

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

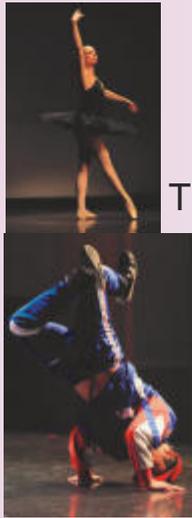
(860) 638-4540

www.middletownct.gov/seniors

JUNE 2019



Refund Policy: 2 full business day's cancellation notice is required in order to receive a refund. You must call to cancel or you will be assessed a \$2 surcharge for each and every program where you no show/no cancel (including free programs). Programs that are non-refundable are advertised as such and are not part of this policy.



Dance History Live: Ballet to Breakdancing June 7th at 2:30pm

The performance features Dimensional Dance company members performing different genres of dance and the evolution of how we went from dancing on our toes to dancing on our heads. \$2/\$5 NR pre-registration.



Making 'Scents' of Aromatherapy June 3rd at 1:30pm

Essential oils are everywhere! Yet, most of us have limited knowledge of how to harness the healing magic of these amazing extracts. From burns, acne, common cold symptoms and more, essential oils can easily come to the rescue when you know the basics. Learn the facts that are vital to successfully working with essential oils: safety, purity, therapeutic properties and dilution guidelines (how much essential oil can be safely used for specific populations including healthy adults, children, pregnant women, elderly or chronically ill individuals). Then work hands-on with aromatherapy supplies to make your own product! Instructor Hallie Sawyers is nationally certified in Holistic Aromatherapy, and has been practicing as a certified aroma therapist since 2002. \$2/\$5 NR pre-reg.

Cartooning Workshop June 10th at 2pm



Work with



Debi step by step as we make some fun cartoon characters from the past. You'll walk away with your own creation. Debi Hamuka-Falkenham is a 1974 graduate of Paier College of Art and The Museum of Cartoon Art's Cartooning Program. Debi is also an active member of the Society of Children's Book Writers and Illustrators (SCBWI) and she also continues to take classes to keep up with new developments in the art and cartooning world. Her illustrations have been used for t-shirts, greeting cards, posters, children's books, etc. Don't miss the fun! \$3/\$6 NR pre-registration.

Mystic Aquarium Traveling Touch Tank—June 21st at 2pm

Mystic Aquarium will be in our cafeteria with a live invertebrate Touch & Learn program. This unique experience will allow you to get an up close look at lobsters, horseshoe crabs, shellfish, and more! \$1/\$3 NR pre-reg.



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Musical Entertainment June 19th at 2:30pm



José Paulo's voice will mesmerize you and his personality will charm you! He is very versatile and that permits him to sing all styles of music in English, Portuguese Spanish, Italian and French.

José Paulo is a native of Rio de Janeiro, Brazil. Since Brazil is in his blood, he enjoys performing Bossa Nova and Samba music. He also released his first CD in 2008, "Canzoni Stonate". In addition, he has been part of many performances and events. Here are just a few events where large audiences were able to be captivated by his voice and charm, singing for Pope John Paul, II, Brazilian Day In Canada (opened up the show for Ivete Sangalo), Brazilian International Press Award Ceremony, Guitar under the Stars, Romancia de la Guitara, Sergio Franchi

Annual Concerts, the Connecticut Operas Carmen and Tosca, Foxwood Casino and Rio Samba Show. José Paulo could not live without singing since music is part of who he is. FREE for residents, \$1 for Non-Residents.

Coffee Klatch June 26th at 2pm

The term "coffee klatch" comes from the German word, "kaffeeklatsch," which translates to coffee (kaffee) + gossip (klatsch). It refers to a group of friends getting together over a cup of coffee, usually at someone's house. The word "klatsch" has turned into "klatch" or even "clatch" over the years, and both are considered acceptable to use.

Coffee klatches were popular in the 1950s, when it was common for women to stay home with the kids.

Ladies would get together with neighbors, discussing the latest updates in everyone's lives. There would usually be something to munch on too, like cookies to dunk in your coffee. It was a great way to spend a morning.

