

**SPRINGFIELD SENIOR CENTER**

139 Main Street

Springfield, Vermont 05156

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[www.springfieldseniorcenter.org](http://www.springfieldseniorcenter.org)

No. 586

May 2016

**WEEKLY ACTIVITIES**

**Mondays**

- 8:00 a.m. - Pool and Ping Pong
- 8:00 a.m. - Pickleball
- 9:00 a.m. - Ceramics
- 10:00 a.m. - Yoga with Kathy
- 10:00 a.m. - Walking in Gym

**Thursdays**

- 8:00 a.m. - Pool and Ping Pong
- 9:00 a.m. - Chair Yoga
- 10:00 a.m. - Strength Training
- 10:00 a.m. - Walking in Gym
- 12:00 a.m. - Shuffleboard
- 1:00 p.m. - Knit Wits (5/5 & 5/19)

**Tuesdays**

- 8:00 a.m. - Pool and Ping Pong
- 9:00 a.m. - Ceramics
- 9:00 a.m. - Chair Yoga
- 10:00 a.m. - Strength Training
- 10:00 a.m. - Walking in Gym
- 11:15 a.m. - Line Dancing
- 12:30 p.m. - Pinochle

**Fridays**

- 8:00 a.m. - Pool and Ping Pong
- 9:00 a.m. - Senior Songsters
- 11:00 a.m. - Walking in Gym
- 1:00 p.m. - Progressive Whist

**Wednesdays**

- 8:00 a.m. - Pool and Ping Pong
- 9:00 a.m. - Cribbage
- 10:00 a.m. - Walking in Gym
- 1:00 p.m. - SEE SPECIAL EVENTS FOR WEEKLY PROGRAMS

**SPECIAL EVENTS:**

- May 2 – Mon 8:30 a.m. - Sign up for trip to Lake Winnepesaukee and the WWII Wright Museum on July 28<sup>th</sup>. Cost is \$106 for ACTIVE MEMBERS and \$116 for all others.
- 10:00 a.m. - Yoga classes begin. This Yoga Class uses a mat on floor. This is NOT Chair Yoga. (See \* at end of bulletin).
- May 3 - Tues - Foot clinic with Rena from Visiting Nurse Hospice of VT/NH. You **must** call for an appointment. No walk-ins.
- 9:00 a.m. - Chair Yoga begins (see \* at end of bulletin).
- May 4 – Wed 1:00 p.m. - Honor May birthdays with Dale O'Brien.
- 1:05 p.m. - Nickel Bingo time with Roger Newhall, caller; and his lovely assistant, Ruth.
- May 5 – Thurs 9:00 a.m. - Chair Yoga
- 11:00 a.m. - Activities Committee meets.
- 1:00 p.m. - Knit Wits Meet in Living Room.
- May 9 – Mon 8:30 a.m. - Sign up for overnight trip to the Scallop Festival on Cape Cod September 22-23. A deposit of \$100 is due at sign-up.
- Final payment for the Bar Harbor trip which leaves June 17th is **due today**.

- May 11 – Wed 1:00 p.m. - The Silvertones Return! Yes, our friends across the river will be here to entertain us. Join us for an afternoon of wonderful music and friendship. Refreshment co-chairs are Barbara Mahoney and Mimi Amsden. This program is free and open to all.
- May 17 – Tues 8:00 a.m. - Motor coach leaves for a fantastic trip to Cambridge, MA and a narrated cruise on the Charles River. Remember you need to come and sign in so try to arrive at least 15 minutes before departure.
- May 18 – Wed 1:00 p.m. - Hurray! It's Game Day! Time to have fun with friends while exercising our brains! Anyone 50 and over can join us.
- May 19 – Thurs 1:00 p.m. - Knit Wits meet in Living Room.
- May 20 – Fri - Foot clinic with Rena. You **must** call for an appointment. No walk-ins.
- May 25 – Wed 1:00 p.m. - Time to crown our 2016 Senior of the Year! Come and congratulate the winner, runner-up and honor roll members that you voted for. Refreshments will be served by Former Seniors of the Year.
- May 30 – Mon - CLOSED FOR MEMORIAL DAY.

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SWEET THANKS to... **Linda Roys, Carol Peebles, Sandi Tarbell and Judy Bastille** for a fun Ice Cream Social after Bunni Putnam's presentation on "Birds of Vermont."

SWINGING THANKS to... **Art & Judy Bryant** for another great spring training. Sorry the Home team lost (**Carol Peebles, Linda Roys, Doris Jewett, Bryce Honeywell & Linda Wilson**) and the Visitors won (**Sandi Tarbell, Nellie Douglas, Nancy and Hugh McLernon and Judy Bryant**). Word is **Art Bryant** is a "tough umpire"!

MANY MANY THANKS to... **Judy Bastille, Carol Peebles, Sandi Tarbell and Linda Roys**, the co-chairs for the Indoor Yard Sale. They did a terrific job. They want to thank their helpers **Don Gray, Doris Jewett, Janet Lynds and Linda Wilson**. They also want to thank everyone who donated things for the yard sale AND ESPECIALLY THANK everyone who came to the Yard Sale and purchased articles. These ladies are working hard to bring down the cost of the Ogunquit trip (October 6<sup>th</sup>) for ACTIVE members – and it is going down!

SWEET THANKS to... **Judy Bastille** and her crew **Carol Peebles, Linda Roys and Sandi Tarbell** for serving refreshments after the Songsters program. ALSO THANKS to... those who donated goodies: **Mary Gray, Sandi Tarbell, Carol Peebles, Judy Bastille, Stanley & Shirley Farrar, Linda Wilson, Nellie Douglas, Kay Mitchell, Linda Roys, Pat Graves and Lorraine Zigman**.

\* Starting Monday, May 2<sup>nd</sup> at 10:00 a.m. we will have Yoga Classes with Kathy Giurtino. This is regular yoga with a floor mat so you need to be able to get up and down from floor for this type of yoga. These classes are free and are for 7 weeks every Monday (except Monday, May 30<sup>th</sup>)

\* We will also have Chair Yoga on Tuesdays and Thursdays at 9:00 a.m. with Kathy. These classes are also free and for 7 weeks. Please let me know if you are interested in either of these classes. Pickleball every Monday and Wednesday 8:00 – 9:30 in the gym! You have probably heard about it so come and play or you can just watch. After you watch you'll want to play. It's lots of fun and good exercise. Talk to Don Gray, Bill Buskey or Kathy Giurtino who are playing and they love it!