is a 501 c 3 nonprofit organization and your donations are tax deductible. All of our funding is raised through individual support, grants and fundraising events.

FINANCIAL ASSISTANCE: Application forms are available at the reception desk or by calling 664-6016. They are also included in this Guide. The mission of the Friends in Action Senior Center is to offer programs to seniors throughout Hancock County so that they may live healthier and happier lives. It is our hope that our programs will be as available as possible to all who wish to participate.

Friends in Action STAFF:

Jo Cooper, Executive Director
Aleta Fusco, Administrative Assistant
Lynn O’Kane, Transportation Coordinator
Paula Perry, Senior Center Program Coordinator
Machelle LaHaye, Fitness Program Director

THE BOARD OF DIRECTORS:

Paul Pangburn, President
Joyce Snow, Vice-President
Mary Ann Lock, Secretary
Tim Tunney, Treasurer
Sheila Denny-Brown, Sam Francis, Russ Grohe, Melissa Hale, Leslie Harlow, Sara Sherwood, Charlotte Stetson
What is Friends in Action?

Our Mission: to offer free services to elderly and disabled residents of Hancock County, so that they can live independently, with dignity and a strong quality of life.

Friends in Action is a 501 c 3 nonprofit organization serving all of Hancock County and sometimes beyond! Founded in 2003 to assist older and disabled residents with direct volunteer services, Friends in Action provides transportation, friendly visits, grocery shopping, simple home repairs, and other one-on-one volunteer services at no charge. The Senior Center began in 2008 with the “Visit with Friends Coffee House”, a weekly social morning, as a way to alleviate loneliness and isolation. In 2009, Friends in Action expanded that program in partnership with the Downeast Family YMCA and the City of Ellsworth at the recently vacated Bryant E. Moore School. The City of Ellsworth provided the renovations to the school facility which is managed by the YMCA. An added benefit is the combination of the Y’s preschool program and Friends in Action’s senior programs in the same building. While the City provided the facility upgrades, Friends in Action remains an independent organization and provides the Senior Center programs and volunteer services to the community. We keep any program fees as low as possible. In 2015, Friends in Action volunteers provided about 5,000 rides to a variety of destinations, including medical providers, grocery stores, food pantries, beauty salons, veterinarians, the FIA Senior Center, and more! There were thousands of visits to the Senior Center and about 400 people became members. We hope you will join us! It is a great way to make new friends, stay connected, and be a part of the community.

Become a Friends in Action Volunteer!

Volunteers teach classes, greet visitors, serve meals, provide rides, deliver food, pick up groceries or prescriptions, help with yard work or chores, do simple home repairs and more! They are kind and caring neighbors, the true Friends in Action! To become a volunteer, contact us at 664-6016 or email info@friendsinactionellsworth.org. We also can connect you with other fun volunteer opportunities, such as helping in the YMCA Early Learning Center or in the community.

How can you help?

DONATE

Probably the best way you can help is by making a financial donation. Friends in Action is a local nonprofit organization that does not receive any Federal or State government funding. We raise all of our money from the community through individual donations, grants, and fundraising events. Every donation, large or small, helps. We have a special giving society “FRIENDS FOREVER” for planned gifts and an endowment fund for our future, as well. For more information, contact us at 664-6016.

OUR WISH LIST

Small office desk
Comfortable seating for welcome area
Display case
Yoga mats
Portable ramp
Wheel chair van!

VOLUNTEER

Volunteers make everything that we do possible. You can decide on your own hours and availability. (see below)

TELL YOUR FRIENDS

We appreciate your letting others know who may benefit from Friends in Action services and programs.

Friends in Action’s mission is to make its services and programs as available as possible to all seniors and that financial need should not prevent access to our programs. We do not receive any Federal or State funding and must raise all our funding from the community. Financial assistance is contingent upon available funding. Any contribution toward meeting our costs will help us to continue our programming. A contribution is not required but is appreciated. (For example, if the cost of each meal is $6, you may be able to contribute $3.)

COST OF PROGRAM __________________ AMOUNT YOU WILL CONTRIBUTE ___________

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Gross household income guidelines for reduced price meals: (source: USDA)

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</table>

How many persons live at your address and make up your family unit? ________ Is your gross family unit income less than the amount listed? Yes ______ no ______

I certify that I am in need of financial assistance in order to participate in Friends in Action senior center programs. (Signed) __________________________ Date of birth ____________

For Office Use Only:
Approved for: __________________

APPLICATION FOR FINANCIAL ASSISTANCE

FRIENDS IN ACTION SENIOR CENTER
APPLICATION FOR FINANCIAL ASSISTANCE

Name __________________________ Date of birth ____________

Address __________________________ City ____________ Zip ________

Telephone __________________________ Cell ____________ Email __________________________

Do you live alone ______ or with friend or relative ______

Program(s) for which you need assistance: __________________________

Friends in Action is a 501 c 3 nonprofit organization serving all of Hancock County and sometimes beyond! Founded in 2003 to assist older and disabled residents with direct volunteer services, Friends in Action provides transportation, friendly visits, grocery shopping, simple home repairs, and other one-on-one volunteer services at no charge. The Senior Center began in 2008 with the “Visit with Friends Coffee House”, a weekly social morning, as a way to alleviate loneliness and isolation. In 2009, Friends in Action expanded that program in partnership with the Downeast Family YMCA and the City of Ellsworth at the recently vacated Bryant E. Moore School. The City of Ellsworth provided the renovations to the school facility which is managed by the YMCA. An added benefit is the combination of the Y’s preschool program and Friends in Action’s senior programs in the same building. While the City provided the facility upgrades, Friends in Action remains an independent organization and provides the Senior Center programs and volunteer services to the community. We keep any program fees as low as possible. In 2015, Friends in Action volunteers provided about 5,000 rides to a variety of destinations, including medical providers, grocery stores, food pantries, beauty salons, veterinarians, the FIA Senior Center, and more! There were thousands of visits to the Senior Center and about 400 people became members. We hope you will join us! It is a great way to make new friends, stay connected, and be a part of the community.

Become a Friends in Action Volunteer!

Volunteers teach classes, greet visitors, serve meals, provide rides, deliver food, pick up groceries or prescriptions, help with yard work or chores, do simple home repairs and more! They are kind and caring neighbors, the true Friends in Action! To become a volunteer, contact us at 664-6016 or email info@friendsinactionellsworth.org. We also can connect you with other fun volunteer opportunities, such as helping in the YMCA Early Learning Center or in the community.

What is Friends in Action?

Our Mission: to offer free services to elderly and disabled residents of Hancock County, so that they can live independently, with dignity and a strong quality of life.

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Weather cancellations: If the Ellsworth schools are closed due to inclement weather, then the Friends in Action Senior Center will be closed. Any volunteer transportation is provided at the discretion of the volunteer. We will post any closings on WLBZ 2 and the local radio stations; or you can call our office (664-6016) for current information.

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<tr>
<th>SUN-</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<tr>
<td>1.</td>
<td>9:00 Pickleball</td>
<td>9:00 West Painters</td>
<td>3:00 Coffee House</td>
<td>11:00 Zumba Gold</td>
<td>1:00 Zumba Gold</td>
<td>1:30 Strength &amp; Balance</td>
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<td>1:00 Friends in Motion</td>
<td>9:00 Open Gym</td>
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<td>2:45 Chair Yoga</td>
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<td>10:00 Free Writing</td>
<td>10:00 Sewing</td>
<td>10:00 Computer Help</td>
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Thank you to this month’s sponsor: