



VOICE OF EXPERIENCE

PUBLISHED BY
ROCKY MOUNTAIN DEVELOPMENT COUNCIL

Helena Senior Center Advisory Council's September Trip It's Still Travel Season for the Helena Senior Center Advisory Council! Consider a Jaunt Over to Philipsburg



HELENA SENIOR CENTER
Volume 11, Number 8
August 2011

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Right after Labor Day, when the weather may be closer to summer than winter, join us for a fascinating day in southwestern Montana. Here's a preliminary itinerary for this travel day in Montana's storied mining country.

We'll drive to Butte and have lunch with our Butte Senior Center colleagues. They are located in the historic Belmont Mine Hoist House, overlooking the whole Silver Bow Creek Valley.

When we get back into the bus, we'll trek over to Anaconda and start up the Pintler Scenic Route into Philipsburg—going past Georgetown Lake and the old

mining area around Southern Cross.

Once in Philipsburg, our partners in travel—Mountain Westours—will have arranged for a combination of museum opportunities, guides, shopping in Philipsburg Downtown Historic District AND the opportunity to mine for gems. (As you likely know, Philipsburg reached its zenith as a mining center in the early 1890's before the Silver Crash in 1893.) Then, we'll have a great local early dinner.

We'll head home by way of Drummond and Avon and Elliston.

When: Tuesday, September 6, 9:30 am to 7:30 pm

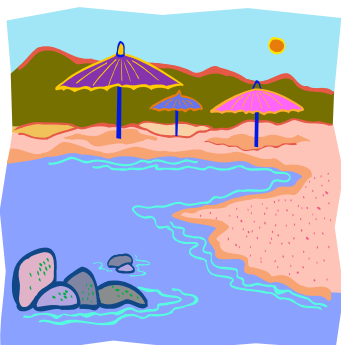
Cost: \$70 includes transportation, lunch and dinner, mining, guides, snacks, and gratuities.

Register: You are registered when you have paid the RMDC Receptionist. Need 30 participants to go.

Remember: To enjoy this trip, you'll want to be able to walk the downtown sidewalks and hills around Philipsburg. If you need assistance, please anticipate asking an attendant to accompany you also.




You won't want to miss this trip into a lovely part of our landscape and history.



HELENA/EAST HELENA DDC MENU AUGUST 2011

FOR ADDITIONAL INFORMATION CALL 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1- CHEESEBURGER ON WHOLE GRAIN BUN BAKED POTATO WEDGES BOSTON BAKED BEANS FRUIT CUP	-2- CHICKEN BREAST OVER PARMESAN NOODLES CAPRI VEGGIES 4-BEAN SALAD FRESH FRUIT (HDM)	-3- MEAT LOAF W/GRAVY MASHED POTATOES BROCCOLI SPEARS FRUIT DESSERT WHOLE GRAIN ROLL	-4- BAKED HAM SLICE SWEET POTATOES GARDEN PEAS CINNAMON APPLESAUCE WHOLE GRAIN ROLL GARDEN SALAD (HDM)	-5- OPEN FACED HOT PORK SANDWICH W/GRAVY MASHED POTATOES PARSLEY CARROTS PINEAPPLE & DRIED CRANBERRIES
-8- POLISH SAUSAGE WITH SAUERKRAUT POTATO ROUNDS GREEN BEANS CORN BREAD	-9- SWEET N SOUR CHICKEN (pineapple and peppers) BROWN RICE JAPANESE VEGETABLES FORTUNE COOKIES FRESH FRUIT (HDM)	-10- TATER TOT CASSEROLE CAPRI VEGGIES SPICED APPLES CRISPY COLESLAW WHOLE GRAIN ROLL/BREAD	-11- BBQ CHICKEN BABY RED POTATOES ZUCCHINI & CORN W/PEPPERS WHOLE GRAIN ROLL TOSSED GREENS W/4-BEAN SALAD (HDM)	-12- <u>BIRTHDAY DINNER</u> PASTIES WITH GRAVY KEY LARGO VEGGIES CRANBERRIES CAKE WITH ICE CREAM <u>NO SALAD BAR</u>
-15- CHICKEN ALA KING OVER BUTTERMILK BISCUITS CAPRI VEGGIES MANDARIN ORANGES	-16- BAKED VEAL PATTY W/GRAVY WHIPPED POTATOES CAULIFLOWER & PEAS WHOLE WHEAT ROLL FRESH FRUIT (HDM)	-17- SWISS STEAK WITH (peppers & onions & tomatoes) EGG NOODLES STEAMED SPINACH APRICOTS	-18- ORANGE CHICKEN WILD RICE PILAF GINGER CARROT COINS LIMA BEANS TOSSED GREEN SALAD(HDM)	-19- <i>BEEF GOULASH</i> (macaroni, tomatoes, beans) <i>STEAMED BROCCOLI</i> <i>GARLIC BREAD</i> <i>APPLE CRISP WITH</i> <i>OATMEAL TOPPING</i>
-22- CHILI/BEAN BURGER ON A BUN POTATO ROUNDS GOLDEN CORN MIXED FRUIT	-23- TERIYAKI CHICKEN BROWN RICE PILAF ORIENTAL VEGETABLES SNAP PEAS FRESH FRUIT (HDM)	-24- BBQ PORK BITS BABY RED POTATOES BOSTON BAKED BEANS PINEAPPLE-CABBAGE SLAW WHOLE GRAIN ROLL/BREAD	-25- MOCK CHOP SUEY CRISPY NOODLES JAPANESE VEGETABLES MANDARIN ORANGES TOSSED GREEN SALAD(HDM)	-26- LEMON GARLIC CHICKEN BAKED POTATOES KEY LARGO VEGGIES PURPLE PLUMS WHOLE GRAIN ROLL/BREAD
-29- SLOPPY JOE ON A BUN BAKED FRIES BEAN SALAD APRICOTS	-30- HAM & SCALLOPED POTATOES BRUSSEL SPROUTS WITH PEPPERS WHOLE GRAIN ROLL/BREAD FRESH FRUIT (HDM)	-31- SPAGHETTI W/MEAT SAUCE ITALIAN VEGGIES GOLDEN CORN GARLIC BREAD		(HDM) MEANS HOME DELIVERED MEALS +++ Congregate Meal in Helena has a full scale salad bar except as noted

