



WESTON SENIOR ACTIVITIES CENTER

203-222-2608
9 School Road
Weston, CT 06883

Monday-Friday - 9:00 am to 3:00 pm

www.westonseniorcenter.info

Weston Senior Services and Resources

Weston Senior Activities Center

9 School Road
www.westonseniorcenter.info
203-222-2608
Mailing Address:
P.O. Box 1007
Weston, CT 06883

Center Staff:

Director: Rose Cruz
Program Coordinator:
Linda Gilmore
Asst: Angela Connaughton

Dial-a-Ride

203-222-2576
Driver: Lovie Hurd
(24-hour notice required)

Dept. of Social Services

203-222-2663
Director: Allison Lisbon
Youth & Family Social Worker:
Diana Medina
203.222.2585

Weston Town Hall

www.westonct.gov
203-222-2500 Main
203-222-2656

Commission on Aging

Bruce Lorentzen, Chair
Terry Castellano
Mary Francois
Francine Goldstein
Alison McElhone
Richard Wolf

The Friends of WSAC

This symbol indicates that an event is sponsored by the Friends of the Weston Senior Activities Center.



July/August 2023

Hello Friends!

I hope you are enjoying the warmth of Summer!

I am looking forward to seeing you all at our summer lunches! Please see the enclosed lunch schedule and join the festivities! The next lunch will be on July 12th (skipping July 5th) and will be hosted by the Weston Fire Department at their second facility on Lyons Plain Road. This one is always a big hit, and features great grilled burgers! All of the other lunches will be at the Norfield Church. If weather permits, we can enjoy the outdoors! Please remember to sign up for lunch by the Monday before. Our final lunch for the summer season will be on August 2nd.

Once again we will hit the road this summer! There are great outdoor trips coming up, read the details on page 3. New this year is a trip to the Guilford Craft Expo 2023 on July 14th. Over 170 vendors from all over the country will be there. We are also going back to Port Jefferson on July 28th. Also, don't forget that our back patio is available if you would like to stop over to meet a friend or just sit in the shade and read a book

See you at the Senior Center,

Rose Cruz
Weston Senior Center Director

Holiday Closing:

July 4th

Save the Date:

July 26th we will celebrate Roy's retirement at the Norfield luncheon!

Dial-a-Ride Update

We are back on a full schedule.

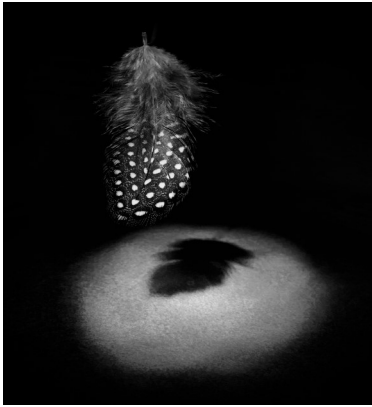
Please call (203) 222-2576 to make an appointment.

If you have any questions about Dial-a-Ride, call (203) 222-2608.



The mission of the Weston Senior Activities Center is to serve as the hub of programs and events supporting the well being of community members as they age.

Colors by Veronica Hauresz



My name is Veronica Hauresz, and I always liked photography. I enjoy looking at them, taking them, and making art pieces out of them. There is something on each image that captivates me, it can be the object, the composition, the color, the shapes, the light, anything.

I started with film cameras until digital got good enough for my eyes to not notice the difference in a printed original. I have memories from my trips, my family, and the world that surrounded me at different stages of my life. My photographs are my treasure.

This Exhibit is intended to enhance the beauty of "Colors". Sometimes we do not appreciate having the gift of being able to see such a variety of colors around us. And it is not just the visual aspect that makes them interesting, but the feelings they generate within us make them mysterious. Can you guess what color this feather is?

Renoir

Lecture by Lisa Arnold, Art Historian
Wednesday, August 23rd, 2pm



Pierre August Renoir was one of the most loved in the school of Impressionist painters in France during the mid-late 1800's. It is no small wonder as his famous portraits were painted in a glowing style showing extraordinary skin tones. His color palette was fresh and light. He strove to create "real life" and attention should be given to his feathery and active brush strokes. Famous for portraits of beautiful women and children, he also delighted the viewer with scenes of parties and gatherings.

