

# Silver Threads

TOWNSEND SENIOR CENTER

## From the Desk of the Director

**P**eepers! That's all that needs to be said. Although there are other unmistakable signs that spring has finally sprung - flowers blooming, the return of the robins - the unique sound of spring peepers is what screams spring to me. Their high-pitched, loud and piercing call can be deafening when they congregate, but it is a sound that is most welcome and celebrated.

Interesting fact: Peepers are very tolerant of cold conditions. Spring peepers can withstand freezing during winter hibernation due to a natural 'antifreeze' in their blood. Not all frogs in cold climates bury themselves deeply enough to avoid freezing temperatures in the winter. As temperatures dip below 32 degrees, these frogs start producing their own 'antifreeze' to help preserve the most essential organs. Up to 70% of the frog's body can freeze, to the point that the heart stops pumping and the frog appears to be dead. Scientists still aren't sure how frozen frogs can wake up again, but once they thaw out and wake up, most frogs will go through a period of healing before they resume their normal lives.

Speaking of welcoming, please come in and welcome Katie Petrossi to Team Townsend as our Program Coordinator! As you can see within the following pages, Katie is raring to go and has already made a big impact! We all look forward to getting to know her better and having her as an integral piece of the puzzle that puts together this wonderful center.

If you haven't yet, pick something to attend and come join us. You'll be glad you did!

*Karin Canfield Moore*

## SPECIAL EVENT



### Pinewood Derby

**Tuesday, May 2, 9, 16, 23 & 30 at 10am (Prep) and  
Wednesday, May 31 at 5pm (Race)**

**Cost: \$6 (supplies)**

Spend Tuesday mornings in May creating your own pinewood derby car in preparation for the race taking place on May 31st. The race will be hosted by Harvard's Pack 10, with hot dogs, chips, and sodas available as a fundraiser for the scouts.



### *New and Improved!*

Some of our regular programs have gotten a makeover. Keep an eye out for the symbol!

**16 Dudley Road, Townsend, MA 01469 • (978) 597-1710**

Karin Canfield Moore, Director  
Janet Cote, Outreach Coordinator  
Donna Fenton, Kitchen Manager/Volunteer Coordinator  
Abby Foster, Asst. Program Coordinator  
Donna Howard, Lead Van Driver  
Katie Petrossi, Program Coordinator

### **Townsend Senior Center Hours**

Monday-Thursday: 9am-3pm

Wednesday: 9am-8pm

Friday: 9am-2pm

## SPECIAL EVENTS (RSVP requested)



### May Day Craft & Maypole Dance

**Monday, May 1, at 11am & 1:30pm**

Adorn yourself with a festive flower crown, and then celebrate the vitality and rejuvenation of Spring with a traditional ancient custom.



### A Musical Journey Through the Years with Tommy Rull

**Wednesday, May 3 at 12:45 (right after lunch!)**

This program is supported in part by a grant from the Townsend Cultural Council, a local agency supported by the Massachusetts Cultural Council.



### Spring Makeover

**Tuesday, May 9 at 10am**

Sharon Nolli, from Summit ElderCare, will provide tips on optimizing your look, including when to wear gold vs. silver, what to wear when, and how to try new looks with scarves. Audience members will be offered the chance to volunteer.



### Stamp Collecting

**Wednesday, May 10 at 2:30pm**

Come hear a presentation on this fulfilling hobby. Bring your stamps!



### Tick Talk

**Wednesday, May 10, at 11am**

Learn about prevention, symptoms, and treatment of tick-borne diseases, such as Lyme disease, in order to keep yourself healthy.



### Feeling the Burn?

**Wednesday, May 17, at 12:45pm**

Do you ever have a burning sensation at the back of your throat? A bitter aftertaste in your mouth? If so, you may have Gastroesophageal Reflux Disease (GERD). Sponsored by MOC, to inform about the symptoms, causes, and treatment options.



