



September 2009

Simi Valley Senior Center

SENIOR NEWS



SIMI VALLEY SENIOR CENTER WELLNESS AND INFORMATION EXPO 2009



Simi Valley Council On Aging Executive Board

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**Council On Aging
Wellness and Information Expo**
Wednesday, September 9, 2009, 9:00 a.m. to 2:00 p.m.

Spread the Word!

- **FREE Carotid Artery Screenings**
- **FREE Bone Density, Glucose & Blood Pressure Screenings**
- **40 Agencies Providing Resources in one Convenient Location**

Call 805.583.6363 for more information
Simi Valley Senior Center
3900 Avenida Simi



www.simivalley.org

Paul Miller, Mayor Barbra Williamson, Mayor Pro Tem Glen T. Becerra, Council Member Steven T. Sojka, Council Member Michelle S. Foster, Council Member

Simi Valley Senior Center 3900 Avenida Simi, Simi Valley, CA 93063 805.583.6363



Senior Summit 2009 will be held on Saturday, October 24, 2009 at California State University, Channel Islands. Admission, transportation to and from the event, and a healthy lunch will be provided at no charge to all participants.

The Senior Summit gives local government agencies, private sector companies, non-profit organizations, service providers, and seniors throughout the county the opportunity to come together and talk. In the first session they will review today's economic environment and prioritize the main concerns facing seniors. The second session identifies specific actions seniors can take to improve their lives and the ways in which county agencies, service providers, and non-profits can get involved.

For more information or to make a reservation, please contact Vanise Castillo-Saad in the Office of Supervisor Linda Parks at (805) 373-2564.

Flu Shot Vaccination Clinic



Don't get caught in bed with the flu. Take advantage of the Flu Vaccination Clinic held at the Simi Valley Senior Center. Lakeside Community Medical Group will provide FREE flu shots to adults age 50 and over on Tuesday, October 13 & 20 from 9:00 a.m. to 2:00 p.m. Regal Medical Group will provide them on Thursday, October 22, 2009 from 8:00 a.m. to 12:00 p.m. Limited appointments are available on a first come first serve basis, so call (805) 583-6363 to sign up now. Appointments will **not** be taken from voicemail, so please do not leave a message.

Hot lunches are served weekdays at noon. Call (805) 583-6365 for information. Reservations are requested. Entertainment and special events scheduled during lunch include:

- Karaoke — Mondays 8:00 -10:00 a.m.
- Bill Bayes and Adele Mars — Tuesdays
- Coop's De Ja Vu — September 2
- Ray Johnson — September 9 & 30
- California Old Time Fiddlers — September 16
- Birthday Celebration — Marlene & Skip — September 23
- Senior Chorale Group — Thursdays
- Don Newcomer — Fridays (*Labor Day Party 9/4*)
- Grab Bag Bingo 1:00 - 2:30 — Monday and Friday

The suggested donation amount for all seniors 60 years of age and older is \$2.75 per meal. All those under 60 are required to pay \$5.00 per meal.

Senior Center Closed
 ☞ Monday, September 7, 2009

Failure to Launch

Making Sure your Trust is Legally Sound and Choosing a Successor Trustee



Back by popular demand, Cristian Arrieta Esq., Attorney at Law who presented Living Wills and Trusts, will be returning to the Simi Valley Senior Center on Wednesday, September 23, 2009 at 1:00 to 2:00 p.m. This presentation will focus on ensuring the trust you set up will not be contested in court and how to choose who will take over the trust when you are no longer able to act as a trustee. This will be a workshop atmosphere with plenty of time reserved for questions. Call the Senior Center at (805) 583-6363 to make a reservation.

Volunteer of the Month - Ralph Powell

Ralph Powell and his beautiful bride Elsie come to the Senior Center Rendezvous Café every day. Ralph noticed that the number of seniors needing their meals served to them was growing, so he volunteered to act as a waiter for those who have disabilities. Ralph serves approximately 20 — 25 seniors each day, but what is more important is he does it graciously and with a wonderful sense of humor. Thank you Ralph for all you do to brighten our days.



Senior Center Closed

Monday, September 7, 2009

Help Make Our Rummage Sale Fantastic

The Senior Center will once again have a rummage sale at the annual Arts & Craft Fair in October. To make the sale successful we need your help! Bring your gently used items such as jewelry, holiday decorations, knick knacks etc. to the Senior Center from September 1 - 25, 2009. **NO ELECTRICAL ITEMS or CLOTHING** will be accepted.