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250. This menu has been reviewed and approved by a Registered Dietitian, Lin Pasch, R.D. *Lin Pasch R.D.*. Suggested donation for 60 years old and over \$3.50. Under 60 years there is a \$6.50 charge. A VARIED SALAD BAR WITH BREAD OR ROLL IS AVAILABLE DAILY AT THE CONGREGATE SITES.

Regularly Scheduled Activities For AUGUST 2011



Mondays

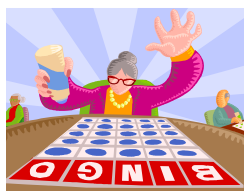
- 9:00—Arthritis Foundation Exercise
- 10:00—Exercise
- 1:00—Whist
- 1:00—Senior Bowling Sleeping Giant Lanes

Tuesdays

- 1:00—Pinochle

Wednesdays

- 10:00—Exercise
- 10:45—Tai Chi
- 1:00—Bingo



Thursdays

- 9:00—10:30—Coffee & Rolls
- 9:30—11:30—Hearing Aid Assistance (3rd Thursday)
- 9:30—11:30—Blood Pressure
- 12:45—Nintendo Wii Game Hour
- 1:00—Hand & Foot

Fridays

- 9:45—Arthritis Foundation Exercise
- 10:45—Tai Chi
- 12:30—Dominoes
- 1:00—Senior Bowling Sleeping Giant Lanes

Sundays

- 1:00—Pinochle



Senior Center Event Roundup AUGUST 2011

In addition to regularly schedule activities, games and exercises, please mark your August calendar for these events:

August. 6, Saturday. CarFIT Event in Parking Lot by appointment only. See story.

August. 9, Tuesday , 10:00 am—2:00 pm. Helena Fishing Roundabout to Causeway. \$5 payment to RMDC Receptionist reserves your spot on the bus.

August 11, Thursday, 12:45 pm. **Wise Words** on RMDC.

August. 12, Friday, 12:45 pm. *Finally Friday Movie: True Grit - 1969.* Card Room or Dinner Club Dance Floor.

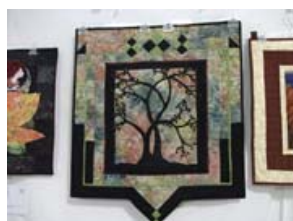
August. 25, Thursday, 9:30 am. Helena Senior Center Advisory Council Meeting. Conference Room 13.

August. 25, Thursday, 3:30 pm—6:00 pm. Helena Senior Center Spring Meadow Lake Picnic. \$15 payment to RMDC Receptionist reserves your spot.