### Medicare Fraud

**Monday, May 22 at 12:45pm**

Learn how to protect yourself and your loved ones from Medicare fraud and deceptive marketing tactics.



### Life & Times of Marion Rice

**Tuesday, May 23 at 1pm**

A presentation showcasing the interview of the local dancer and instructor who touched the lives of many area residents in her 50 year career. Producer, director, and presenter of the movie, Judith Lindstedt, began studying with Mrs. Rice at age 5.

## MONTHLY EVENTS

### Birthday Party

**Thursday, May 4, at 12pm**

Please join us for our monthly celebration honoring this month's birthdays. Festivities will include a delicious homemade meal and birthday cake.

### Book Club

**Wednesday, May 10, at 1pm**

The book club meets the 2nd Wednesday of every month, and new members are always welcome. Books are usually available at the Townsend Public Library. This month's group will discuss *The Murder of King Tut* by James Patterson.

### Bach's Lunch

**Thursday, May 18, at 1:30pm (Bus leaves at 12:45)**

**Cost: \$3.50 (bus transportation); RSVP requested**

Free concert by Indian Hill Musicians featuring a guitar quartet with pieces by Gershwin, Berlin, Ellington, Rodgers, and more. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

### Council on Aging Board Meeting

**Tuesday, May 9, at 10am**

Visitors are welcome.

### Genealogy Club with Dwight Fitch

**Friday, May 12, at 10:30am**

Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

### Bus Trip: Devens Museum

**Friday, May 19 at 9:30am**

**Cost: \$12+\$3.50 (bus) + lunch money; RSVP requested**

Take a visit to the museum that commemorates the largest military base in New England, following its closing in 1996. The collection holds an excess of 3,000 artifacts, photographs, and documents related to the land, buildings, soldiers, and families that were once part of the base.

***Please let us know if you are living alone and would like a weekly phone call to check in on you.***





## Women's Meditation Group

Fridays, 11am-12pm

## Gentle Yoga

Thursdays, at 1:30pm-2:45

Cost: \$5/class

Relieve stress, increase flexibility, improve balance, and relax muscles.



## Qi-Gong

Mondays, at 12:30pm

Cost: \$5/class

Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



## Healthy Living Group

Monday, May 1, at 1pm

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month. New members are always welcome to introduce new areas of discussion.



## Reflexology, Manicures & Pedicures

Friday, May 5, 12, 17 & 26; By Appt.

Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

## Well Adult Clinic

Wednesday, May 10, 12pm-2pm

## Massage

Tuesday, May 9 & 23; Afternoon appt.'s

Cost: \$20/20 min.

Chair and table massages available.

## Grief Support

Tuesday, May 16, at 1pm

## Hearing Clinic

Wednesday, May 17, 10am-12pm

## Caregiver's Roundtable

Wednesday, May 10, at 6pm

Topic: *Dealing with Challenging Behaviors*

Caregivers are welcome to come for respite, to share their experiences and concerns in a supportive environment, led by Joy Niemiera. **Free on-site caregiving available so caregivers are able to bring their loved one for fun, safe, professional attention while receiving the resources needed for support.**



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## NMRHS Luncheon

Tuesday, June 13

The NMRHS Student Council is hosting a luncheon to honor Townsend seniors. They will provide a free shuttle bus to & from the high school, as parking is limited. Sign up now!

## Gift Certificates

Looking for a gift for the senior who has it all? Gift certificates to the senior center can be used for meals, transportation, classes, and trips. See Karin for more information.

## Farmer's Market

The Massachusetts Farmers' Market Nutrition Program provides coupons redeemable at local Farmers' Markets and roadside stands for fresh fruits and vegetables. The program helps support the health and nutrition of seniors through locally grown produce, while helping to expand local business. Please see Donna Fenton for more information, or call (978)597-1710.