COUNCIL ON AGING MEETING

The Council On Aging General Membership meeting takes place on the second Monday of each month at 1:00 p.m. at the Senior Center. The COA does not meet in the months of July and August. The next meeting is scheduled for:
Monday, September 14, 2009

Simi Valley Hospital
Adventist Health



Gregg P. Hartman, MD,
Simi Valley Hospital

Preventing Osteoporosis

Fall Prevention and Balance Techniques

On Wednesday, September 16, 2009, 1:00 p.m. - 2:00 p.m., Dr. Gregg P. Hartman, orthopedic surgeon on staff at Simi Valley Hospital, will be providing a free lecture on preventing osteoporosis without the use of medication. Osteoporosis is a condition in which the bones become weak and can break from a minor fall or, in serious cases, from a simple action such as a sneeze. Debbie Nadel, a physical therapist, will also be joining the effort by providing a demonstration on fall prevention and balance techniques.

This presentation will be held at the Simi Valley Senior Center, located at 3900 Avenida Simi, Simi Valley. For more information or to make a reservation call (805) 583-6363.

Financial Safety in the Golden Years September 15, 9:00 a.m. - 12:00 noon

Financial Abuse is on the rise, especially among senior citizens. You could be targeted and be in financial trouble before you know it. People from all socio-economic levels and with varied backgrounds have become victims. Come to the Senior Center, 3900 Avenida Simi and learn from a panel of professionals information you need to protect yourself.

Topics such as how to safely consider a reverse mortgage, obtain quality in home care; locate community and mental health resources, and what to do if you or a loved one is a victim of financial abuse will be offered. Speakers from the Bank of America, Help Unlimited, Ventura County Area Agency On Aging, Adult Protective Services, Ventura County Behavioral Health, and the Deputy District Attorney from the Elder Abuse Unit will discuss the issues surrounding financial abuse. Betty Berry, Senior Advocate from Senior Concerns, will moderate the discussion.

If you have questions or would like to register call the Senior Center at (805) 583-6363. Seating is limited.

Notary Services

Notary Services will now be available at the Senior Center for no fee. Esther Maron is a licensed/certified traveling notary who has volunteered to provide her services. She can notarize any legal document, but requires identification in the form of a current drivers license, passport, or California ID card, which can be obtained from the DMV. Call the Senior Center at (805) 583-6363 and we will contact Ms. Maron to make an appointment.

Grandparent & Me (ages 2-5)

Grandparent and Me is a 3 week series beginning on Thursday, September 10, 2009 designed to strengthen the bond between grandparents and their grandchildren. This class meets from 10:30 a.m. to 11:30 a.m. focuses on interactions using short stories, songs, games, and arts and crafts. All materials will be provided. This class is free of charge and space is limited. Reservations can be made by calling the Berylwood Family Resource Center at (805) 582-1214.

Newsletter Update

If an asterisk “ * ” appears before your name, you will remain on the mailing list. If there is no asterisk, please clip out and return your mailing label before September 5 or you will be removed from the mailing list. Make sure that you put it in a stamped envelope.

CENTER STAFF

Manager

Laurie Dickinson
(805) 583-6366

Assistant Managers

Angel Sierra
(805) 583-6044
Robert Martin
(805) 583-6364

Senior Center Clerks

Donna Thorn
(805) 583-6363
Raquel Wirth
(805) 583-6363

Rendezvous Café

Coordinator

Judy Herdman
(805) 583-6365

Rendezvous Café

Cook

Kathleen Thomson

Meals On Wheels

Coordinator

Claudia Hapip
(805) 583-6042

Simi Valley Senior Center
3900 Avenida Simi
Simi Valley, CA 93063

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RETURN SERVICE REQUESTED

SAVE THESE DATES

- **Wellness and Information Expo — September 9**
- **COA Dances — September 11 & 25**
- **COA Meeting — September 14**
- **Opening Ceremony Senior Games — September 1**
- **Italian Dinner — November 6**

SENIOR EXCURSIONS

Excursions to Interesting Places

Jewels of the Southwest - Canceled
Pacific Coastal Cruise - Sept 20 to 26
Oktoberfest @ Big Bear Lake - Oct 10
Palm Springs Follies - Nov 5
Griffith Observatory - Nov 18
Newport Harbor Boat Parade - Dec 16

Casino Excursions

Pechanga Casino - Wait List
Laughlin, Christmas Party - Dec 2 to 4

Registration forms are available at the Senior Center at the west main entrance reception desk, or you can call (805) 583-6363 for information. Casino Excursion registrations are also made at the Senior Center.

