

JULY 2025 | VOLUME 53, ISSUE 7



New Member Meeting Invitation

New Olivedale Senior members come learn about Olivedale's history, more activity information and volunteer opportunities on **Tuesday, July 8 at 1:00p**(RSVP required). If you didn't receive an invitation at sign up, please stop by the office to pick one up.

Medicare 101



New to Medicare or have questions about existing choices? Join OSHIIP **Monday, July 14 at 1:00p** to learn about Medicare changes and to obtain knowledge and strategies to make informed decisions about your Medicare.

Stepping On Class



A program researched and proven to reduce falls. This workshop meets 2 hours a week for 7 weeks. Workshops are led by health professionals concerned about falls and local guest experts providing information on exercise, vision, safety, and medications. Join OhioHealth and FCHD at Olivedale starting

July 16 every Wednesday through August 27 from 1:00p-3:00p. Please register for this class via email staff@olivedale.com or call 740-687-6655. Registration is limited.

Member Ice Cream Social



The annual Member Ice Cream Social is **Thursday, July 17 from**

5:00p—6:00p. Tickets required again this year. "A balanced diet is having an ice cream cone in each hand!"

The Lancaster Festival



A String Quartet will perform at Olivedale on **Wednesday, July 30 at 1:00p** as part of the festival's Out & About series. Open to the public, this performance will offer world-class musicianship in an intimate setting and a captivating blend of classical and contemporary pieces, making for a delightful afternoon of music and community engagement.

Neuromovement® Class Opportunity

Olivedale will offer a new class called Neuromovement® led by practioner, Becky Frank. The classes will be taught sitting in a chair, starting in **September** on **Fridays at 10:00a** at a cost of **\$6** per person per session. Please see Carla's Communication Corner on pg. 2 for more information about this program.

OUR MISSION

To provide an atmosphere for friendships and feeling of connection with others for senior citizens of the community, learning through educational and recreational opportunities, promote wellness and social activities that encourage service to the senior center and entire community.

Park Events Olivedale Park



Mondays 5:30p

Line Dance Class. All ages (accompanied by an adult) held at Olivedale \$4 /class.

Alley Park

7/9/2025 Wise Walkers Senior Hiking Group 9-11a Wahkeena Nature Preserve

Friday Night Bandstand 7/11/2025

7p: British Invasion

7/18/2025

6p: Aiden Kinser 7p: Katmandu

Like us on Facebook: Lancasterparksandrecreationdepartment https://lancasteroh.myrec.com



COAAA invites photographers age on aging 50+ to submit

photos for the annual calendar photo contest. The deadline to submit photos is July 28, 2025. Contact the Olivedale office for more information or go to calendar@coaaa.org if you have any questions.

2nd Tuesday Lunch

Join us on Tuesday, July 8 for our 2nd



Tuesday Lunch where we are keeping the Independence Day spirit alive! On the menu: cheeseburger deluxe worthy of a backyard BBQ, classic potato salad, sweet and savory baked beans, potato chips and a cherry pie dessert that's as American as fireworks on the 4th! (coffee or iced tea included). Open to all Olivedale Senior members. Serving is from 11:30a—12:30p. Cost is \$8. Reservations and payment must be made by Thursday, July 3. Come celebrate good food, great company and the red white & blue!





Neuromovement®

Neuromovement® involves using a variation of slow, gentle movements to encourage the brain to form new connections and see new possibilities in movement and improve the body-mind connection, which often leads to improved sleep, mobility, memory, focus, stamina, less pain and anxiety, and an overall greater feeling of well -being. Practitioner, Becky Frank will hold a seminar Monday, August 11 at 1:00p about Neuromovement® and some simple tips to try to help the brain form new connections. To move forward with a weekly class, please let staff know of your

ABOUT US

Olivedale Senior Center is a part of **Lancaster Parks & Recreation**

Steve Gayfield, Superintendent of Parks Carla Young, Park Supervisor

The elected Board of Directors represent the members of Olivedale. They welcome questions and comments from all members. Please feel free to approach any of the listed Directors to express your concerns or write them down and leave them at the office. If you are not sure how to get in touch with a board member, please ask the front desk.

BOARD OF DIRECTORS

Meets every 3rd Wednesday at 11:00am. Meetings are open to all members.