We're bringing this tradition back! Join us for coffee, a variety of flavored creamers, and an assortment of treats. Relax in our coffee house and catch up with friends or meet new friends. \$2 pre-registration.



Strawberry Shortcake Social

June 25th at 2:30pm



Let's celebrate the beginning of summer with this delicious strawberry shortcake served over angel food cake. \$3/\$5



June 13th at 2:30pm

Have a good laugh playing the Senior Center's version of the popular television game show! Random audience participation. Join us for this hilarious game where contestants try to match panelists by answering fill-in-the-blank questions. Get ready to LAUGH! FREE- Please pre-register.

Bananagrams- June 5th at 2pm

Exercise your mind while playing this fun word tile game similar to scrabble. FREE—Please pre-register.



June Book Club June 24th at 2:30pm

This month we are reading "Snow Flower and the Secret Fan: A Novel" by Lisa See. In nineteenth-century China, in a remote Hunan county, a girl named Lily, at the tender age of seven, is paired with a laotong, "old same," in an emotional match that will last a lifetime. The laotong, Snow Flower, introduces herself by sending Lily a silk fan on which she's painted a poem in nu shu, a unique language that Chinese women created in order to communicate in secret, away from the influence of men.



\$3/\$5 NR for the used book.

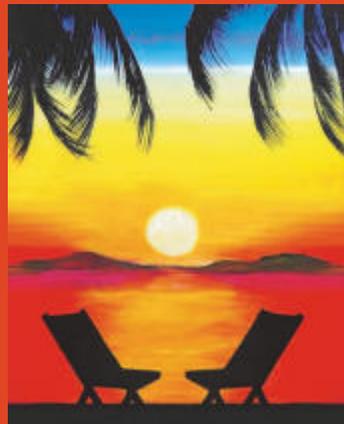
Pizza & A Movie June 14th at 1:30pm Vice

Dick Cheney served as the Vice President for the United State's 43rd president George W. Bush. Prior to that, Cheney spent years moving up the ranks in terms of his political career, and ultimately oversaw 1991's Operation Desert Storm. During the eight years he spent in office as VP, Cheney became known as one of the most powerful Vice Presidents in the history of the country. An examination of Dick Cheney's rise to power and his policies show that they had wide-reaching effects, changing the world in many ways. \$2/\$4 NR pre-registration includes 2 slices of cheese pizza.



Acrylics & Appetizers June 14th at 5:30pm

Relax, listen to music, socialize with friends, and make a painting of a beach scene that you can take home. Snacks will be served. \$10/Residents \$12/Non-Residents



Craft w/ Heidi
June 18th at 10:30am



This month we will be making a painted mandala. \$3 Res/\$5 NR—take home what you make.

Baking Class
June 20th at 2pm

This month we will be making a moist lemon cake.

\$4 Res/\$6 NR—take home what you make.



Enhanced Benefits Checkup
June 26th 9am-2:30pm

A Benefits Checkup is a free and confidential questionnaire that will screen you for eligibility for federal, state, and local financial programs for individuals 60+ and those receiving Medicare at any age. Do you need help paying for or need information on Medicare premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Sponsored by Senior Resources Agency on Aging. By appointment only.



Bingo & Pokeno

Bingo—Wednesdays & Fridays at 1pm \$0.50 per card. No pre-registration.

Pokeno— June 4th at 2:00pm \$1 Please pre-register.

Watercolor Class
Tuesdays at 1pm beginning 7/16

This 6 session art class led by Marcy will be painting with watercolors. No experience necessary. There will be shared group supplies available for use or you can bring your own. \$15 Res/\$20 NR pre-registration for 6 session class.



AARP Safe Driving Classes 2019

Wednesdays 12:30-4:30pm

June 12th, August 21st, October 9th & Dec. 11th.

Check only made out to AARP: \$15/AARP members \$20/non-members.

Fun with Clay
Fridays at 1pm—
New Session begins 7/5



Build your projects from scratch, paint, and fire them in the kiln. 10 week session \$15/\$20 NR pre-registration.