August. 26, Friday, 12:45 pm. *Finally Friday Movie: True Grit, 2010.* Card Room or Dinner Club Dance Floor.

September 5, Monday. Closed for Labor Day

September 6, Tuesday, 9:30 am—7:30 pm Philipsburg Trip. \$70 payment to RMDC Receptionist to reserve your spot!



Pictures above from the Hamilton Quilt Show Trip 2011



Foot Clinic

Don't forget to call Edith at 431-0006 to schedule your **FOOT CLINIC** appointment.

AARP Driver Safety Program

Tuesday August 16, 2011, from 12:00 pm to 4:30 pm at the Mountain West Bank, 2021 North Montana Ave.
Enter Lower Level @ Poplar St.
Reservations: Voice Message Box @ 457-4712
or email: cspeil@msn.com.

RSVP VOLUNTEER OPPORTUNITIES

August 2011

Helena School District is in need of volunteers who want to make a difference in the lives of our children. Volunteers serve as mentors, tutors, administrative aides, chaperones and in many other areas of the educational system. All you need is your life-time of experiences to make a difference!

Habitat for Humanity is in need of administrative aides. One or two volunteers are needed twice a week to write thank you notes and to assist the administrative staff with filing. Help is needed 4 hours a week. Hours are flexible.

The **Montana Wilderness Association** needs a volunteer to help with basic office tasks such as filing and helping with thank you notes. A volunteer is needed once a week. Hours are flexible.

Area IV Agency on Aging is looking for 2 volunteers who would be interested in helping with the Medicare Part D enrollments. Medicare Part D is the prescription portion of Medicare and is available to anyone with Medicare. The enrollment period is October 15 to December 7 each year. Volunteers will meet with people who are seeking help and enter a list of their medications into the Medicare website. This requires basic computer skills. The site will give them comparisons for plans from which they may make a decision about what they want to do. If they decide to enroll in a plan the volunteer helps them to do that online. Volunteers would be needed October 1, 2011 for training. Schedules are flexible. Come join this great team!!!!

Looking for volunteers to work the **AKC Dog Show** this fall at the Fairgrounds Exhibit Hall. Volunteers will hand out information to competitors, sell raffle tickets and serve as ring stewards for conformation/agility rings. No prior training necessary, just a love of dogs and people! The show is September 22, & 23, 2011. This is a fun event and some of the best dogs in the United States will be here to compete!

The **Cooperative Health Clinic** in Helena is in need of guides to assist patients in finding their way during the remodel of the clinic. Volunteers will be needed for approximately 8 weeks. Three to four hour shifts are available.

Rocky Mountain Hospice is looking for volunteers who are interested in providing companionship for their clients. If you have a talent or interest in writing memoirs, playing the piano, assisting with small errands, or just a desire to bring a smile to someone, please call us today!

The **Senior Medicare Patrol (SMP)** is looking for five volunteers who enjoy helping others! Volunteers will provide information on the prevention of Medicare waste, fraud and abuse to the public. Volunteers will also help seniors with complex and often confusing medical billing situations. Training is provided.

St. Peter's Hospital needs Receptionist/Greeters and gift shop clerks. Training is provided. Receptionist/Greeters should be aware there is quite a bit of walking involved. Please support your local hospital and donate a few hours of your time each week to help them out.

The **Family Promise Program** needs weekend volunteers to assist families working to regain their stability. The program provides shelter, food and support to homeless families in the greater Helena area. Families are housed at local churches for up to 90 days. During that time, Family Promise staff members help families find permanent employment and housing. Volunteers are needed at the Day Center to assist families during the weekends. Shifts are flexible but your help is desperately needed.

RSVP is Proud to be a United Way Agency!



Call Micky or Renee at 447-1680.

Helena Senior Center Advisory Council's

Summer Picnic Extravaganza-There's still time to sign up!!

What: Catered Summer Picnic at Spring Meadow Lake

When: Thursday evening, August 25 – 3:30 pm to 6:00 pm. Dinner served at 5:00 pm. Entertainment prior to dinner.

Where: Spring Meadow Lake Group Picnic Area/Shelter

Cost: \$15 per person.

Reservations: You can reserve your spot with payment to the RMDC Receptionist. All reservations due August 18.

Details: Chili O'Briens will cater a lovely fried chicken picnic dinner for us.

Bring your lawn chair so that you can kick back and enjoy some afternoon entertainment.