## Warm Weather Walking Club

Tuesdays at 9:30am

Our usual walking club is getting a makeover! Keep track of your steps, miles, or time and log it with Katie. **The Walker with the most movement logged monthly will win a prize, in addition to a 4 month Grand Prize winner coming in at the end of the summer.**

## Chair Exercise

Mondays, Wednesdays, & Fridays at 10am

Exercise through video instruction.

## Stretch & Tone

Tuesdays & Thursdays at 10am

Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

## Line Dancing

Fridays 10am-11am

Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

Classes will take place outside on 5/12.



**Mission Statement: The Townsend Council on Aging is committed to the continued growth and wellbeing of our senior citizens by providing programs, education, information and referral services with a goal of helping seniors achieve the best quality of life possible.**

## ARTS & CRAFTS (RSVP requested)



### Knitting Group

**Mondays, at 1pm (Drop In)**

Bring current projects and work among fellow knitters, or take on a new craft.

### May Day Craft

**Monday, May 1 at 11am**

Create a festive flower crown to wear during the **Maypole Dance at 1:30pm**.

### Cardmaking

**Tuesday, May 2, at 1pm**

Learn how to make beautiful, homemade cards with a Spring theme.

### Pottery II

**Wednesday, May 17, at 5:30pm**

The final stage of creating a decorative pottery piece, painting and glazing.

### Needlefelting: Bookmark

**Wednesday, May 24, at 5pm**

Continue building skills you've been honing or take on a new craft with this fun, stress reducing art.



### Watercolor Classes with Linda

**Cost: \$30/4 weeks**

- **Watercolor I**  
Mondays at 10:30am
- **Watercolor II**  
Tuesdays at 1:30pm
- **Beginning Watercolor**  
Wednesdays at 10:30am
- **Watercolor III**  
Thursdays at 10:30am



### Wood Carving

**Wednesdays, 12:30pm-2:30pm (Drop In)**

Try something new! Experienced carvers available to assist those new to the craft.



### Quazy Quilters Qub (Drop In)

**Fridays, 9am-2pm**

No quips about it! Sewing machines, fabric, and ideas available, or bring your own, and fellow quilters will assist in piecing things together.

## FOR FUN



### Movie Matinee

**Friday, May 12, at 12:30**

*Scully*, with Andrew Schofield and Ray Kingsley.

**Friday, May 26, at 12:30**

*Me Before You*, with Emilia Clark and Sam Claflin.



### Bridge

**Mondays, at 1pm**



### Trivia & Jeopardy

**Tuesday, May 2, 16 & 30, at 1pm**

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps to keep the mind sharp while enhancing cognitive functioning.



### Cribbage

**Thursdays at 1pm & Wednesday, May 3, at 6pm**

### Cribbage Tournament

**Thursday, May 18, at 9:00am**

**Cost: \$5 (to be divided for prizes)**

**Cribbage Lesson**  
**Tuesday, May 2, at 10am**

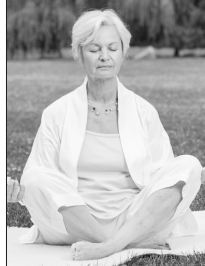
## ☀ ALL NEW ☀



### Galloping Gourmets

**Tuesdays, May 9, 16 & 30, at 11am**

This group will visit a new or favorite lunch spot every other Tuesday. In the off week, meet with fellow Gourmets to write a review, which will be published in the newsletter. Meet here, carpool, and the only cost is your meal. Visit Mariano's (Pepperell) on 5/9, and Williams Restaurant (Gardner) on 5/30.



### Guided Meditation

**Wednesdays, May 3, 10, 17, 24, & 31, at 6pm**

A new meditation group led by Deborah Evans-Hogan will help you get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.



### Afternoon Tea

**Wednesday, May, 24 at 4pm**

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please sign up in advance, so we'll know how many party favors we need!



**Thank you to Hannaford's for the bread and pastry donations on Mondays and Wednesdays, and to Stewart's Florist for the birthday carnations each month.**

## Talking Information Center Network

Do you have difficulty reading or holding books and newspapers? The Talking Information Center Network (TIC) is a radio reading service that provides around the clock programming for the blind or visually impaired. Tune in as volunteers read state and local newspapers, magazines, periodicals, and other information about state programs or events.

