Annual Meeting Celebrates

Friends in Action’s Annual Meeting was held April 27. It was an evening of celebration as we marked our first full year operating the Senior Center in the Moore Community facility. President Paul Pangburn pointed out that Friends in Action is serving more people than ever before while at the same time “venturing into new territory and offering new programs”. He introduced the new slate of officers, including himself, Vice-President Joyce Snow, Secretary Mary Ann Lock, and Treasurer Tim Tunney. New Board members are Emily Muise, Charlotte Stetson, Jackie Weaver and Bob Wilson. Outgoing Board President Candy Gammelin was honored for her many years of service both on the Board and as a volunteer. The primary focus of the Annual Meeting was to celebrate Friends in Action volunteers, of which there are over 150. Honored were Jane Hutchins and Sonny King as Volunteers of the Year. Jane and Sonny both started as participants in the coffee house and soon began to help as volunteers. Now they both help several times a week, with the coffee house on Mondays and Thursdays and at the senior meals on Tuesdays and Thursdays. Jo Cooper pointed out that as these programs have become more popular, Jane and Sonny’s volunteer help has been “essential”. Emily Muise was recognized as “Rookie of the Year”. Emily became a volunteer driver in the past year and also volunteers in the office and has joined the Board of Directors. Joining the “Extra Mile Club” which recognizes volunteers who give a little “extra” in many ways were Chris Cherry, Randy Ewins, and Carol Fortier.

(Annual Meeting, continued)

Thank you to our May sponsor:

Eastern Area Agency on Aging
1-800-432-7812

EAAA is a major resource for older and disabled adults and a community partner of Friends in Action

Friends in Action is holding a special event to celebrate Mother’s Day on Friday May 6 (see p. 2). A committee of volunteers, led by Senior Center Coordinator Paula Perry, is planning an elegant tea. There will be plenty of carnations, which the founder of Mother’s Day felt symbolized a mother’s pure love.
Weekly Program Schedule in May

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”*  
10:30 – 11:30: Tai Chi  
11:30 – 12:15: “BEST” Strength Training  
1:00 – 4:00: Open Sewing  
1:00 – 2:00: Gentle Yoga  
2:30 – 4:45: Mah Jong *  
3:00 – 5:00: Computer Help *

THURSDAYS:
9:00 – 11:00: Open Gym for Seniors *  
9:00 – 11:00: “Visit with Friends” Coffee House *  
10:00 – 11:00: Strength & Balance  
10:30 – 11:30: Tai Chi (beginners)  
12:00 – 1:00: Senior Lunch  
1:00 – 3:00: Computer Help *

FRIDAYS:
10:00 Zumba Gold  
11:30: Strength and Balance  
1:00 – 3:00: Computer Help *

NEW & SPECIAL PROGRAMS IN MAY

Introduction to Hand-Building with Clay  
Tuesdays and Thursdays  
1:00—2:30  
8 CLASS PROGRAM MAY 3 - MAY 26  
Instructor Neale LaSalle, from “Clay with Me”, will teach the basics of clay handling and care.  
$75 PER PERSON, PRE-REGISTRATION REQUIRED

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. Seating is limited. 664-6016 to reserve your seat.

“MEDLINE PLUS” PRESENTATION  
MAY 12, 1:00 - 2:00  
Healthy Acadia is pleased to offer free, interactive workshops and tutorial sessions for navigating Medline Plus, an online resource that provides reliable, up-to-date health information, anytime, anywhere, for free. Produced by the National Library of Medicine, the world’s largest medical library, MedLine Plus provides information about diseases, conditions, and wellness issues in a user-friendly format suitable for patients, families, caregivers, and learners of all ages. Participants will navigate through the Medline Plus portal to explore the wide variety of health resources available, search health topics, explore health videos and interactive tutorials, optionally sign up to receive periodic online and/or print health updates, and check out other interactive tools.

GARDENERS’ BOOK CLUB  
MAY 19, 9:00 - 10:30  
Book Selection Meeting

PROTECTING SENIORS FROM SCAMS  
Seminar presented by Rebecca J. Sargent, Esq., CTFA  
THURSDAY MAY 19, 1:30 - 2:30  
All of us have the capacity to be fooled. Seniors are especially vulnerable to scams because they are generally less aware of the possibilities out there. It’s an ever-changing environment and the scammers are getting better at their craft. This discussion will be an overview of some basic types of fraud (emails, phone calls, IRS claims, lottery winnings) and who to turn to if you think you may be a victim. We’ll talk about the feelings that go along with being tricked and why hiding the issue makes the problem much bigger. Lastly, we’ll discuss some safeguards that you might want to consider so that you can better protect yourself, including different kinds of bank account, credit cards, and naming someone else to help you with your finances if necessary.