Texas Hold'Em
June 18th at 1:30pm FREE



Just for fun! No experience needed. Our volunteer Tom will take care of the dealing for you, so you can concentrate on your play!

Middletuners Annual Performance
June 24th at 1pm

FREE performance of Middletown's senior chorus. Please pre-register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 1:30 Making Scents of Aromatherapy</p>	<p>4</p> <p>9-3 Footcare Clinic 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:00 Bus Trip : Christmas Tree Shop & Cracker Barrel 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Drawing Class 2:00 Pokeno</p>	<p>5</p> <p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:00 Bananagrams</p> <p>July Bus Lottery Starts Today</p>	<p>6</p> <p>9:00 Exercise with Jane 10:00 Coffee with the Manager Ann & Volunteer Club Meeting (bring your suggestions for programs, bus trips, entertainment, etc.) 9:00-12:00 Mahjong 10:30 Bus Trip: Bradley Mountain Farm & First and Last Tavern 11:30 NO Pilates Today 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise</p>	<p>7</p> <p>9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 2:30 Dance History Live</p>
<p>10</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 2:00 Cartooning Workshop</p>	<p>11</p> <p>9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Therapeutic Fitness 1:00 Drawing Class 1:00 AARP 3394 Public Health Drill—Need Volunteers</p>	<p>12</p> <p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 12:30 AARP SD Class 1:00 Bingo</p> <p>July Bus Lottery Ends Today</p>	<p>13</p> <p>9:00 Bus Trip: Foxwoods 9:00 Exercise with Jane 9:00-12:00 Mahjong 11:30 Pilates 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:30 Match Game</p>	<p>14</p> <p>9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Pizza & A Movie 1:30 Cribbage 5:30 Acrylics & Appetizers Lottery Participants Notified</p>
<p>17</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:15 Dancing for Joy 1:30 Birthday Party 2:30pm CT Made (rescheduled from April)</p>	<p>18</p> <p>9:00 Bus Trip: Mystic Village Shops 9-3 Footcare Clinic 9:30 Hand, Elbow, Foot Card Game 9:30 Zumba with Diane 10:30 Craft with Heidi 11:00 Guided Meditation with Elizabeth 12:30 Sing-Along with Barbara 12:00 Lunch 1:00 Drawing Class 1:00 Therapeutic Fitness 1:30 Texas Hold'Em</p> <p>Lottery Payments Due Today</p>	<p>19</p> <p>9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12-1 Free Hearing Screening sponsored by Beltone New England 12:00 American Mahjong 1:00 Bingo 2:30 Musical Entertainment</p> <p>July Lottery Open to Non-Residents</p>	<p>20</p> <p>9:00 Bus Trip: Mohegan Sun Casino 9:00 Exercise with Jane 9:00-12:00 Mahjong 11:30 Pilates 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise 2:00 Baking Class</p>	<p>21</p> <p>9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage 2-4 Mystic Aquarium Touch Tank</p>
<p>24</p> <p>9:00 Exercise with Jane 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics Club 1:00 Middletuners Annual Performance 1:15 Dancing for Joy 2:30 June Book Club</p>	<p>25</p> <p>9:30 Hand, Elbow, Foot Card Game 10:00 Bus Trip: CT Superior Court & Wood-N-Tap 9:30 Zumba with Diane 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Drawing Class 2:30 Strawberry Shortcake</p>	<p>26</p> <p>9-3 Benefits Checkup 9:00 Exercise with Jane 10:00 Yoga 10:30-12 Coloring Club 12:00 Lunch 12:00 American Mahjong 1:00 Bingo 2:00 Coffee Klatch</p>	<p>27</p> <p>8:30 Block Island Trip 9:00 Exercise with Jane 9:00-12:00 Mahjong 9:45 Bus Trip: Roger William's Zoo 11:30 Pilates 12:00-1:00 Blood Pressure Clinic 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Get Tough Exercise</p>	<p>28</p> <p>9:30 Zumba with Diane 10:30-12 Coloring Club 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Fun with Clay 1:30 Cribbage</p>