Directions: *Spring Meadow Lake access is off Joslyn Street. Turn in at the main Spring Meadow State Park Entrance. Watch for signs and streamers or balloons for the Group Picnic Shelter. There are a few steps to reach the shelter and our primary seating will be picnic tables with benches. There's a handicapped accessible unisex outhouse close by. There's parking for this area, but it will make sense to carpool with friends as much as you can.*



Helena Rocky Mountain Hospice Family

RSVP Volunteer Station Spotlight Rocky Mountain Hospice

(Our Retired Senior and Volunteer Program sometimes highlights volunteers and sometimes highlights “station”—organizations who put RSVP volunteers to work. This article features one of the organizations who hosts RSVP volunteers.)

Linda Welsh, RN and the Executive Director, and Judy Larson, the Volunteer Coordinator, tell me that Rocky Mountain Hospice has a simply stated mission: “To provide access to high-quality, comprehensive, compassionate care for persons at the close of life.” They also tell me that in practice this mission is complex and involves lots of deeply interwoven interactions between staff, volunteers, family, and patients. Rocky Mountain Hospice has been around for about 10 years in Billings. They now have offices in Billings, Bozeman, and Butte and they opened for patients in Helena in April of this year. They cover a 60 mile radius around Helena which includes Meagher, Jefferson, Lewis and Clark, Broadwater,

and Powell Counties.

Rocky Mountain Hospice values their volunteers. Every volunteer receives comprehensive hospice training before interacting with patients. They are also required to have a TB screening and are offered a Hepatitis B vaccination, all at no charge to the volunteer. In addition, Rocky Mountain Hospice meets with their volunteers once per month. Not only does this give volunteers a time to connect with other volunteers, it also serves the purpose of providing some training. This is also a time when everyone comes together to think of new ways to promote the dignity and comfort of patients. Out of these meetings, Rocky Mountain Hospice has come up with a diverse group of creative volunteer-driven programs for their patients.

Of course, Rocky Mountain Hospice uses the traditional hospice volunteers. In their companionship program, volunteers are guided by the patient in a variety of activities which could include reading out loud, visiting, walking, or just sitting and watching a movie. The Vigil Volunteers are special people that are willing to provide a presence for a person making the transition from this life to the next.

In addition, Rocky Mountain Hospice is trying to use volunteers in less traditional ways. They have started a Bucket List Brigade to help people complete dreams in their last days. The example they gave was a patient that wanted to go to New Zealand. They were not able to swing the New Zealand trip, but they worked to bring New Zealand to the patient with movies, food and postcards. This group of volunteers helps patients with wishes and dreams.

They are using volunteers in a variety of other ways as well. One is doing “Life Reviews” with patients. These can be either videotaped or transcribed interviews with patients that facilitate talking about life and give patients a way to leave a record of the events and their lives and the contributions they have made. Some volunteers are taking pictures of families and friends in their last days together, creating candid or posed shots of family in familiar settings at the last stages of life. Volunteers can also help clean the rooms of patients after death, leaving a candle and some flowers to create a peaceful place to visit after someone has passed.

These are just a few of the amazing volunteer opportunities at Rocky Mountain Hospice. If there is anything that interests you, call Renee or Micky at RSVP, 447-1680. (story by Renee Boundy)

Wise Words on RMDC: Five Things You Probably Don't Know about RMDC

For this **Wise Words** program, Marcella will give you a taste of ALL the services—other than Senior Services—that RMDC offers to our communities in Broadwater, Lewis & Clark, and Jefferson Counties. We are bigger and more complex than you may realize.

What: **Wise Words** on RMDC

When: Thursday, August 11, 12:15 pm

Where: Daily Dinner Club

Details: Thank goodness for RMDC's sponsorship of the Senior Center—but there's lots more to the agency too.



Helping Mature Drivers Find Their Safest Fit



ALERT: JUST A LITTLE TIME TO BOOK A CarFIT APPOINTMENT

Many of you have signed up. Don't miss this free car safety event—designed just for seniors.

To promote safe senior driving, the Rocky Mountain Development Council Senior Center will host a CarFit event in conjunction with AAA. The CarFit event will be conducted in the parking lot of the Rocky Mountain Development Council Neighborhood Center/ Senior Center on **Saturday, August 6, from 9:00 am to 1:00 pm.**

CarFit is a national educational program created by the American Society on Aging and developed in collaboration with AAA, AARP and the American Occupational Therapy Association. The CarFit program is designed to improve the "fit" between mature drivers and their vehicles followed by actions they can take to enhance comfort and safety behind the wheel. Learn about adjustments such as the position of the driver's seat, mirrors, and steering wheel that can help drivers better view the road and maintain control of their vehicle.