Registration

All trip reservations and payments will ONLY be taken at the west main entrance reception desk. Credit Card or Check only. No Cash will be accepted.

FREQUENTLY REQUESTED NUMBERS

Adult Protective Services	985-9065	Social Security	(800) 772-1213
Alzheimer's Association	484-6028	S.V. Adult School	579-6200
American Cancer S.	(800) 227-2345	S.V. Citizen Advisor	583-6759
Animal Regulation	388-4341	S.V. City Hall Info.	583-6700
Arthritis Foundation	563-4685	S.V. Council On Aging	583-6041
Housing Rights Ctr.	(800) 477-5977	S.V. Cultural Arts Ctr.	583-7900
Grey Law	658-2266	S.V. Dial-A-Ride	583-6464
Community Action	436-4000	S.V. Graffiti Hotline	583-6444
Osher Institute	437-2748	S.V. Pothole Hotline	583-6400
Long-Term Care		Veterans Services	385-6366
Ombudsman	(800) 231-4024	VC Area Agency on Aging	477-7300
MediCal	584-4842	VC Human Services	477-5301
Parkinson's Support	988-7599	VC Health Care Agency	677-5110
Rancho Simi Rec. & Pks.	584-4400	VCAAA Service & Information Line	
Senior Concerns	497-0189		(800) 510-2020

SIMI VALLEY SENIOR CENTER

SEPTEMBER 2009 CLASSES AND ACTIVITIES SCHEDULE

All classes and activities meet at the Senior Center weekly unless stated otherwise.

[AS] Simi Valley Adult School Class - Call (805) 579-6209 for information

[REC] Rancho Simi Recreation and Park District Activity - Call (805) 584-4400 for information

[LL] Channel Islands, OSHER Lifelong Learning Program - Call (805) 437-2748 for information

For class fees, please refer to all brochure information available at the Senior Center

THE SENIOR CENTER WILL BE CLOSED ON SEPTEMBER 7th IN OBSERVANCE OF LABOR DAY

MONDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO
Arts & Crafts	Art Studio [AS]	9:00 AM	12:00 PM		Enrollment Req.
	B.Y.O.C. (Bring Your Own Crafts)	9:00 AM	12:00 PM		
	Ceramics—Hand Building [AS]	8:30 AM	3:30 PM		Enrollment Req.
	Cornucopia of Art [REC]	7:00 PM	8:30 PM	Sept. 14,21,28	Registration Req.
	Jewelry Club [REC]	6:30 PM	9:00 PM		
	Oil Painting [AS]	12:30 PM	4:00 PM		Enrollment Req.
	Quilt Club	2:00 PM	5:00 PM		
	Scrapbooking Club [REC]	3:00 PM	6:00 PM		Drop-in OK
	Cards & Games	Billiards Club [REC]	7:00 PM	10:00 PM	
Dominoes (Mexican Train)		1:00 PM	4:00 PM		
Mah Jongg		10:00 AM	1:30 PM		
Computers	Digital Photography: Saved Photos [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Sit 'n' Click Open Computer Lab	12:30 PM	4:45 PM		
Groups & Clubs	COA Meeting	1:00 PM	3:00 PM	Sept. 14	
	Genealogy Group	1:00 PM	3:00 PM	Sept. 14, 28	
	Red Hat Society—Sassy Lassies	11:00 AM	3:00 PM	Sept. 21	
	Stamp & Coin Club	1:00 PM	3:00 PM	Sept. 21	
Health & Fitness	Aquatics for Seniors [AS] at Rancho Pool	8:00 AM	9:30 AM		Enrollment Req.
	Basic Ballet [REC]	5:30 PM	6:30 PM		Registration Req.
	FREE Hearing Screenings by Dr. Baker	9:00 AM	12:00 PM	Sept. 14	Appointment Req.
	Ping Pong [REC]	2:30 PM	4:00 PM		
	Strength Building [AS]	3:30 PM	4:30 PM		Enrollment Req.
	Stretch 'n' Walk [AS]	10:00 AM	11:30 AM		Enrollment Req.
	Tai Chi Exercise	11:00 AM	12:00 PM		
	Tai Chi - Long Form [REC]	7:00 PM	8:00 PM		Registration Req.
	Wii Sports	12:30 PM	4:30 PM		
Social Services	Yoga	8:00 AM	9:30 AM		
	Area Agency on Aging Counselor	8:00 AM	5:00 PM		Walk-ins o.k.
	Coping with Loneliness	10:00 AM	11:30 AM		
	Home Energy Assistance Prog. (H.E.A.P.)	9:00 AM	2:00 PM	Sept. 21	Appointment Req.
	V.I.P. Low Vision Support Group	9:00 AM	12:00 PM		
TUESDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO
Arts & Crafts	Ceramics - Hand Building [AS]	8:30 AM	3:30 PM		Enrollment Req.
	Ceramics—Handbuild / Potters Wheel [REC]	6:00 PM	9:00 PM		Registration Req
	Oil Painting Media Art [REC]	6:30 PM	9:00 PM	Sept.9,16,23,30	
	Woodcarving [AS]	8:00 AM	12:00 PM		Enrollment Req.
	Watercolor Painting [AS]	12:30 PM	4:00 PM		Enrollment Req.
Cards & Games	Chicago Bridge	9:00 AM	12:00 PM		
	Pinochle	10:00 AM	5:00 PM		