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HOME SECURITY TEAM

Recurring Programs/Services

(F) =Free (\$) = Cost Associated

American Mahjong—Wednesdays at 12pm (F)

Arthritis Exercise—Thursdays at 12:30pm (F)

Billiards—Anytime

Bingo—Wednesdays & Fridays at 1pm (\$)

Bocce—Anytime (F)

Blood Pressure Clinic—Thursdays 12:00-1:00 (F)

Book Club— (\$ for book)

Cable TV—Anytime (F)

Card Games—Setback Thursdays at 12:30pm, Hand, Elbow Foot Game Tuesdays at 9:30am

Ceramics Club—Mondays at 12:30pm (F)

Computers—Laptops are available for use anytime (F)

Cribbage—Fridays at 1:30pm (F)

Dancing for Joy—Mondays at 1:15pm (F)

Darts—Anytime (F)

Exercise—Mondays, Wednesdays, and Thursdays at 9am (F)

Foot Care with Jennifer—by appointment (\$)

Fun with Yarn—Knitting/Crocheting on Thursdays

at 1pm (F)

Get Tough—Thursdays at 1:30pm (F)

Hearing Screening—3rd Wednesday of the month 12-1 (F) Sponsored by Beltone N.E.

Lending Library—Closed—Please see our mobile library cart anytime (F)

Mahjong—Thursdays 9am-12pm (F)

Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)

Middletuners Chorus Practice—practice at Village at South Farms

Pilates—Thursdays at 11:30am (\$)

Ping Pong—By request when there aren't health services scheduled (F)

Shuffleboard—Anytime (F)

Sing-Alongs—Third Tuesday of the month at 12:30 (F)

Tai Chi—Currently looking for a new instructor

Therapeutic Fitness—Tuesdays at 1:00pm (F)

Yoga—Wednesdays at 10am (\$)

Zumba—Tuesdays & Fridays at 9:30am

Senior Services Division Contact Information

The Senior Services Division is open Monday-Friday 8:30am-4:30pm
(860) 638-4540 OR seniors@middletownct.gov

Important Announcements

- 1) **Effective 5/1**—In an effort to alleviate the congested parking at the Senior Center, we kindly ask that you please park at Pat Kidney field on Farm Hill Rd for all weekday bus trips. For those taking dial-a-ride or getting dropped off, you can continue to come directly to the Senior Center. The bus will pick up participants at the Senior Center and then proceed to the Pat Kidney lot to pick up the remaining participants and hand out the lanyards.
- 2) While we continue to provide free coffee and tea, we ask that you consider using a coffee mug or travel mug from home to cut down on the impact to the environment that the styrofoam cups have. Please remember to take your mug with you each night for washing.
- 3) Due to the presenter's unexpected illness, we had to reschedule the CT Made Presentation to June 17th at 2:30pm. We are accepting additional registrations for this program.



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Bus Trips



June Bus Trips

- 4th**—Christmas Tree (Orange) & Cracker Barrel (10-3) \$3/\$5 NR
- 6th**—Bradley Mountain Farm & First and Last Tavern (10:30-3) \$4/\$10 NR
- 13th**— Foxwoods (9-3) \$4/\$10 NR
- 18th**—Mystic Village Shops (9-3) \$4/\$6 NR
- 20th**— Mohegan Sun (9-3) \$4/\$10 NR
- 25th**—CT Superior Court Tour & Wood N Tap Restaurant (10-2) \$3/\$5 NR
- 27th**—Roger Williams Zoo with Bag Lunch Provided (9:45-3:30) \$15/\$20 NR ***First Come First Serve***

All bus trip participants must adhere to the bus trip policies and procedures. If you would like a full copy, please inquire at the front desk.
REMEMBER TO PARK AT PAT KIDNEY FIELD ON FARM HILL RD.