Jim Brownfield, President Nancy Blair, Vice President Kelly Prinz, Secretary Karen Sanner, Treasurer John Lunn, Legal Advisor Larry Wentz, Past President Anne Anderson Carl Drury Sonja Hoffmann Bob Kalish William Reed **Bret Rice**



BELL CHOIR

Bell Choir practice will resume in the fall. If interested in joining Bell Choir, please contact Joyce Snyder at 740-653-4464.



BIBLE STUDY

Join the Bible Study group on **Wednesdays** at **9:45a.** New members welcome for fellowship.



THE "BOOKIES"

You're invited to join Bookies on **Tuesday, July 15**, at **1:00p** to chat about 'A Thousand Splendid Suns,'

by Khaled Hosseini. This beautiful, riveting, haunting novel journeys through 30 years of contemporary Afghan history in focus on two women, Mariam and Laila, who suffer through abject abuse due to the senseless mistreatment of women in Talibancontrolled Afghanistan. Despite the huge limitations placed on them, Mariam and Laila become like mother and daughter as they succor each other in their dismal home with a tyrant male in charge. Their familial love proves the key to survival in their benighted world. Order your copy (NOT a book club kit) from the Fairfield District Library. Questions? Call Barb Ramsey; 740-653-3897.



COFFEE CLUB

<u>Please note</u> there will be **NO COFFEE CLUB** meeting for the month of July. Olivedale will be

closed on July 4.



COIN CLUB

The Coin Club meets the **1st Tuesday** of each month at **3:00p**.

Members meet to discuss coin

grading, coin values and to buy, sell and trade collectable coins. Contact Steve Tedrick at 740-654-8831 for further information about the club or coin collecting questions. New members always welcome.



MILITARY VETERANS OF OLIVEDALE

Our meetings will be on **July 7th** and 21st at 1300 hours.

**** We will be taking a trip to **Utica** on July 22nd. Contact Bill Reed to get signed up. We will participate in the Lancaster July 4 Parade. The parade leaves the fairgrounds at 10:00 am. July dates in military history: 7/1/1943 Women's Army Corps and Cadet Nurses Corps were established; 7/2/1926 Army Air Corp established: 7/4/1776 the Declaration of Independence approved by Congress; 7/21/1861 first Battle of Bull Run; 7/27/1953 Korean War Armistice signed: 7/28/1914 WWI began; 7/30/1942 Navy WAVES established. All military veterans who are members of Olivedale Senior Center are welcome to attend our meetings. For information, call Bill Reed at 740-624-3604. You can leave a voice message or send a text. Check us out at militaryveteransofolivedale.com on the

RAMBLING DESIGNERS GARDEN CLUB

web.

The Rambling Designers
Garden Club on **Tuesday, July 1** will be Traveling to
Baker's Acres Nursery, a



second surprise nursery, and a meal (late lunch). This will be a fun day! Meet at the lower parking lot of Olivedale at **12 noon**, we will be leaving at 12:15pm, see you then! Call Mike at 740-438-0603 to reserve your ride.

THE SOMETIMERS

The **Friday, July 18** gathering of the Sometimers will be at Los Amigos, in Lancaster, at 12:00 noon. Please let Bobbie Wentz know on your attendance by Wednesday, July 16⁻ This fun group are always welcoming newcomers so come join us at Los Amigos.



ARTIST HOUR

Join us **Mondays** at **1:00p** to create and discuss art. Benefit from our members sharing demonstrations of techniques,

use of materials and tools of art. All levels and any medium welcome.



CHAIR DANCING CLASS

Embrace the rhythm and flow of dance without the need to stand. This chair dancing class is tailored for

those who have mobility, hip and knee issues or find it a challenge to stand for long periods while dancing. This class promises a fun, energetic start to your **Friday mornings** at **9:00a.** Class is free!



CLOGGING CLASS

Clogging Class is every

Monday at 10:00a. Cost is

\$2.00 per class. Beginners can receive extra help one hour

before class at **9:00a.** Clogging is uniquely American incorporating Step, Jig and Rhythms made with the toe or heel. It's great exercise.