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All classes and activities meet at the Senior Center weekly unless stated otherwise.

TUES. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO
Cards & Games	Pinochle	12:00 PM	4:00 PM		
	Poker Club [REC]	6:30 PM	9:45 PM		
Computers	Getting to Know Your PC – Part I [REC]	5:30 PM	7:00 PM		Registration Req.
	Intro to Computers: Part I (Concepts) [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Intro to Computers: Part II (Applications) [AS]	2:00 PM	5:00 PM		Enrollment Req.
Education	Archaeology of Turkey: OSHER (LL)	6:00 PM	8:00 PM		Enrollment Req.
	Financial Safety in the Golden Years	9:00 AM	12:00 PM	Sept. 15	Reservation Req.
	Strings Orchestra: Int. & Beg. [REC]	11:00 AM	1:00 PM		Registration Req.
Entertainment	Movies in the Lounge	12:45 PM	3:00 PM		
Groups & Clubs	Cultural Connections [REC]	1:00 PM	4:00 PM		Registration Req.
	Prostate Cancer Support Group	7:00 PM	9:00 PM	Sept. 15	
	Women’s Discussion Group	10:00 AM	11:30 AM		Waiting List
Health & Fitness	Aerobics for Seniors [AS]	2:45 PM	4:45 PM		Enrollment Req.
	Arthritis Exercise	10:30 AM	11:30 AM		
	Blood Pressure Testing	9:00 AM	11:00 AM		Walk-in OK
	Clogging [REC] (45 minute sessions)	6:45 PM	8:15 PM		Registration Req.
	Indoor Lawn Bowling [REC]	1:30 PM	3:00 PM		
	Low Impact Aerobic Fitness [REC]	5:30 PM	6:30 PM		Registration Req.
	Pickle Ball [REC] at Santa Susana Comm. Ctr.	9:30 AM	11:30 AM		
	Ping Pong [REC]	12:00 PM	2:00 PM		
	Tuesday Tappers @ RSSCC [REC]	1:00 PM	3:00 PM		Registration Req.
	Yoga	8:00 AM	9:30 AM		
Social Services	Alzheimer’s Counseling	9:00 AM	12:00 PM	Sept. 29	Appointment Req.
	Brown Bag Groceries	9:00 AM	11:00 AM		Application Req.
	Grey Law	1:00 PM	4:00 PM	Sept. 8	Appointment Req.
	Health Insurance Counseling Advocacy Prog.	9:30 AM	1:00 PM	Sept. 8, 22	Appointment Req.
	Reduce the Cost of Utilities	9:30 AM	11:30 AM	Sept. 15	Appointment Req.
	Senior Advocate	9:00 AM	3:00 PM		Appointment Req.
WEDNESDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO
	WELLNESS & INFORMATION EXPO	9:00 AM	2:00 PM	Sept. 9	
Arts & Crafts	Ceramics - Mold Casting [AS]	8:30 AM	3:30 PM		Enrollment Req.
	Learn to Knit and Crochet [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Multi-Media Art Workshop [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Multi-Media Art Int./ Adv.- [AS]	12:30 PM	4:00 PM		Enrollment Req.
	Oil Painting [REC]	6:30 PM	9:00 PM	Sept. 9, 16, 23, 30	Registration Req.
	Quilting Class [AS]	8:30 AM	2:30 PM		Enrollment Req.
Cards & Games	Chess Club	1:00 PM	4:30 PM		
	Chicago Bridge	9:00 AM	12:00 PM		
	Duplicate Bridge [REC]	1:00 PM	4:45 PM		
	Pinochle Group	12:30 PM	5:00 PM		

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All classes and activities meet at the Senior Center weekly unless stated otherwise.