CarFit is a free, community event and a CarFit appointment takes approximately 20 minutes to conduct. Please contact Tara Hanley at 406-447-8145 or thanley@mtw.aaa.com to register for this event or for more information.

What: CarFit Event – Just for You!

When: Saturday, August 6, 9:00 am – 1:00 pm.

Where: Neighborhood Center Parking Lot



Critical Details: Free – BUT – MUST BOOK an Appointment. Call Tara at 447-8145

Special Thanks for our Summer Bingo Volunteer

Just when we needed help the most, Sidnie Kane, a Helena resident and college student, stopped by Marcella's office and asked if she could volunteer for the summer. Since we always need back-up bingo callers and bingo business people, Sidnie's offer could not have come at a better time. She's been faithful, fun, and a great asset to our Wednesday afternoon bingo sessions. Many many thanks, Sidnie!

Finally Friday Movies: "True Grit" and "True Grit"



Yes, you saw the heading correctly—same movie title, roughly the same story but old and new versions.

The 1969 *True Grit* was unquestionably star-studded: John Wayne, Dennis Hopper, Robert Duvall, Glen Campbell. Wayne was a veteran; Campbell was an up and coming young guy. The movie was nominated for and won a host of awards. You likely know the story: "The murder of her father sends a teenage tomboy, Mattie Ross, on a mission of "justice," which involves avenging her father's death. She recruits a tough old marshal, "Rooster" Cogburn, because he has "grit," and a reputation for getting the job done. The two are joined by a Texas Ranger, La Boeuf, who is looking for the same man for a separate murder in Texas. Their odyssey takes them from Fort Smith, Arkansas, deep into the Indian Territory (present day Oklahoma) to find their man."

The 2010 version of *True Grit* is equally star-studded by today's standards: Matt Damon, Jeff Bridges, Josh Brolin, among others. It too won nominations and awards. In both movies, the story gives us a look at courage, improbability, and how foolish it always is to judge anyone, including a rough character like Rooster Cogburn.



What: Finally Friday Movie: *True Grit* – The Original

When: Friday, August 12, 12:45 pm (128 minutes)

Where: Card Room or Dance Floor

What: Finally Friday Movie: *True Grit* – The Recent Remake

When: Friday, August 26, 12:45 pm (110 minutes, PG-13)

Where: Card Room or Dance Floor

Details: Love Westerns. Love popcorn. Come to our August "*True Grit*" series. Even with the same storyline, these two movies are both wonderful and very different. You'll get to see how movie-making has changed in 40 years.

Myrna Loy Theater Helena Senior Center AUGUST COUPON

Good for

\$1 off any movie or \$2 off any live performance

Sponsored by the Myrna Loy Center

Present in person at the Myrna Loy Box Office

*Not redeemable for cash

*One coupon per customer per month

*Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than senior rate.

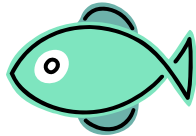
*Can be used in addition to senior discount.

August Helena Roundabout – Fishing on the Causeway

Nostalgic for a fishing trip? Peg Geiger, a Senior Center member, is offering to lead a very special Helena Roundabout. She'll provide the oversight and the worms, marshmallows, and fishing poles for the first 10 folks who sign up for this Roundabout that will head to the Hauser Lake Causeway.

We'll secure a group fishing permit and provide treats. You will want to bring good outdoor clothing, a lawn chair, a hat, sunscreen, maybe an umbrella.

What: August Helena Roundabout - Fishing on the Causeway



When: Tuesday, August 9, 10:00 am to 2:00 pm

Where: Leaving from the Helena Senior Center

To register: First 11 registrants who sign up with the RMDC Receptionist with a \$5 payment will have a seat on the bus out to the Causeway.

Details: Note that we are teaming up with the great staff at Eagle Manor Residences, Ptarmigan and Pheasant Glen for this event too. The Eagle staff will drive their bus for all of us. Thank you!

We really appreciate Peg's offer to lead such an expedition.

Bring your own lawn chair (we can fit it on the bus). Wear a hat and bring an umbrella; put on sunscreen. There's no shade on the Causeway.

Note again that Peg will supply the materials you need and clean any fish that you catch to send home with you.

Peg did a "trial run" last year and those who went had a VERY good time.

Try Wii: Our Rocky Rollers have a lot of fun every Thursday. We play competitively with Hunter's Pointe and Eagles.