Mark your calendars!  
COMING IN JUNE  
AARP SMART DRIVERS CLASS  
Monday June 6, 10-3:15 drivers 55+ will receive a certificate to get a discount on their vehicle insurance. Bring a bag lunch. Pre-registration required. For more info and to register stop in or call the FIA office. 664-6016

COMING IN OCTOBER  
2nd Annual Dinner/Auction  
Saturday evening, October 1st  
A huge success in 2015! Promises to be an even bigger success in 2016!  
Seating is limited.

COMING IN NOVEMBER  
Christmas Craft Fair  
To Benefit Friends in Action  
November 5, 2016  
9:00 - 2:00  
Call to reserve your table now.  
$25.00 per table

COMING IN JUNE

Happy MAY Birthdays!  
Every month we celebrate birthdays at the Coffee House on the first Thursday!

HAPPY BIRTHDAY IN MAY TO:  
Babe Ruth Anderson, Janine Bailey, Sara Christy, Jo Cooper, Joyce Gaffney, Joan Grantham, John Haley, Michelle La Haye, Delores Mathews, Jean Wight and . . . many others!

Happy Birthday!
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@friendsinactionellsworth.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. **Special April 21, come enjoy “Coffee with a Cop” during our regularly schedule coffee house.**

**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.

**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. Come and join the players at the Mahjongg tables. If you don’t play a step-by-step approach to playing is offered.

**GARDENERS BOOK CLUB**
THIRD THURSDAY of each month
May 19, 9:00 - 11:00. Book selection meeting.

**SEWING & QUILTING**
WEDNESDAYS 10:00 – 4:00
Check in for the latest project being worked on. Help is available for beginners. Work on your projects and enjoy learning from others; $5.00 drop-in fee. There are machines and materials available.

**COMPUTER HELP**
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.

**INTRODUCTION TO HAND- BUILDING WITH CLAY**
TUESDAYS AND THURSDAYS 1:00 - 2:30
8 CLASS PROGRAM MAY 3 - MAY 26
$75 WITH INSTRUCTOR NEIL LASALLE

**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.

**FRIENDS IN MOTION**
TUESDAYS, 9:00 – 10:00
Indoor and outdoor walking group. There is no charge.

**“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.

**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. **Special April 21, come enjoy “Coffee with a Cop” during our regularly schedule coffee house.**
HEALTH & WELLNESS PROGRAMS continued

BASIC EASY STRENGTH TRAINING
("B.E.S.T."")
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, 1:00
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
Thursdays 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;
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.

ADDITIONAL FITNESS CLASSES COMING IN JUNE!
Tell us what you would like to see! Fill out a Senior Fitness Survey!
AVAILABLE IN THE FRIENDS IN ACTION OFFICE

SUPPORT GROUPS
Brain Injury & Stroke Support Group
2:00 – 4:00 May 16, meets the THIRD Monday of each month

Hancock County Parkinson’s Support Group
2:00 – 4:00 pm May 18, THIRD Wednesday of each month

Sage Maine Drop-In Center Support Group
1:00-3:00 pm May 31, 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, May 13, 9:00—3:00
Friday, May 20, 9:00—3:00
By appointment only. Call 1-800-432-7812
APPLICATION FOR FINANCIAL ASSISTANCE

Assistance is available for Fitness and Meals

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’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__________

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)_____________

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**LUNCH MENU**

**MAY**

JOIN US FOR GOOD FOOD AND ENJOYABLE COMPANY EVERY TUESDAY AND THURSDAY AT 12:00 NOON.

**Thursday, May 5**
Beef Tips, Mashed potato, Carrots, roll, Choc Cake

**Tuesday, May 10**
Hot dog, Beans, Biscuit, coleslaw, Peach Cobbler

**Thursday, May 12**
Chicken Cordon Bleu, rice, roll, peas, Bread Pudding

**Tuesday, May 17**
Pulled Pork, Corn Bread, Potato Salad, Green Beans, Strawberry Shortcake

**Thursday, May 19**
Tuna Melt, Chips, Pickle, Coleslaw, Parfait

**Tuesday, May 24**
Chicken Alfredo, Pasta, Broccoli, Garlic Roll, Chef’s Surprise ???

**Thursday, May 26**
Fish Chowder, Salad, roll, Blueberry Crisp

**Tuesday, May 31**
Open Faced Sloppy Joe, Chips, Carrot raisin salad, Jell-O Salad.

MEALS ARE $6.00 FOR AGES 60 and older; $7.00 for seniors who have not registered.