COUPLES DANCE CLASS

Class is **Fridays** at **12:30p**. All skill levels welcome. This class will prepare you for social dancing at Olivedale. Fee is **\$5.00/**person per class collected by the instructors

Dave and Diana. <u>Attn: Gentlemen!</u> We currently have a few ladies looking for a dance partner to attend class. It's time to unleash your inner "Fred Astaire"! No pre-registration needed.

HOOKS & NEEDLES

As a service project for 2025 we are making hats and scarves for the homeless. We will be making them throughout the



year and donating them next fall. As always,

if you want to learn how to knit or crochet, if you need help with a pattern or if you just want to knit and crochet with friends come join us. We have experienced knitters and crocheters to help at any stage of your journey. We meet **Mondays** at **10:00a**.



LINE DANCE

Classes for Olivedale members, all experience levels. Fee is \$3/person or \$5/couple. Join us Tuesday,

Wednesday and **Friday** at **10:00a** for beginners, or **11:00a** for more advanced dancers.



QUILT CHARMS

As usual, the ladies of "Quilt Charms" are staying very busy. Stop in anytime to see what we do. We have had several new members arriving in the past few

weeks, but there's always room for more. We meet every **Thursday** at **9:00a.**



TATTING

Tatting meets every **Monday** at **10:00a.** Try this delicate needlework art form. Lessons provided for beginners.



3rd Quarter Session. "All Inclusive" Pass and Registration required for pool classes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Closed
8:00a	Silver Splash	Silver Splash	Silver Splash	Silver Splash	Silver Splash	Open Pool
9:00a	Aqua Challenge	Aqua Core	Aqua Challenge	Aqua Core	Aqua Challenge	Open Pool
10:00a	Light Aerobics	Arthritis	Light Aerobics	Arthritis	Light Aerobics	Open Pool
11:00a	Joints in Motion	Arthritis	Joints in Motion	Arthritis	Joints in Motion	Open Pool
12:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Close at 2:00p
1:00p	Water Workout	Aqua Aerobics	Water Workout	Aqua Aerobics	Water Workout	Closed
2:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Closed
3:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Closed
4:00p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed
5:00p	Open Pool	Aqua Blast	Open Pool	Aqua Blast	Closed	Closed
6:00p	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Closed	Closed





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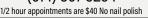
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HEALTH & FITNESS CENTER HOURS:

Monday-Thursday 7:00am - 7:00pm

Friday 7:00am - 4:30pm

Saturday Summer Hours

8:00am - 12:00pm (excluding holiday weekends)



Lancaster Parks & Recreation Health & Fitness Center

Go to https://lancasteroh.myrec.com, log into your account to purchase a Health & Fitness membership pass on-line.

3rd Quarter 2025 Pool Registration
Registration for Pool Classes (Jul, Aug, Sep) started Monday, 6/23/2025. First day of the quarter was June 30. To register, log into the LPR portal, stop by the office or call (740-687-6655) speak to an employee. Do Not leave a message. Registration with "All Inclusive" membership or Medicare Insurance reimbursement enrollment

is required for all pool classes.

FITNESS ROOM EXERCISE

Current 45-55 minute classes Available—No Registration Necessary

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30a		Spin w/Amy		Spin w/Amy		
8:00a	Morning Spin	8:15a Suspended Strength	Morning Spin	8:15a Suspended Strength		
8:30a					Buti Yoga	Zumba
9:00a	Chair Yoga Strength & Flexibility	Strength & Flexibility	Chair Yoga Strength & Flexibility	Strength & Flexibility	Yoga Stretch	
10:00a	Rock Steady Boxing	Zumba Gold	Rock Steady Boxing	Zumba Gold		Pilates Mobility
10:15a	Silver Sneakers		Silver Sneakers		Silver Sneakers	
11:00a	Cardio Drumming		11:05a Beginning Mat Yoga		Close at 4:30p	Close at 12:00p
5:00p	Barre Fit Pound	Spin Muscle Madness	Pilates	Buti Yoga	ACT	K E
6:00p	Yoga Spin & Sculpt	Yoga Stretch		Yoga		

LPR Health & Fitness Center

Monthly Membership Pass Options (*Member must have current Olivedale Senior Membership)