### How to listen:

- Call TIC at (781)834-4400 to order a radio receiver.
- Listen over the phone by calling 712)832-7025.
- Listen on the web at [www.ticnetwork.org](http://www.ticnetwork.org)
- Download the free app on your phone.

For more information, visit [www.ticnetwork.org](http://www.ticnetwork.org) or call (781)834-4400.



## Flea Market

**Friday, May 12, 9am-2pm and  
Saturday, May 13, 8am-2pm**

In conjunction with the Library's book, plant, and craft sale, the Senior Center will be hosting a flea market to raise funds for the Friends of the Townsend Seniors. Patrons can help by bringing items that they wish to donate, or may bring a table to set up to personally sell items.



**Nashoba Lunch** will be taking place on **May 23**. The menu will include Braised Beef with a rich Burgundy wine sauce or Baked Sole Florentine with a white wine crabmeat sauce. **Registration and payment required by May 16.**



**Manor on the Hill** will now be providing lunch on the 4th Thursday of the month!

**Bread Delivery** distribution will now take place on Mondays and Wednesdays in the kitchen after lunch. Thank you to all of the volunteers who have helped with the bread for so many years and continue to assist with this valuable benefit.

## ROADRUNNER BUS SCHEDULE

### Please Call In Your Reservation 48 Hours In Advance!!

Reservations called in later may not be accommodated.

- Mondays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Tuesdays: Fitchburg, Leominster, Lunenburg- Medical Trips & Shopping/Errands If Possible
- Wednesdays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Thursdays: Pepperell, Groton, Ayer- Medical Trips & Shopping Errands If Possible
- Fridays: Lunenburg, Fitchburg-Shopping Day.

**FARES:** \$1.25 ONE WAY WITHIN TOWNSEND; BUS CARD \$22.50 Pay for 9 rides, get 1 free.  
\$.50 Round trip to the Senior Center from Atwood Acres/Townsend Woods  
\$1.75 ONE WAY OUTSIDE TOWNSEND; BUS CARD \$31.50  
Pay for nine rides, get one free.

**Please schedule appointments between 9:30 AM and 12:30 PM.** The bus goes to the Senior Center Monday through Friday. Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.

\*Any trip to or from the Senior Center for residents of Atwood Acres or Townsend Woods is .25 each way regardless of the time of day subject, to availability. **Rides any time other than 9 AM pick-up need to be scheduled by calling 978-597-1730.**





# Greetings

## From the Friends of the Townsend Seniors

### 2017 WILLIAM E. MAY ENDOWMENT AWARD NOMINATION TIME

It's "William E. May Endowment Award" nomination time! The Friends are looking for that outstanding individual(s) in the Townsend community who has given of himself or herself to the growth and betterment of the town of Townsend. Candidates will be well-respected and will have demonstrated through actions and deeds, a keen interest in the affairs and needs of the Senior Citizens of Townsend. If someone was nominated in the past, and not selected, please consider re-nominating that person. Nomination forms are available at the Senior Center and are due by Friday, June 2nd. Past William E. May Endowment Award Honorees:

2001- William E. May	2007- Hirk and Louise Fortin	2013- Susan and Ken Gerken
2002- Dr. Lawrence Churchville, Jr.	2008- Cornelia "Connie" Giles	2014- Jane and Ray Jackson
2003- Nancy and Roy Shepherd	2009- Terry McNabb	2015- Donna Miller
2004- Jim Clish and Ethel Amiro	2010- Lt. David Profit	2016- Peter Buxton
2005- Bob Tumber	2011- Avis Roy	
2006- Ed and Mary West	2012- Russ Moore	

**Monday, May 1st FRIENDS' BOARD MEETING**, 4:00 pm Senior Center ~ All Members Invited

**Thursday May 11th FOXWOOD TRIP** ~ The cost is \$30 per person and Sign-Ups and pre-paid reservations are at the Senior Center, 978-597-1710 or call Avis Roy at 978-597-6829. Everyone receives coupons for 'free play' and the buffet lunch. Foxwood trips are open to all adults, so bring your friends. It's a fun day!