To this day, he remains one of the favored painters of all time.

Wild Birds Unlimited Lecture with Chris Petherick

Wednesday, August 16th, 1pm

"Attracting Birds to your Summer Garden and Fall Migration"

Chris will be discussing what we can do to attract birds to our yards in late summer as well as what to watch for during the Fall Migration.

Light lunch served.



Sensory Plant Experience & Tea Making Program from Bartlett Arboretum

Thursday, July 27th, 1pm at the Senior Center

Enjoy the beauty of Bartlett without having to travel! Wake up your senses as you interact with the specific plants we have on our grounds and learn about some of their special characteristics.

Then make and enjoy your own tea using dried or fresh herbs!



Guilford Craft Expo**Friday, July 14th (bus leaves at 9:00am from the Senior Center and returns by 3pm)**

The Guilford Craft Expo is described as one of the most successful and longest-running craft shows in America. It features 170+ vendors from across the country. Some of the popular activities for Expo visitors include live craft demonstrations, live music and silent auctions of art. Entry ticket is \$9/pp.

Port Jefferson Village**Friday, July 28th (bus leaves at 9:30am from the Senior Center and returns after 5pm)****\$20 paid at sign-up.**

Step off the ferry and walk this charming Long Island village with shops, restaurants and great ice cream! A minimum of 15 people signed up by July 20th for the trip to be confirmed. Bring money for shopping and lunch.

Coastal Connecticut**Wednesday, August 30th (bus leaves at 9:30am from the Senior Center and returns at 3pm)**

Let's enjoy our beautiful coastline! The first stop is **The Book Barn** in Niantic. This is more than a bookstore, it's a unique CT experience for the book-lover. Next stop? **Skippers Seafood**, a mom & pop counter service offering casual seafood with lovely, water views. Last stop is **Walnut Beach Creamery** - Milford's only handcrafted gourmet ice cream on the beach! I highly recommend a scoop of carrot cake! Bring money for all food and shopping.

Wednesday Lunches this Summer!

Please RSVP by noon the Monday prior.

July 12th hosted by the Fire Department on Lyons Plain Rd. at 12:00pm (no charge): Grilled hamburgers and hot dogs.

July 19th at Norfield Church, 11:30 am(\$5/pp): Orzo Salad & Fruit Salad from Village Market.
Entertainment: Singing artists, Maxine and Ira Stone (more on the Stones, page 8).

July 26th at Norfield Church and **Roy's retirement party!!** 11:30 am(\$5/pp): Meat & Veggie Lasagna Salad from Calise's and ice cream social! **Please come and celebrate Roy's well-deserved retirement with us!**

August 2nd at Norfield Church, 11:30 am(\$5/pp): Chicken Kale w/ Bowtie Pasta, Apples, Cranberries with Shaved Parmesan or Chicken Caesar Salad from Village Market.

Brain Games and Lunch (free)**With Danielle Ramos**

Friday, July 21st, 12pm

Join us for a light lunch of sandwiches and salads followed by brain stimulating teasers!

Arts and Crafts with Mary**Lunch (free) will be served!**

Friday, August 25th, 12pm

Mary's craft choice is "Doily Dreamcatchers". A fun summer craft and a great décor to have! **Sponsored By:**

Wilton
Meadows

Nursing & Rehabilitation

Friday Bingo

July 7th, August 4th & 18th
12:30pm



Trivia and Lunch with Mary
Sponsored by Wilton Meadows
August 11, 12pm



Beeyonder Travel Programs (Zoom)

Live Interactive Walking Tours Around the World

A Walk Through Downtown Helsinki
Monday, July 10th, 2:00pm-3:00pm

On this live virtual walking tour we will explore Finland’s capital, Helsinki. We will see the most common areas at the center of this Nordic city such as the Helsinki Cathedral, the Orthodox Church, the city market square Kauppatori, the Finnish Parliament, and the National Museum. We will see and discuss the historical significance of each, we will also talk about local culture, foods, and more!