Membership Pass	Pass Details		60	90
Membersilly Pass	Fass Details	days	days	days
*Olivedale Senior Basic (code required)	Gym only	\$10	\$20	\$30
*Olivedale Senior Basic Plus (code required)	Gym, Exercise & Open Pool	\$20	\$40	\$60
*Olivedale Senior All Inclusive (code required) (NOT FOR SilverSneakers/Renew Active/Silver&Fit members.)	Gym, Exercise, Open Pool & Pool Classes. See Pass Changes in Yellow			\$72
Basic	Gym only	\$12	\$24	\$36
Basic Plus	Gym, Exercise & Open Pool	\$22	\$44	\$66
All Inclusive (NOT FOR SilverSneakers/Renew Active/Silver&Fit members.)	Gym, Exercise, Open Pool & Pool Classes. See Pass Changes in Yellow			\$78

LPR Health & Fitness Center: Closed July 4 & 5

Saturday Summer Hours 8am-12pm

Reminder: If you are taking a pool class you <u>MUST</u> be registered for classes. No exceptions.

SUN	MON	TUE	WED	THU	FRI	SAT
1		1	2	3	4	5
		9:00a Ping Pong 10:00a Beg. Line Dance 11:00a Adv. Line Dance 12:00p Rambling Designe @ Baker's Acres 1:00p Dominos 1:00p Cards/Games 1:00p Euchre 3:00p Coin Club		Deadline Aug. Newsletter 9:00a Quilt Charms 9:00a Ping Pong 1:00p Mahjong 1:00p Bingo 1:00p Cards/Games	Olivedale Closed Affinition JULYI	
6	7	8	9	10	11	12
	9:00a Woodcarvers 10:00a Tatting 10:00a Clogging 10:00a Hooks & Needles 1:00p Artists Hour 1:00p Rummikub 1:00p Veterans 5:30p Line Dance	9:00a Ping Pong 10:00a Beg. Line Dance 11:00a Adv. Line Dance 11:30a - 12:30p 2nd Tuesday 1:00p Dominos 1:00p Cards/Games 1:00p Euchre 1:00p New Member M	11:00a Adv. Line Dance 11:15a Lunch Bunch @ Olive Garden 1:00p Euchre	9:00a Quilt Charms 9:00a Ping Pong 1:00p Mahjong 1:00p Bingo 1:00p Cards/Games	9:00a Woodcarvers 9:00a Chair Dancing 10:00a Beg. Line Dance 11:00a Adv. Line Dance 12:30p Couple Dance	DANCE TONIGHT 7:00p - 10:00p Willow Creek
13	14	15	16	17	18	19
	9:00a Woodcarvers 10:00a Tatting 10:00a Clogging 10:00a Hooks & Needles 1:00p Medicare 101 1:00p Artists Hour 1:00p Rummikub 5:30p Line Dance	9:00a Ping Pong 10:00a Beg. Line Dance 11:00a Adv. Line Dance 1:00p Dominos 1:00p Cards/Games 1:00p Euchre 1:00p Bookies	9:45a Bible Study 10:00a Beg. Line Dance 11:00a Adv. Line Dance 11:15a Lunch Bunch @ Nick's Pizza 1:00p Euchre 1:00p Stepping On	9:00a Quilt Charms 9:00a Ping Pong 1:00p Mahjong 1:00p Bingo 1:00p Cards/Games 5:00p - 6:00p	9:00a Woodcarvers 9:00a Chair Dancing 10:00a Beg. Line Dance 11:00a Adv. Line Dance 12:00p Sometimers @ Los Amigos 12:30p Couple Dance	
20	21	22	23	24	25	26
	9:00a Woodcarvers 10:00a Tatting 10:00a Clogging 10:00a Hooks & Needles 1:00p Artists Hour 1:00p Rummikub 5:30p Line Dance	9:00a Ping Pong 10:00a Beg. Line Dance 10:00a Veterans Trip to Utica 11:00a Adv. Line Dance 1:00p Dominos 1:00p Cards/Games 1:00p Euchre	9:45a Bible Study 10:00a Beg. Line Dance 11:00a Adv. Line Dance 11:15a Lunch Bunch @ El Parian 1:00p Euchre 1:00p Stepping On	9:00a Quilt Charms 9:00a Ping Pong 1:00p Mahjong 1:00p Bingo 1:00p Cards/Games	9:00a Woodcarvers 9:00a Chair Dancing 10:00a Beg. Line Dance 11:00a Adv. Line Dance 12:30p Couple Dance	
27	28	29	30	31		
	NL Folding 9:00a Woodcarvers 10:00a Tatting 10:00a Clogging 10:00a Hooks & Needles 1:00p Artists Hour 1:00p Rummikub 5:30p Line Dance	9:00a Ping Pong 10:00a Beg. Line Dance 11:00a Adv. Line Dance 1:00p Dominos 1:00p Cards/Games 1:00p Euchre	11:00a Adv. Line Dance	9:00a Quilt Charms 9:00a Ping Pong 1:00p Mahjong 1:00p Bingo 1:00p Cards/Games		