WED. (CONT.)	ACTIVITY	START	END	DATE(S)	OTHER INFO	
Computers	Intro to the Internet Part II (Adv Topics) [AS]	9:00 AM	- 12:00 PM		Enrollment Req.	
	Sit 'n' Click Open Computer Lab	12:30 PM	- 4:45 PM			
Education	Living Wills & Trusts	1:00 PM	- 2:30 PM	Sept. 23	Reservation Req.	
	Simi Hospital: Osteoporosis, Balance & Fall Prevention	1:00 pm	- 2:00 PM	Sept. 16	Reservation Req.	
Groups & Clubs	Drama Club	1:00 PM	- 3:00 PM	Sept. 2,16,23,30		
	Rancho Simi Senior Club General Meeting	1:30 PM	- 4:00 PM	Sept. 23		
	Simi Scribblers	10:00 AM	- 12:00 PM			
Health & Fitness	Aquatics for Seniors [AS] at Rancho Pool	8:00 AM	- 9:30 AM		Enrollment Req.	
	Circulation Massage	9:00 AM	- 3:00 PM	Sept. 23	Appt. Req./Fee	
	Golf Lessons [REC]	9:00 AM	- 12:00 PM	Sept. 9,16,23,30	Registration Req.	
	Line Dancing [REC]	7:00 PM	- 8:30 PM			
	Strength Building [AS]	6:00 PM	- 7:00 PM		Enrollment Req.	
	Stretch 'n' Walk [AS]	10:00 AM	- 12:00 PM		Enrollment Req.	
	Wellness & Information Expo	9:00 AM	- 2:00 PM	Sept. 9		
	Wii Sports	12:30 PM	- 4:30 PM			
	Social Services	Caregiver's Support Group	7:00 PM	- 8:30 PM	DARK	
		Health Insurance Counseling Advocacy Prog.	9:00 AM	- 4:00 PM	Sept. 2	Appointment Req.
Pedicure Clinic		9:00 AM	- 3:00 PM	Sept. 2, 16	Fee/Appointment	
Veterans' Counseling		9:00 AM	- 11:00 AM	Sept. 2	Appointment Req.	
THURSDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO.	
Arts & Crafts	Ceramics Mold Casting [AS]	8:30 AM	- 3:30 PM		Enrollment Req.	
	Crochet, Sew 'n' Chat	9:30 AM	- 11:30 AM			
	Quiltmaking (Intermediate & Advanced) [AS]	8:30 AM	- 2:30 PM		Enrollment Req.	
	Grandparents & Me	10:30 AM	- 11:30 AM	Sept. 10, 17, 24	Registration Req.	
	Scrapbooking Club [REC]	9:00 AM	- 12:00 PM		Registration Req.	
	Fabric Painting [AS]	12:30 PM	- 4:00 PM		Enrollment Req.	
	Woodcarving [AS]	8:00 AM	- 12:00 PM		Enrollment Req.	
Cards & Games	Bunco – Community Games [REC]	7:00 PM	- 9:30 PM	Sept. 10	Registration Req.	
	Canasta	12:00 PM	- 4:00 PM			
	Pinochle	12:00 PM	- 4:00 PM			
Computers	Digital Photography: Saved Photos [AS]	9:00 AM	- 12:00 PM		Enrollment Req.	
	Getting to Know Your PC Part I [REC]	1:00 PM	- 2:30 PM	Sept.10 ,17 ,24	Registration Req.	
	Entry to Information Super Highway [REC]	5:30 PM	- 7:00 PM	Sept.10 ,17 ,24	Registration Req.	
	Introduction to MS Office—II (Excel) [AS]	7:15 PM	- 9:15 PM		Enrollment Req.	
	Sit 'n' Click Open Computer Lab	2:45 PM	- 4:45 PM			
Educational	Guitar / Ukulele Workshop [REC]	6:30 PM	- 7:30 PM	Sept.10 ,17 ,24	Registration Req.	
	Guitar / Ukulele Island Band[REC]	7:30 PM	- 8:15 PM	Sept.10 ,17 ,24	Registration Req.	
Entertainment	Movies in the Lounge	12:45 PM	- 3:00 PM			
Groups & Clubs	Amateur Radio Club—Simi Settlers [REC]	7:00 PM	- 8:55 PM	Sept. 10		
	Disabled American Veterans Support Group	3:00 PM	- 5:00 PM	Sept. 10		
	Fibromyalgia Support Group	3:00 PM	- 5:00 PM	Sept. 10		
	Hearing Loss Support Group	2:00 PM	- 4:30 PM	Sept. 10		
	Parkinson's Support Group	1:00 PM	- 3:00 PM	Sept. 17		
	Treasure Hunters (Metal Detectors) [REC]	6:30 PM	- 9:00 PM	Sept. 17		