**There were two (2) Friends of the Seniors' events on April 22nd** ~ Earth Day on the Common and the Annual International Dinner. We "go to press" before the 22nd, but know so many of you contributed to their success. Thank you for baking cookies for Earth Day, and thank you for international foods for the dinner buffet. Thank you to the Senior Center's Quazy Quilters for the "Flying Geese" quilt for a fund raiser. Our members are supporters and "cheerleaders" and you continue to amaze us. Hip Hip Hooray to all of you!

### -----MEMBERSHIP APPLICATION FORM-----

2017 Friends of the Townsend Seniors Membership ☐ RENEWAL ☐ NEW MEMBER

☐ \$5 Friend ☐ \$10 Family

☐ \$25 Benefactor ☐ \$\_\_\_ Supporter ☐ \$100 Lifetime Membership (Individual or Family)

I am interested in volunteering for: ☐ Phoning ☐ Program Development ☐ Fund Raising  
☐ Food (Prepare a main dish or dessert for a Fund Raiser) ☐ Other

NAME

MAILING ADDRESS

PHONE  CELL #

EMAIL ADDRESS

Checks are payable to: Friends of the Townsend Seniors. Please drop off at the Senior Center or mail to P.O. Box 972, Townsend MA 01469. Thank you very much for your continued support.