July Bus Trips

- 2nd**—Mohegan Sun (9-3) \$4/\$10 NR
 - 9th**—Foxwoods Casino (9-3) \$4/\$10 NR
 - 11th**— State Capitol Tour & Red Lobster (10:30-3) \$3/\$5 NR
 - 16th**—Lavender Pond Farm & Copper Skillet Restaurant (9:30-2:30) \$6/\$10
 - 18th**— Submarine Force Museum & Groton Townhouse Restaurant (9-3) \$4/\$10 NR
 - 23rd**—Blue Back Square (9:30-3) \$3/\$5 NR
 - 25th**— Fidelco Guide Dog Facility Tour in Bloomfield and Town & Country Restaurant \$5/\$8 NR
- These trip details not confirmed as of the printing of this newsletter. Check back with us.**
- 30th**—Main Street Mystic & Abbott's Lobster (9:30-3) \$4/\$6 NR

Bus Trip Lottery & Schedule Procedures

The bus trip lottery is open from June 5th through June 12th for July trips. No entries will be accepted after the 12th. All members selected in the lottery will be notified by the 14th. Payments are due by noon on the 18th. **The lottery is only for members who are Middletown Residents.** Times listed in parentheses are the departure times. The first time is the departure time from the Senior Center and the 2nd is the departure time from the destination. **It is your responsibility to be at the pickup location 10 minutes early so we stay on schedule. Failure to be at the pickup location by departure time is grounds for suspending you from further trips. All programs and bus trips are subsidized with City funds.**

SENIOR BUS POLICY HIGHLIGHTS—IN EFFECT SINCE MAY OF 2018

There are copies of the full Senior Bus Policies and Procedures available in the lobby. Most of the information in the policy is just putting in writing the policies that have been followed for several years. All members are encouraged to familiarize yourself with the rules. Here are some of the highlights:

- Monthly Bus Lottery Open for 1 Week. You must be an active member and a Middletown Resident to participate in the lottery.
- All lottery winners notified by phone. You must pay for your trip by the advertised deadline or you will lose your spot.
- Cancellation surcharge applies to all no show/no call. Penalties have been added for multiple no show/no call instances.
- Non-resident fees will be increased and vary per trip.
- You must disclose all mobility devices you plan to bring on the trip during the registration process.
- Participants who miss the bus home are responsible for securing transportation home at their own expense.
- There are defined penalties for (1) Failure to follow staff directions (2) Failure to comply with the code of conduct (3) Failure to be at the bus pickup location at the advertised time (4) No Show/No Cancel Penalties
- Explanation on cancellation responsibilities and entitlement on refunds
- Minimum Enrollments, Weather Conditions, Driver Responsibilities, Seating, Waitlists, etc.

**Block Island Trip for Ages 50+
June 27th
(8:30am Departure)**

This trip will leave from the Pat Kidney Field parking lot on Farm Hill Rd where you will board a Coach bus to the Block Island Ferry in New London. Kick back and relax on the 10:00am high speed ferry to Block Island. You will arrive on the Island by 11:30am where you will be on your own to spend the day exploring. Block Island is 7 miles long and 3 miles wide. You have a ton of options including walking trails, moped tours, shopping, dining, beautiful beaches, exploring the lighthouses, etc. All transportation needs once on the Island will be at your own expense. The ferry will depart back to New London at 4:55pm. You should plan to arrive at the ferry by 4:30pm. If you are not there by the scheduled departure, we cannot be held responsible. The ferry will leave without you. This trip is open to Middletown Residents only. The retail price of the round trip ferry ticket itself is \$48.50. This trip for Middletown residents 50+ will be \$30 per person. Pre-registration required. Non-refundable, Non-transferable. Our trip will be during the race week where 150 brightly colored racing sailboats participate in a 5 day regatta.

**July 1st at 2pm – 4pm
Virtual Reality Experience**

Experience the future in this hands-on interactive virtual reality program. We'll take turns using several different type of headsets for difference experiences.

This could be a once in a lifetime opportunity to see what all the rage is about. Don't miss it! \$3/\$7 NR pre-registration.



WHAT IS VR ?
Virtual Reality literally makes it possible to experience anything, anywhere, anytime. It is the most immersive type of reality technology and can convince the human brain that it is somewhere it really is not.

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Do not visit if you are sick (or someone at home is).

