

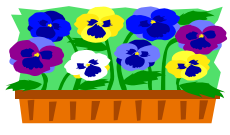





# MAY 2008



| MON  | TUE  | WED  | THU   | FRI  |
|--|--|--|---|--|
| <p><b>Club Meetings</b><br/> <b>Mon.-</b> Parkside Senior Club (10 AM)<br/> <b>Tues.-</b> Franklin Township Senior Club (10 AM)<br/> <b>Wed.-</b> Franklin Park Senior Club (12:30 PM)</p> <p>Stop by and visit the clubs and then decide if you would like to join one or <u>all three!</u></p>   | <p><b>(\$)-- small cost to attend this class and advance registration required</b></p>  |   | <p><b>1</b><br/> <b>10:00</b> Aerobics w/ Maryann Carroll (\$)<br/> <b>10:30</b> Sit &amp; Fit</p> <p><b>Club Bingo at 12 noon</b></p>                                    | <p><b>2</b><br/> <b>9:30</b> Yoga w/ Tom Allardice (reg)<br/> <b>10:00</b> Healthy Bones (reg) Room 3</p> <p><b>12:00</b> Tai Chi w/ Brian Coffey (reg) Room 1 Beg.<br/> <b>1:00</b> Tai Chi (reg) B-Beg.<br/> <b>12:00</b> Healthy Bones (reg) Room 2<br/> <b>1:30</b> Swingin Singin Seniors Rehearsal</p>   |
| <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>9</b>   |
| <p><b>9:30</b> Hi Steppers Practice<br/> <b>10:00</b> Parkside Senior Club<br/> <b>10:30</b> Sit &amp; Fit<br/> <b>11:45</b> Healthy Bones<br/> <b>12:00</b> Bridge w/ Holly<br/> <b>1:30 – 2:30</b> Ladies Billiards Hour</p> <p><b>Blood Pressure Screening</b><br/> <b>11 a.m. – 1 p.m.</b></p> | <p><b>10:00</b> Franklin Township Senior Club<br/> <b>1:30</b> Line Dancing</p>  | <p><b>9:30</b> Hi Steppers Practice<br/> <b>10:00 – 12 noon</b> Ribbon Eggs w/Eleanor(reg)<br/> <b>12:30</b> Franklin Park Senior Club Meeting<br/> <b>2:00 – 4:00</b> Quilting w/Eleanor(reg)</p>                 | <p><b>10:00</b> Aerobics w/ Maryann Carroll (\$)<br/> <b>10:30</b> Sit &amp; Fit</p>  | <p><b>9:30</b> Yoga w/ Tom Allardice (reg)<br/> <b>10:00</b> Healthy Bones (reg) Room 3</p> <p><b>12:00</b> Tai Chi w/ Brian Coffey (reg) Room 1 Beg.<br/> <b>1:00</b> Tai Chi (reg) B-Beg.<br/> <b>12:00</b> Healthy Bones (reg) Room 2<br/> <b>1:30</b> Swingin Singin Seniors Rehearsal</p>   |
| <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>   | <b>16</b>  |
| <p><b>9:30</b> Hi Steppers Practice<br/> <b>10:00</b> Parkside Senior Club<br/> <b>10:30</b> Sit &amp; Fit<br/> <b>11:45</b> Healthy Bones<br/> <b>12:00</b> Bridge w/ Holly<br/> <b>1:30 – 2:30</b> Ladies Billiards Hour</p>   | <p><b>10:00</b> Franklin Township Senior Club<br/> <b>1:30</b> Line Dancing</p>  | <p><b>9:30</b> Hi Steppers Practice<br/> <b>10:00 – 12 noon</b> Ribbon Eggs w/Eleanor(reg)<br/> <b>12:30</b> Franklin Park Senior Club Meeting<br/> <b>2:00 – 4:00</b> Quilting w/Eleanor(reg)</p>                 | <p><b>10:00</b> Aerobics w/ Maryann Carroll (\$)<br/> <b>10:30</b> Sit &amp; Fit</p> <p><b>Lunch and Laughter Off-Site</b></p>  | <p><b>9:30</b> Yoga w/ Tom Allardice (reg)<br/> <b>10:00</b> Healthy Bones (reg) Room 3</p> <p><b>12:00</b> Tai Chi w/ Brian Coffey (reg) Room 1 Beg.<br/> <b>1:00</b> Tai Chi (reg) B-Beg.<br/> <b>12:00</b> Healthy Bones (reg) Room 2<br/> <b>1:30</b> Swingin Singin Seniors – No Rehearsal</p>  |
| <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>   | <b>23</b>  |
| <p><b>9:30</b> Hi Steppers Practice<br/> <b>10:00</b> Parkside Senior Club<br/> <b>10:30</b> Sit &amp; Fit<br/> <b>11:45</b> Healthy Bones<br/> <b>12:00</b> Bridge w/ Holly<br/> <b>1:30 – 2:30</b> Ladies Billiards Hour</p> <p><b>FP Club members go on Trip to Niagra Falls today.....</b></p> | <p><b>10:00</b> Franklin Township Senior Club<br/> <b>1:00</b> United Seniors Meeting<br/> <b>1:30</b> Line Dancing</p>  | <p><b>9:30</b> Hi Steppers Practice<br/> <b>10:00 – 12 noon</b> Plastic Canvas/Fly Swatters w/Eleanor(reg)<br/> <b>12:30</b> Franklin Park Senior Club Meeting<br/> <b>2:00 – 4:00</b> Quilting w/Eleanor(reg)</p> | <p><b>10:00</b> Aerobics w/ Maryann Carroll (\$)<br/> <b>10:30</b> Sit &amp; Fit</p>  | <p><b>9:30</b> Yoga w/ Tom Allardice (reg)<br/> <b>10:00</b> Healthy Bones (reg) Room 3</p> <p><b>12:00</b> Tai Chi w/ Brian Coffey (reg) Room 1 Beg.<br/> <b>1:00</b> Tai Chi (reg) B-Beg.<br/> <b>12:00</b> Healthy Bones (reg) Room 2<br/> <b>1:30</b> Swingin Singin Seniors– No Rehearsal</p> <p><b>FP Club members return from Niagra Falls Trip</b></p> |
| <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>   | <b>30</b>  |
| <p><b>Memorial Day Center Closed</b></p>  <p><b>Parade at 10:30 a.m.</b></p>   | <p><b>10:00</b> Franklin Township Senior Club<br/> <b>1:30</b> Line Dancing</p> <p><b>Blood Pressure Screening 11:30 a.m. – 1:30 p.m.</b></p>                            | <p><b>9:30</b> Hi Steppers Practice<br/> <b>10:00 – 12 noon</b> Plastic Canvas/Fly Swatters w/Eleanor(reg)<br/> <b>12:30</b> Franklin Park Senior Club Meeting<br/> <b>2:00 – 4:00</b> Quilting w/Eleanor(reg)</p> | <p><b>10:00</b> Aerobics w/ Maryann Carroll (\$)<br/> <b>10:30</b> Sit &amp; Fit</p>  | <p><b>9:30</b> Senior Advisory Committee Meeting<br/> <b>9:30</b> Yoga w/ Tom Allardice (reg)<br/> <b>10:00</b> Healthy Bones (reg) Room 3</p> <p><b>12:00</b> Tai Chi w/ Brian Coffey (reg) Room 1 Beg.<br/> <b>1:00</b> Tai Chi (reg) B-Beg.<br/> <b>12:00</b> Healthy Bones (reg) Room 2<br/> <b>1:30</b> Swingin Singin Seniors Rehearsal</p>              |