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All classes and activities meet at the Senior Center weekly unless stated otherwise.

THURS (CONT)	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Health & Fitness	Aerobics for Seniors [AS]	2:45 PM	4:45 PM		Enrollment Req.
	Arthritis Exercise	1:30 PM	2:30 PM		
	Low Impact Aerobic Fitness [REC]	5:30 PM	6:30 PM		Drop in ok w/Reg
	Clogging [REC] (45 minute classes)	11:45 AM	1:15 AM		Registration Req.
	Horseshoes @ RSCP [REC]	9:30 AM	11:30 AM		
	Brain Gym [REC]	10:00 AM	11:30 AM	Sept. 10 , 17 , 24	Registration Req.
	Senior Fitness	9:00 AM	10:30 AM		
	Shuffle Board @ Rancho Simi Park [REC]	1:00 PM	3:00 PM		
	Tai Chi	10:30 AM	11:30 AM		
Social Services	Alzheimer's Support Group & Respite	10:30 AM	12:00 PM	Sept. 3, 17	Respite Provided
	Home Energy Assistance Prog. (H.E.A.P.)	9:00 AM	2:00 PM	Sept. 3	Appointment Req.
	Senior Advocate	9:00 AM	3:00 PM		Appointment Req.
	TLC Bereavement Support	10:30 AM	11:30 AM	Sept. 10	
FRIDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Arts & Crafts	Ceramics Workshop [AS]	8:30 AM	12:30 PM		Enrollment Req.
	Quilting (Intermediate/Advanced) [AS]	8:30 AM	11:30 AM		Enrollment Req.
	Silver & Turquoise Jewelry [REC]	2:00 PM	4:00 PM		Registration Req.
	Tole Painting (Beg. /Int.) [AS]	12:30 PM	3:30 PM		Enrollment Req.
	Tole Painting (Intermediate) [AS]	9:00 AM	12:00 PM		Enrollment Req.
Cards & Games	Beginning Bridge I [REC]	2:00 PM	4:00 PM	Sept. 11, 18, 25	Registration Req.
	Duplicate Bridge: Non-sanctioned [REC]	7:00 PM	10:45 PM		
	Grab Bag Bingo	1:00 PM	2:30 PM		
	Mah Jongg	12:00 PM	4:00 PM		
Computers	Digital Photography: Saved Photos [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Sit 'n' Click Open Computer Lab	12:30 PM	4:45 PM		
Education	Dream Sketching / Visualization [REC]	10:00 AM	12:00 PM	Sept. 11, 18, 25	Registration Req.
Entertainment	COA Dance	7:00 PM	10:30 PM	Sept. 11, 25	
Health & Fitness	Aquatics for Seniors [AS] at Rancho Pool	8:00 AM	9:30 AM		
	Neck and Shoulder Massage	2:00 PM	4:00 PM	Sept. 11, 25	Appt. Req./Fee
	Ping Pong [REC]	12:15 PM	4:00 PM		
	Senior Fitness	8:30 AM	10:00 AM		
	Stretch 'n' Walk [AS]	10:00 AM	12:00 PM		Enrollment Req.
	Wii Sports	9:30 AM	1:30 PM		
Social Services	Widow & Widower's Support Group	10:30 AM	12:00 PM		
SATURDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO.
Arts & Crafts	Fabric Painting [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Quilting [AS]	8:00 AM	12:30 PM		Enrollment Req.
Computers	Sit 'n' Click Open Computer Lab	8:30 AM	11:30 AM		
Educational	Conversational Spanish [AS]	9:00 AM	12:00 PM		Enrollment Req.
Health & Fitness	Walking Tour: Corriganville [REC]	10:00 AM	12:00 PM	Sept. 19	Registration Req.
	Yoga [REC]	8:00 AM	9:30 AM		Drop in ok w/Reg