August Newsletter Reminder

Deadline Thursday, July 3, 2025 Newsletter folding Monday, July 28, 2025.

LUNCH BUNCH

July 2 Wed. - 11:15a Nutcracker - Pataskala

July 9 Wed. - 11:15a Olive Garden

July 16 - 11:15a Nick's Restaurant & Pizza

July 23 - **11:15a** *El Parian*

July 30 - 11:15a Clay House - Somerset Please call Kathy at 440-655-9416 to be added to the reservation list. For out of town lunches, call to carpool and meet in the Olivedale lower parking lot by 10:30a.

OLIVEDALE WOODCARVERS

The Woodcarvers meet every Monday & Friday at **9:00a.** On the first Monday of every month they will offer a free beginners carving class. If you have questions, please contact Steve at 740-331-3100, Jacque at 740-687-4729 or Ray at 740-438-9624.

WELCOME NEW MEMBERS



Cathy Canaday-Craft Scott & Julie Coakley Christopher Craft Debbie Dragoo Sharon Herron Candy Hooker Michael Madden Catherine Metcalf Patricia Nettles Vonda Speakman Phillip & Terri Thomas Corina Walters Don & Pat Williard Patricia Williard

As of June 10, 2025

SEEKING FUTURE BOARD MEMBERS

As a respected community leader, our senior center invites you to become a member of our Board of Directors. Your expertise can assist us to remain informed & connected with the needs of our members. Board members are elected by the Olivedale membership to ensure quality programming in a healthy, safe, & accepting environment, serve as advocates for members, and provide oversite of Olivedale Senior Citizens funds. The Board meet on the **3rd Wednesday** of each month at **II:00a.** If elected, you are committing to attend each meeting for a two year term. Please come experience a meeting to realize your fit.



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BILLIARDS CLUB

The billiard tables are available to all Olivedale Senior members during Olivedale hours.

BINGO - THURSDAY 1:00P - \$1.50

Enjoy a variety of styles of bingo.

BRIDGE - TUESDAY

If you would like to join us at the bridge table on Tuesdays or if you need a refresher contact Marty at 740-777-7080 for details.

CARDS/GAMES - TUESDAY & THURSDAY 1:00P WEDNESDAY AT 1:00P - \$1.50

Card tables will be available for any game of choice.

DOMINOS - TUESDAY 1:00P

AMERICAN & CHINESE MAHJONGG THURSDAY 1:00P (ALL SKILL LEVELS WELCOME)

Come play Mah Jongg! Join our group for this challenging, sometimes frustrating, but always fun game. All skill levels are welcome. We

gather Thursday afternoons at 1:00. For more information, contact Cathy at 740-652-0206

PINOCHLE - TUESDAY & THURSDAY 1:00P

We are looking for players to join our Pinochle card group. If interested, please call the office at 740-687-6655.

PING PONG - TUESDAY & THURSDAY 9:00A All experience levels welcome.

PROGRESSIVE EUCHRE - TUESDAY & WEDNESDAY AT 1:00P - \$1.50

No partner needed.

RUMMIKUB - MONDAY 1:00P

A tile-based game for 2 - 4 players, combining elements of the card game rummy and mahjong.

Games are free to all members unless noted.





Day Trips

Sign Up Today! Olivedale Day Trips are Non-Refundable.



LaComedia ~ Springboro, OH Seats are still

available for the LaComedia production of Matilda on Friday, July 11. Departing at 8:15a and returning at approximately 5:30p. \$86.00 includes travel, dinner and show (not gratuity).