Just a Reminder...

Please be courteous and stay home if you have a cough, cold, or fever. Some of our members have compromised immune systems.



**A Night At The Horse Races
July 19th at
5:30pm**

Our cafeteria will be transformed into a night at the horse races. Enjoy dinner out and bet on all of the action. No cash will be exchanged or won—small prizes for the big winners! This theme night is for entertainment only. The dinner is beef roast, potato, vegetable, drink, and dessert. \$10/\$15 NR pre-registration. Please don't arrive early.



**Special 60+ Bus Trip
First Come First Served
(No Lottery)
July 17th- 11:15am**

Let us take you out to the ball game!

ADVANCED REGISTRATION REQUIRED

Middletown Residents: \$12.00

Non-Residents: \$20.00

Non-refundable, Non-transferable

Price includes: Transportation, Seat Ticket and a boxed lunch (Hot Dog, Chips, Bottled Water)

Daily Lunch Services

Lunch is served Monday through Friday by the Community Renewal Team as part of the Congregate Meal Service. Reservations are required in advance (860) 638-4543. Reservations are taken by noon at least 1 full business day in advance. The suggested donation is \$2.50. For meals on wheels info, call Gladys from CRT at (860) 560-5848.

Need Volunteers for a City Public Health Drill!! June 11th (3 start times 10am, 10:30am, 11am)

Are you willing to give up a few hours and be part of a City emergency drill? Looking for about 100 volunteers to help test some of the city's emergency plans. No special skills needed. We are looking for you to be yourself and follow directions. You will be transported in one of our senior buses as part of the drill. In appreciation for volunteering, you will be presented with two \$5 gift cards (McDonalds, Starbucks, Dunkin Donuts, or a value meal voucher for McDonalds). If you have questions or concerns before signing up, please feel free to attend an informational seminar on June 5th at 2:30. You must sign-up to be a volunteer on that day. Please be sure you have no conflicts before signing up. This is a fun way to see the collaboration of city departments in a mock emergency situation. Part of the drill is to simulate problems. This is all part of the drill.

Broadway & Beyond Musical Entertainment July 16th at 2:30pm

Carolyn Bell is a versatile vocalist/cabaret singer. She'll be entertaining us with Broadway showstoppers, favorites from the Great American Song Book, and a sprinkling of country and pop. FREE—Please pre-register.



Transportation (860) 346-0212

Dial-a-Ride— The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$3.50 one-way. Appointments for transportation must be made at least 1 day in advance 860-346-0212. An application must be on file with Middletown Area Transit.

Enhanced Dial-A-Ride—Adults over the age of 60 who would like free transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-346-0212. **No Same Day requests.**

Brain Teaser Winner

Thank you to all that participated! Our April winner by random drawing is Ronald S. McMullen.

April Sentence Sleuth Answers:

- | | |
|------------|------------|
| 1. Orange | 5. Pink |
| 2. Purple | 6. Scarlet |
| 3. Magenta | 7. Orchid |
| 4. Gray | 8. Brown |

The June brain teaser is located on the last page of this newsletter. Please fill out and return to the front desk. No additional copies will be printed.

Regular Recurring Exercise Programs

Note: Dates can change based on illness or weather

Tai Chi—Currently looking for new instructor. Check back with us for the latest information. \$40/\$50 NR for Ten Week Session

Yoga—New Session Begins 6/26
Sign-ups begin 6/12
\$28/\$38 NR for Eight Week Session

Pilates—New Session Begins 6/6
Sign-ups begin 5/23
\$10/\$18 NR for 6 sessions

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Letter Play

Complete each word below by filling in the missing letter. Then, unscramble those letters to form the eight-letter word indicated by the given clue. *Note: This game can be quite challenging. Many of the words below can be completed with more than one letter, but only one will work to form the correct eight-letter word.*

__AGER WIN__ STUN__ SCA__E
S__ACK N__TION D__MP MANI__

long-term memory
executive functioning
multitasking
attention to detail

_____ (The spoken word)

Entries due by 6/15/19

Answers on page 389