A Walking Tour of Luxor Temple
Thursday, August 3rd, 11:30am-12:30pm

We will start on the Avenue of Sphinxes before making our way to the open court that will lead us to the entrance of the temple. You will walk through the processional avenue that leads to Luxor Temple. We will talk about who built this amazing temple and what it was for, and the great Pharaohs that built it. We will walk through the temple ending the tour in the back shrines leading to the open air museum.

Pickleball Clinics

Fridays, July 14th, 28th and August 25th
Class limit is 8 players.

Please join us in welcoming our new Pickleball Instructor, **Alice Addicks!** She has been teaching Pickleball for Westport Continuing Education since 2016. She will offer 3 clinics for each date:

Intermediate level at 9:00am
Advanced Beginner level at 10:00am
Intermediate level at 11:00am

Walking With Linda

Wednesdays @ 10:00am

Weston High School Track (weather permitting)

Get your walking in with friends! We walk 4 laps (1 mile) in approximately 30 minutes.

Caregivers Support Group

Tuesday, July 18th & August 15th, 1:00-2:00pm
With Allison Lisbon, LCSW, MSW
Director of Weston Social Services

Monthly meetings are held every third Tuesday, 1-2pm at the Weston Senior Center. For questions or to be added to the Caregiver Support Group email list, contact Allison Lisbon at alisbon@westonct.gov

Ask a Nurse!

July 11th, August 8th 11:30am-12:30pm
(In-House)

Ask the Nurse and Blood Pressure Screening from Visiting Nurse of Fairfield County. A registered nurse from Visiting Nurse & Hospice of Fairfield County will offer free blood pressure and depression screenings, medication management and to answer any other questions you may have.

Super-Duper Art Camp with Chris Goldbach

Wednesdays, 10am-12pm (In-House)

August 2nd, 9th, 16th, 23rd, 30th

\$10.00 per class

(plus \$10 material fee paid to the instructor)



Come and play every Wednesday in August, for an in-person art camp! It will be a fun exploration of various mediums and techniques. Come try some new art tricks! All levels are welcome. Old clothes are a must! Bring a snack that does not contain peanuts.

Aug 2 - Expressive animal drawing in ink

Aug 9 - Using giant oil sticks to create a still life

Aug 16 - Printing floral subjects

Aug 23 - Abstracting the landscape (bring your own paint)

Aug 30 - Collage

Botanical Drawing Class with Dick Rauh

Fridays, 10am-12pm (Zoom)

July 14th, 21st, August 4th, 11th, 18th & 25th

\$30 for a series of 6 classes

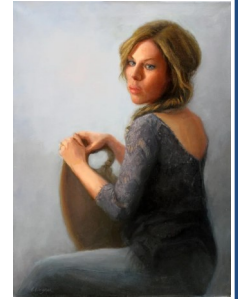
This class is not for beginners. Each week Dick sends a new subject of fruits, flowers, and botanicals to draw.

Painting Realism with Cindy Wagner

Tuesdays, 10am-12pm (In-House)
August 1st, 8th, 15th, 22nd, 29th,
September 5th

\$30 for a series of 6 classes. Bring
your own supplies.

This course will help students compose a well designed painting, learn color mixing and teach accurate drawing with paint. Students may work from a photograph of a landscape, portrait, or set up their own still life to paint. Oil paint or acrylic paint may be used.



Textured Abstract Painting with Agata

Tuesdays, 10am-12pm (In-House)

July 11th, 18th, 25th

\$15.00 for a series of 3 classes

Please bring the following supplies to the first class:
canvas (no bigger than 11x14), modeling paste.

Explore the joys of texture abstract painting. In this class, you will learn the ins and outs of texture abstract painting using modeling paste, fabric, and other media plus acrylic paint. You will also learn composition, patterns, the impact of light and shadow and the free nature of abstract painting. Each class you will explore a different technique and different process involved in this medium.

Open Crafting

Mondays, 10am-12pm

Bring your knitting, sewing, quilting, needlepoint, beading or other projects you are working on to this open craft group.



Knitting Projects

Mondays, 10am-12pm

Come and knit with friends!