# MAY 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 Chair Exercise <b>10:30 Watercolor I</b> 11:00 Chorus <b>11:00 May Day Craft</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling <b>1:00 Healthy Living Group</b> 1:00 Bridge 1:00 Knitting Group <b>1:30 Maypole Dance</b> <b>4:00 Friends meeting</b>	<b>2</b> <b>9:30 Warm Weather Walking Club</b> 10:00 Stretch & Tone <b>10:00 Cribbage Lesson</b> <b>10:00 Pinewood Derby Prep</b> 1:00 Scrabble <b>1:00 Trivia &amp; Jeopardy</b> <b>1:00 Cardmaking</b> <b>1:30 Watercolor II</b>	<b>3</b> 10:00 Chair Exercise <b>10:30 Beginning Watercolor</b> 12:00 Lunch 12:30 Woodcarving <b>12:45 Tommy Rull Concert</b> <b>5:00 Quilting</b> <b>6:00 Bingo</b> <b>6:00 Cribbage</b> <b>6:00 Guided Meditation</b> <b>6:30 TOPS</b>	<b>4</b> 10:00 Stretch & Tone <b>10:30 Watercolor III</b> <b>11:00 Wii Golf</b> 12:00 Homemade Lunch and <b>Birthday Party</b> 1:00 Cribbage 1:30 Gentle Yoga	<b>5</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation  <b>Manicures, Pedicures, Reflexology by appt.</b>
<b>8</b> 10:00 Chair Exercise <b>10:30 Watercolor I</b> 11:00 Chorus 12:00 Lunch <b>12:00 Medicare Counseling by appt.</b> 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	<b>9</b> <b>9:30 Warm Weather Walking Club</b> 10:00 Stretch & Tone <b>10:00 Spring Makeover</b> <b>10:00 Pinewood Derby Prep</b> <b>10:00 COA Meeting</b> <b>11:00 Galloping Gourmets</b> 1:00 Scrabble <b>1:30 Watercolor II</b>  <b>Massages by appt.</b>	<b>10</b> 10:00 Chair Exercise <b>10:30 Beginning Watercolor</b> <b>11:00 Tick Talk</b> 12:00 Lunch <b>12:00 Well Adult Clinic</b> 12:30 Woodcarving <b>1:00 Bookclub</b> <b>2:30 Stamp Collecting</b> <b>6:00 Scrabble</b> <b>6:00 Caregiver's Roundtable: NEW!!</b> <b>6:00 Guided Meditation</b> <b>6:30 TOPS</b>	<b>11</b> 10:00 Stretch & Tone <b>10:30 Watercolor III</b> 12:00 Homemade Lunch (Picnic) 1:00 Cribbage 1:30 Gentle Yoga  <b>Friends' Foxwoods Trip</b>	<b>12</b> <b>9:00 Flea Market</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing <b>10:30 Genealogy</b> 11:00 Intermediate Line Dance 11:00 Women's Meditation <b>12:00 Hairdresser</b> <b>12:30 Movie: Scully</b> <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b> <b>5/13: Flea Market &amp; Book, plant, and craft sale at the Library</b>
<b>15</b> 10:00 Chair Exercise <b>10:30 Watercolor I</b> 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	<b>16</b> <b>9:30 Warm Weather Walking Club</b> 10:00 Stretch & Tone <b>10:00 Pinewood Derby Prep</b> <b>11:00 Galloping Gourmets</b> 1:00 Scrabble <b>1:00 Trivia &amp; Jeopardy</b> <b>1:00 Grief Support</b> <b>1:30 Watercolor II</b>	<b>17</b> 10:00 Chair Exercise <b>10:00 Hearing Clinic</b> <b>10:30 Beginning Watercolor</b> 12:00 Lunch 12:30 Woodcarving <b>12:30 GERD Program</b> 1:00 Bingo <b>5:30 Pottery II</b> <b>6:00 Guided Meditation</b> <b>6:00 Rummikub</b> <b>6:30 TOPS</b> <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>	<b>18</b> <b>9:00 Cribbage Tournament</b> 10:00 Stretch & Tone <b>10:30 Watercolor III</b> <b>11:00 Wii Golf</b> 12:00 Homemade Lunch <b>12:45 Bach's Lunch</b> 1:30 Gentle Yoga	<b>19</b> 9:00 Quazy Quilters <b>9:30 Bus Trip: Devens Museum</b> 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation
<b>22</b> 10:00 Chair Exercise <b>10:30 Watercolor I</b> 11:00 Chorus 12:00 Lunch 12:30 Qi Gong <b>12:45 Medicare Fraud Program</b> 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	<b>23</b> <b>9:30 Warm Weather Walking Club</b> 10:00 Stretch & Tone <b>10:00 Pinewood Derby Prep</b> <b>12:00 Nashoba Tech Lunch</b> 1:00 Scrabble <b>1:00 Tribute to Marian Rice</b> <b>1:30 Watercolor II</b>  <b>Massages by appt.</b>	<b>24</b> 10:00 Chair Exercise <b>10:30 Beginning Watercolor</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>4:00 Afternoon Tea</b> <b>5:00 Needlefelting</b> <b>6:00 BINGO</b> <b>6:00 Guided Meditation</b> <b>6:30 TOPS</b>	<b>25</b> 10:00 Stretch & Tone <b>10:30 Watercolor III</b> <b>12:00 Lunch by Manor on the Hill</b> 1:00 Cribbage 1:30 Gentle Yoga	<b>26</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation <b>12:30 Movie: Me Before You</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>29</b>   <b>Closed for Memorial Day</b>	<b>30</b> <b>9:30 Warm Weather Walking Club</b> 10:00 Stretch & Tone <b>10:00 Pinewood Derby Prep</b> 11:00 Chorus <b>11:00 Galloping Gourmets</b> 1:00 Scrabble <b>1:00 Trivia &amp; Jeopardy</b> <b>1:30 Watercolor II</b>	<b>31</b> 10:00 Chair Exercise <b>10:30 Beginning Watercolor</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>5:00 Pinewood Derby Race</b> <b>6:00 Cards</b> <b>6:00 Guided Meditation</b> <b>6:30 TOPS</b>		