ALL OTHERS $8.00

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**Wall of Love**

**IN HONOR OF MY SON**
TIM H. HUTCHINS   SEPT. 6, 2014

Jane Hutchins

**FOR ALL THAT YOU WERE AND CONTINUE TO BE IN MY LIFE,**
CLAIRE, MABEL AND JIM.

Love, Janice

**IN LOVING MEMORY OF A SPECIAL BROTHER**
LAWRENCE “PUDGE” FROST
FEB. 27, 1937—SEPT. 26, 2002

Corace Buckler

**IN HONOR OF MY BEST FRIEND**
KEITH HUTCHINS
NOV. 15, 2012

Jane Hutchins

**IN HONOR OF MY Precious Mother,**
JANE MANSON, I MISS YOU SO!

Sally Francis
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>
<th>1 MONTH</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, Emily Mulse, Sara Sherwood, Charlotte Stetson, Jackie Weaver, Bob Wilson
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.

How can you help?

OUR WISH LIST
Comfortable seating for welcome area
Display case
Yoga mats
Portable ramp
Wheel chair van!
Dyson Vac for Fitness Room
3 sets of Bi-Folding doors for Art Room

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

DONATE
Probably the best way you can help is by making a financial donation. Friends in Action is a local non-profit 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.

MY DONATION TO FRIENDS IN ACTION

Name__________________________________________ _______________________________
Address__________________________________________________________________________City__________________Zip____________
Telephone______________ Email___________________________amount enclosed  $_______________
This gift is in Memory of:______________________________________________________ in Honor of:____________________________________________________
I have remembered Friends in Action in my will ___ Please send me information on “FRIENDS FOREVER” ___

You can also make a donation by credit card on our website; www.friendsinactionellsworth.org, or mail to us at P.O. Box 1446, Ellsworth, Maine 04605
**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.

### SENIOR CENTER CALENDAR

**MAY, 2016**

#### SUN-
- 1:00 Bone Builders
- 9:00 Coffee House
- 1:30 Strength & Ball
- 1:00 Pastels on Velour
- 9:00 B.E.S.T. Fitness
- 1:00 Pickle ball

#### MONDAY
- 9:00 B.E.S.T. Fitness
- 1:00 Pickle Ball

#### TUESDAY
- 9:00 B.E.S.T. Fitness
- 1:00 Pickle Ball

#### WEDNESDAY
- 9:00 Coffee House
- 1:00 Open Gym
- 1:00 Strength & Balance
- 10:00 Zumba Gold
- 1:00 Senior Lunch
- 1:00 Computer Help
- 1:00 Pickle Ball
- 1:00 Pottery Class

#### THURSDAY
- 10:00 Strength & Balance
- 9:00 Gardeners Book Club
- 10:00 Tai Chi
- 1:00 Quilt class
- 10:00 Sewing
- 1:00 Gentle Yoga
- 10:00 “Coffee with a Cop”
- 10:00 Tai Chi
- 1:00 Protecting Seniors from Scams

#### FRIDAY
- 10:00 EAAA Benefits appts
- 1:00 Coffee House
- 1:00 Open Gym
- 1:00 Chair Yoga
- 1:00 Computer Help
- 1:00 Pottery Class

#### SATURDAY
- 10:00 EAAA Benefits appts
- 1:00 Coffee House
- 1:00 Open Gym
- 1:00 Computer Help

#### May Specials
- **13-14:** CAREGIVERS BOOK CLUB
- **15-16:** PROTECTING SENIORS FROM SCAMS
- **17:** "Med Line Plus" info
- **21-23:** ZUMBA GOLDS
- **26:** "Coffee with a Cop"

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**Thank you to this month’s sponsor:**

**Save the DATE!**

Thursday, May 19, 2016 - 10:00 a.m. - 3:00 p.m.

- Vendor booths in Husson University Gym
- Movies & breakout sessions in Gracie Theatre
- Shuttles from parking lots to the door
- Screenings AND Door prizes

**It’s FREE!**