Open Art

Thursdays, 10am-12pm

Bring art projects you are working on to this open art group. This is a great opportunity to see old friends and



Chair Aerobics with Ruth: Mondays and Fridays at 11am (In-House), free.

Ruth worked as a gym teacher in a public school and has been teaching exercise classes for forty-seven years. Now she teaches exercise classes to senior citizens.

Qi Gong with Bill: Mondays at 11am (Zoom), \$45 for 9 classes. This class will focus on easy to learn exercises that build internal strength, flexibility and resiliency. These mind body practices help us cultivate more energy in our bodies while calming and clearing our minds.

Pickleball Drop-In Play: Mondays, Tuesdays and Thursdays, 11am-1:00pm (In-House), free.

Drop in and play on Mondays, Tuesdays and Thursdays, or reserve the court throughout the week.

Pilates with Glenda: Mondays at 12:30pm (In-House), \$45 for 9 classes. Designed to re-align the spine to its natural skeletal position, rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, and enhanced coordination. Please bring your own mat.

Strength & Stretch with Sonya: Tuesdays at 11:15am (In-House), 7 classes, \$35 series. Strength and Stretch is a 50-minute full body strength class using light weights and your own bodyweight. Strengthen lower and upper body, and core-improve balance, coordination and posture. Boost energy and have fun at the same time! **No class on 8/1**

Yoga with Melania: Wednesdays at 10am (In House), \$45 for 9 classes. This class is an experience for healing Mind, Body and Spirit through gentle movement, meditation, and breath-work, bringing students compassionately back "home" to themselves.

NEW! Cardio Drumming with Jill : Wednesdays at 2pm (In-House), \$45 for 9 classes. Cardio Drumming is a low-impact workout that people of all ages and fitness levels can do. It's a fun, fast-paced workout that incorporates drumming and cardio to the rhythm of music.

Strength & Fitness with Sandy: Thursdays at 10am (Hybrid), \$40 for 8 classes. Utilizing balls, stretch bands and weights while sitting and standing, you will stretch and strengthen all muscle groups. Emphasis is on flexibility and balance. **No class on 8/31**

Balance with Sonya: Thursdays at 11:15am (In-House), \$45 for 9 classes. In this class you will perform exercises to increase strength, flexibility, sensory awareness, reflexes and concentration. ****NO CLASS AUG 24****

Gentle Yoga with Gloria: Fridays at 10am (Zoom) \$40 for 8 classes.

Gentle Yoga is a therapeutic practice with emphasis on mindful movement, safe stretching and relaxation. This class includes a mix of gentle warm-ups, chair yoga, classic and creative yoga postures (with modifications for different body types) and a guided relaxation/meditation at the end. Leave feeling more balanced, peaceful and ready to face the world!

Walking with Linda: Wednesdays @ 10:00am. WHS Track (weather permitting). 30 mins. Meet at Senior Center at 9:45 or track by 10am. ****NO WALKING IN AUGUST, WILL START UP IN SEPTEMBER ON NEW DAY—THURSDAYS ****

No classes July 4th.



Tuesday Movies at 12:30pm
Popcorn will be available!



July 11th: THE WHALE, R (2022 NARRATIVE/DRAMA)

In a town in Idaho, Charlie, a reclusive and unhealthy English teacher, hides out in his flat and eats his way to death. He is desperate to reconnect with his teenage daughter for a last chance at redemption.

July 18th: JULIE & JULIA, PG13 (2009 ROMANCE/COMEDY)

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: She vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.

July 25th: WHIPLASH, R (2014 MUSIC/DRAMA)

Andrew Neiman (Miles Teller) is an ambitious young jazz drummer, in pursuit of rising to the top of his elite music conservatory. Terence Fletcher (J.K. Simmons), an instructor known for his terrifying teaching methods, discovers Andrew and transfers the aspiring drummer into the top jazz ensemble, forever changing the young man's life. But Andrew's passion to achieve perfection quickly spirals into obsession, as his ruthless teacher pushes him to the brink of his ability and his sanity.