Free Birthday Lunch Coupon

Present this coupon at the Helena Daily Dinner Club on Birthday Dinner Day to get your free lunch. Just tell the Receptionist your name and they will check the list to redeem the coupon.

Happy Birthday!!!

August "Giving Back to the Community Project" Cards for Montanans Supporting Soldiers

In August, you can contribute to our community WITHOUT purchasing a thing (although you could buy cards if you want).



Helena Senior Center folks will be teaming up with our RSVP, Foster Grandparents, and Senior Companion volunteers to provide signed greeting cards for Montanans who are in the military or who have family in the military.

Here's how it works:

- A. Dig out those greeting cards you get from nonprofits—or ones you make—or old ones in your drawer.
- B. Write a note/letter of appreciation to one of the following:
 1. Parent of a service member.
 2. Spouse of a service member.
 3. Child of a service member.
 4. Veteran (someone who once served in the military).
 5. Active Duty Service Member (someone who is currently serving in the military).
 6. Caregiver (someone who is caring for a Wounded Warrior).
- C. Write a note of appreciation or support for the type of individual you have chosen.
- D. **DO NOT SEAL THE ENVELOPE!** On the back of your letter's envelope, write the number of the category (1-6) you have chosen. This will help the volunteers sort your letter more efficiently and get it into the hands of the recipient as quickly as possible.
- E. Bring your completed cards into the Helena Senior Center during the month of August. We'll have a special mail box for them. These letters will go to Montana Supporting Soldiers and Operation Honor Card to be distributed to deployed service members, military families, wounded veterans and caregivers.
- F. RSVP will provide volunteers to handle pick-up and sorting and delivery to the appropriate organization.
- G. You can also bring in EXTRA blank cards for other volunteers to write on.

ALL cards need to be here before 9/11 – September 11!!

Our goal is to collect 1,000 cards during the month of August for those Montanans involved in or affected by military service.



Director's Column

By Gene Leuwer, Executive Director

Summer has sure gone by quickly. Soon after you read this, our Head Start staff and teachers will be returning to their classrooms. Thank you for understanding that we've been a little more short-staffed during the summer, as our folks go on vacations. I know, for instance, that the cooks and the Home-Delivered Meals drivers have really been juggling duties.

Here's a quick run down of work that has continued at Rocky regardless of summer heat or thunderstorms:

Foster Grandparents have been hosting picnics for their "grandmas" and "grandpas" throughout their multi-county area.

RSVP volunteers remain busy in more than 80 venues throughout Jefferson, Broadwater and Lewis & Clark counties. And summer influences some jobs. For instance, volunteers help to staff the Chamber of Commerce's visitor center during this season.

Our affordable housing program is now overseeing construction of the final apartments and community space at the Big Boulder Housing Complex.

Staff at Montana Youth Homes continue to encourage the 12-17 year olds who live in our boys' and our girls' facilities—and take them to jobs and appointments and classes that prepare them for independent living.

The *Our Place* Drop-in Center is open Wednesday through Sunday, 12:00 pm—6:00 pm as a place for fellowship and friendship for those recovering from a mental illness. It stays as busy as ever.

Our Homeless Prevention and Rapid Re-housing Program continues to meet with folks who need help recovering from financial setbacks that threaten their ability to pay for housing.

While the Low Income Energy Assistance (LIEAP) program doesn't open again until October, our Weatherization crews work throughout this season. And for the first time during the summer, our Energy Share staff has accepted applications for emergency energy assistance.

There's never any let-up for the staff of Area IV Agency on Aging—as they manage Medicaid cases, provide detailed information to seniors and their families, and advocate for those in long-term case assistance.

Rocky Mountain Preschool staff always have their hands full with little ones.

In other words, Rocky remains a very busy place even during this "vacation" season.

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HELENA, MT



August – Routine Summer Schedule



Exercise Class with Sharon. Sharon's grabbing a breather, but the group continues to exercise to DVD's on Monday and Wednesday morning.

Learn the Lines Dancing, held on Tuesday and Thursday afternoons during the winter, is now on vacation. First class of the fall will be October 18.

Morning Line Dancing. The Tuesday and Thursday morning line dancing class that Mona Branning teaches WILL NOT be meeting in August.

Crafty Quilters return in September.

Tai Chi with Suzy on Wednesday and Friday mornings at 10:45 am is back in full swing! If you aren't already a regular, come visit the class. Suzy tries to stay a little later to visit personally with newcomers.