LaComedia ~ Springboro, OH Welcome to opening night of Cornley
University Drama Society's
production of The Murder at
Haversham Manor, where
things are quickly going from
bad to utterly disastrous.
With an unconscious leading
lady, a corpse that can't play
dead, and actors who trip
over everything (including
their lines), this hilarious
show within a show is
Broadway's funniest smash

hit! Part Monty Python, part Sherlock Holmes, this "RIOTOUS EXPLOSION OF COMEDY" (The Daily Beast) is a global phenomenon that's guaranteed to leave you aching with laughter! Travel to LaComedia on Friday, August 22nd. Departing at 8:15a and returning at approximately 5:30p. \$86.00 includes travel, dinner and show (not gratuity).



See the Olivedale office for vacation brochures. For reservations or questions please contact Sally Sutter at 740-407-2157 or mermaidtravel@gmail.com

CANADIAN ROCKIES & GLACIER NAT'L. PARK—Departure meeting 7/9/2025 2p

Includes: Lake Louise - Banf - Head-Smashed-In Buffalo Jump - Going to the Sun Highway - Icefields Parkway & much more!

7/16/25—7/23/25 \$4475/person

CAPE COD & MARTHA'S VINEYARD—Departure meeting 8/27/2025 2p

Highlights: JFK Museum, guided tours of the "Outer Cape" and historic seaside Towns of Hyannis and Sandwich, escorted visit to Martha's Vineyard and a stop at Foxwoods Casino and Resort!

9/7/25-9/13/25 \$1009/person

CLASSIC GREECE-

Explore the wonders of Athens, Delphi, Olympia and beyond!

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BILTMORE ESTATE & ASHEVILLE, NC—......11/17/25—11/20/25

View the Blue Ridge Mountains, Grand Victorian architecture, The Blue Ridge Parkway Visitor and One of the Biltmore's many gardens.

.11/17/25—11/20/25 \$717/person

COMING SOON!

SWISS ALPS VILLAGES & TRAINS—Presentation meeting 7/9/2025 3p



Come Dance with Us!

(Unless Otherwise Noted) OPEN TO THE PUBLIC (MUST BE 18 OR OLDER).
ADMISSION **\$5.** NO Carry-In Refreshments - Dinner Menu, Refreshments and Drinks Available for Purchase. <u>Doors Open 6:00p</u> ~ Dance 7:00p— 10:00p. Change is limited. Please pay with smaller currency. **NO RESERVED TABLES**. Tables are first come first serve.

SATURDAY, JULY 12 Willow Creek



Country, Rock, 50's Bluegrass, Gospel & Comedy

Enjoy the Festival!

2025 Lancaster Festival



JULY 24 - AUGUST 2, 2025 LINUXTEI GRENTIIL

HELP WANTED

Olivedale searching for PT Cook. Responsibilities include food prep, planning, kitchen upkeep, inventory, and shopping. Candidate must be a good cook, able to plan meals for large groups, organize and direct work of volunteer help, cook for weekend dances. Contact office for more qualifications.

JUNE QUICKCROSS ANSWERS:

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www.olivedale.com

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Business Office Hrs: 8:00a-5:00p M-TH

8:00a-4:30p F

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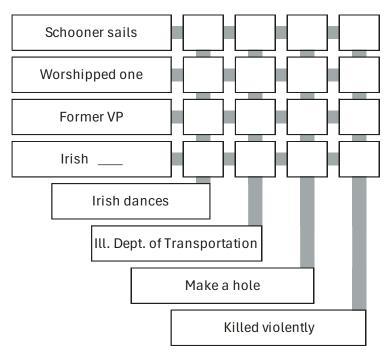
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EXPIRATION REMINDER

A to D - Mar 31 E to K - Jun 30 L to R - Sep 30 S to Z - Dec 31

PUZZLE OF THE MONTH

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LOOKING AHEAD

Events and Seminars through year end.



SEMINARS:

Monday, 8/11, Neuromovement® seminar.

Monday, 9/15, Arthritis (hips & knees) seminar with Dr. K. Collins



EVENTS:

Friday, 9/26, 80+ Birthday Celebration

Saturday, 10/4, Euchre Tournament

Saturday, 10/18, Craft Bazaar

Friday 11/7, Veterans Lunch

Friday, 12/12, Christmas at Olivedale

Tuesday, 12/30, New Years Eve-Eve Dance