August 1st: TRIANGLE OF SADNESS, R (COMEDY/DRAMA)

In Ruben Östlund's wickedly funny Palme d'Or winner, social hierarchy is turned upside down, revealing the tawdry relationship between power and beauty. Celebrity model couple, Carl (Harris Dickinson) and Yaya (Charlbi Dean), are invited on a luxury cruise for the uber-rich, helmed by an unhinged boat captain (Woody Harrelson). What first appeared instagrammable ends catastrophically, leaving the survivors stranded on a desert island and fighting for survival.

August 8th: MOVING ON, R (2022 COMEDY)

Two estranged women reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other.

August 15th: ALL QUIET ON THE WESTERN FRONT, R (2022 WAR/ACTION)

War breaks out in Germany in 1914. Paul Bäumer and his classmates quickly enlist in the army to serve their fatherland. No sooner are they drafted than the first images from the battlefield show them the reality of war.

August 22nd: THE MALTESE FALCON, NR (1941 NOIR/CRIME)

In this noir classic, detective Sam Spade (Humphrey Bogart) gets more than he bargained for when he takes a case brought to him by a beautiful but secretive woman (Mary Astor). As soon as Miss Wonderly shows up, trouble follows as Sam's partner is murdered and Sam is accosted by a man (Peter Lorre) demanding he locate a valuable statuette. Sam must find the one thing they all seem to want: the bejeweled Maltese falcon.

August 29th: No movie scheduled

To register, email Linda: lgilmore@westonct.gov

Important Medicare Billing Issues

Medicare bills by code(s) that come from the doctor/doctor's office. If the code for a treatment or for a procedure or for an office visit is forgotten or incorrectly entered the Medicare client will be billed for the supposedly non-covered charge. We have to be our own advocates – before you leave a doc office be sure the correct code(s) have been entered for any and all tests, lab work or visits. ASK THE DOC to double check to avoid possible future confusion and time expended getting a correction in billing. Unpaid medical bills left over a period of time will be reported to the three credit agencies and could threaten your credit scores.

Many Medicare-D plans in CT have some prescription meds that are “step” meds. These are meds that are usually very expensive or in a high tier (3 or 4) so that before a particular Medicare-D plan will consider covering any part of the cost of the med the doc must try other meds first. (Not all formularies in the 25 plans in CT for 2023 are the same nor rate the meds carried in the same tiers.) In a “step” situation the doc must submit paper work as to why this more expensive drug is being ordered. The client must talk with the insurance company that handles their Medicare-D plan for very specific instructions.

A hospital stay of three days or more qualifies you for rehab if it is necessary. If you have just been under observation in an emergency room Medicare will not consider you to be eligible for rehab and you will pay out of pocket for rehab. When you are in an emergency room be sure to understand if you have been admitted to the hospital OR if you are just under observation. Do not be caught owing money unknowingly on this issue. Many hospitals are keeping clients under observation to avoid penalties they would have to pay if clients are re-admitted within 30 days for same issues.

NEWS: Several medigap plans now have annual billing year dates of June to June (and no longer December to December.) To discuss Medicare issues: MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS.

Meta Schroeter, CHOICES Counselor

Maxine and Ira Stone performing for Weston Seniors! 12pm at Norfield Church Luncheon

On July 19th, enjoy a special concert by Woodstock performers Maxine and Ira Stone. Maxine, who teaches yoga at the Senior Center and is a Pickleball enthusiast, is seen below in the dress she wore onstage August 15th, 1969. The Stones will have rarely viewed Woodstock '69 memorabilia for you to experience.

🕊️ **Feel free to wear your tie-dye and bring your Woodstock stories.** 🕊️



Photo by Kathy Failla.

Weston Department of Social Services

Allison Lisbon, MSW, LCSW, Director of Social Services
alisbon@westonct.gov 203.222.2663

Diana Medina, Youth & Family Social Worker
dmedina@westonct.gov 203-222-2585

Financial assistance is available for those who qualify for any classes and lunches here at the Senior Center. Please contact Weston Social Services at 203-222-25556 or email Allison at alisbon@westonct.gov to inquire about eligibility for assistance.



July 2023

Mon

Tue

Wed

Thu

Fri

<p>3</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda</p>	<p>4</p>  <p>Closed</p>	<p>5</p> <p>10am Yoga w/Melania 10am Walking w/Linda 2pm Cardio Drumming w/Jill</p>	<p>6</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya</p>	<p>7</p> <p>10am Gentle Yoga w/Gloria 11am Chair Aerobics w/Ruth 12:30pm Bingo w/Angela 1pm Canasta</p>
<p>10</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12:pm Chess 12:30pm Pilates w/Glenda 2pm Beeyonder</p>	<p>11</p> <p>9am Backgammon 10am Abstract Painting 11:15am Strength w/Sonya 11am Pickleball 11:30am Ask A Nurse 12:30 Movie: The Whale</p>	<p>12</p> <p>10am Yoga w/Melania 10am Walking w/Linda 12pm Lunch at the Weston Fire Station 2pm Cardio Drumming w/Jill</p>	<p>13</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 1pm Balance w/Sonya</p>	<p>14</p> <p>9am Guilford Expo Trip 9am-Pickleball Lessons 10am Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 1pm Canasta</p>
<p>17</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda</p>	<p>18</p> <p>9am Backgammon 10am Abstract Painting 11:15am Strength w/Sonya 11am Pickleball 12:30pm Movie: Julie & Julia 1pm Caregivers Support Group</p>	<p>19</p> <p>10am Yoga w/Melania 10am Walking w/Linda 11:30am Norfield Lunch Entertainment: Maxine and Ira Stone 2pm Cardio Drumming w/Jill</p>	<p>20</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 11:15am Balance w/Sonya</p>	<p>21</p> <p>10am Gentle Yoga w/Gloria 10am Drawing w/Dick 11am Chair Aerobics w/Ruth 12pm Brain Games/ Lunch 1pm Canasta</p>
<p>24</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda</p>	<p>25</p> <p>9am Backgammon 10am Abstract Painting 11:15am Strength w/Sonya 11am Pickleball 12:30: Movie: Whiplash</p>	<p>26</p> <p>10am Yoga w/Melania 10am Walking w/Linda 11:30am Norfield Lunch CELEBRATE ROY! 2pm Cardio Drumming w/Jill</p>	<p>27</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 11:15am Balance w/Sonya 1pm Sensory Plant Exp. And Tea Making</p>	<p>28</p> <p>9am-12pm Pickelball Clinic w/Alice 9am Port Jeff Trip 10am Gentle Yoga w/Gloria 11am Chair Aerobics w/Ruth 1pm Canasta</p>
<p>31</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics w/Ruth 12pm Chess 12:30pm Pilates w/Glenda</p>				



August 2023

Mon

Tue

Wed

Thu

Fri

	<p>1</p> <p>9am Backgammon 10am Painting w/Cindy 11am Pickleball 12:30 Movie: Triangle of Sadness</p>	<p>2</p> <p>10am Yoga w/Melania 10am Walking w/Linda 10am-12pm Super Duper-Art Camp w/Chris 11:30am Norfield Lunch 2pm Cardio Drumming w/Jill</p>	<p>3</p> <p>10am Open Art 10am Strength & Fitness w/Sandy 11am Pickleball 11:15am Balance w/Sonya 11:30am Beeyonder</p>	<p>4</p> <p>10am Gentle Yoga /Gloria 10am Drawing w/Dick 11am Chair Aerobics-Ruth 12:30pm Bingo 1pm Canasta</p>
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<p>28</p> <p>10am Open Craft/Knitting 11am Qigong w/Bill 11am Pickleball 11am Chair Aerobics - Ruth 12pm Chess 12:30pm Pilates w/Glenda</p>	<p>29</p> <p>9am Backgammon 10am Painting w/Cindy 11am Pickleball 11:15am Strength w/Sonya</p> <p>EARLY CLOSE @ 2PM</p>	<p>30</p> <p>9:30 Coastal CT trip 10am Yoga w/Melania 10am-12pm Super Duper-Art Camp w/Chris 2pm Cardio Drumming w/Jill</p>	<p>31</p> <p>10am Open Art 11am Pickleball 11:15am Balance w/Sonya</p>	