



## CUMBERLAND SENIOR CENTER MONTHLY NEWSLETTER FEBRUARY 2022

1464 Diamond Hill Road, Cumberland RI 02864—401-334-2555

Mayor: Jeff Mutter ~ Director Michael Crawley

Website: [www.cumberlandri.org](http://www.cumberlandri.org)

**THE SENIOR CENTER  
SERVICES SENIORS 55+**  
Connecting Seniors to communi-  
ty services that can help them  
stay healthy &  
independent  
**HOURS**

We are open Daily  
Monday-Friday  
Hours: 8:00am to 4:00pm  
Closed:  
Saturday & Sunday

**Senior Center Staff**

**Senior Director**

Michael Crawley

Phone: 401-334-2555 ext. 101

Email: [mcrawley@cumberlandri.org](mailto:mcrawley@cumberlandri.org)

**Social Director**

**Senior Service Manager**

Karen Kane

Phone: 401-334-2555 ext. 101

Email: [kkane@cumberlandri.org](mailto:kkane@cumberlandri.org)

**Admin Assistant—Debi Coia**

Phone: 401-334-2555 ext. 102

Email: [dcoia@cumberlandri.org](mailto:dcoia@cumberlandri.org)

**Senior Service Assistant**

Andrea Azevedo

Phone: 401-334-2555

**Sr. Van Driver—Brian Hart**

Phone: 401-334-2555 ext. 104

**Website:**

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

**Membership Renewal**

Yearly membership

\$8.00 Cumberland Residents

\$12.00 Non-Residents



**Director's Message**—Dear Members: February is Heart Health Month Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. The special month was established to help raise awareness about heart disease and how to prevent it. Celebrate every beat live a heart healthy life! Here at the Senior Center we will celebrate heart health with a **Heart Health Lunch at the Senior Center on Thursday February 24 @ 11:30** I would also like to wish you all a Happy Valentine's Day & Happy Presidents Day. At the Senior Center we are always looking for new ideas to make the Senior Center a great experience for all, Please feel free to pass along your great ideas or suggestions to me or any member of the staff. ~Mike



**Our Mission Statement** - The Cumberland Senior Center is a caring center committed to providing an array of quality services to Enrich & Educate our senior citizens. We encourage all individuals to achieve a lifestyle in which they can remain an active and productive member of the community. We are responsive to the needs of our senior citizens & offer up-to-date quality of life programs and encourage all members to participate.

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**(401) 231-2700**

admissions.hh@hcltdri.com | **HealthConceptsLtd.com**

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ALR: 01501

A MERIDIAN SENIOR LIVING COMMUNITY



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Attorneys At Law

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ESTATE PLANNING,  
AND PROBATE LAW.**

**Brule, Nault & Hainley, P.C.**

1334 Mendon Road

Cumberland, RI 02864

**(401) 334-4545**

[www.bnhri.com](http://www.bnhri.com)

**We've Missed You!**

Welcome Back to Mass



Stay connected to our faith community no matter where you are  
by signing up to get our bulletin delivered straight to your email!

[www.ParishesOnline.com](http://www.ParishesOnline.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Cumberland Senior Center, Cumberland, RI

06-5349



## FAQ'S

What age to join the Senior Center? 55+

If I leave my parent at the Senior Center will someone keep an eye on him/her?

Are seniors supervised at all times? We are not staffed to assist and stay with any one individual. We welcome aides or family members for seniors who are in need of assistance.

Is the Cumberland Senior Center for Cumberland Residents only? No. Seniors are Welcome at any Senior Center

Do you provide transportation to Medical Appointments? No, but we provide rides to and from the Senior Center & weekly market trips—Call Sr. Van Driver Brian Hart 401-334-2555 for more info.

Is someone available to answer questions on Medicare? Yes, Tri County Community Action Guy Boulay—Guy is at the Senior Center the last Thursday of every month—By appointment 334-2555

Is Someone Available to answer questions on Veterans Benefits? Yes, Volunteer Tom Yuppa is at the Senior Center the 1st Weds. of the Month from 9-12

What types of programs and classes are at the Senior Center? We have several on-going programs—Fitness of all kinds, Watercolor Class, Busy Fingers, Hi Lo Jack Leagues & Tech Corner. Several health related & programs and a free blood-pressure clinic. We offer day trips For further info, call the Senior Center at 401-334-2555 or visit town website [cumberlandri.org](http://cumberlandri.org)

## FEBRUARY Closings

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**Monday February 21**

**Closed for Presidents Day**

The Cumberland Senior Center is CLOSED on Major State & Municipal Holidays including: Labor Day, Columbus Day, Veterans Day, Thanksgiving, Christmas & New Years Day, MLK Jr. Day, Presidents Day, Memorial Day, July 4th and VJ Day



### Lunch Cafe

#### **HOT MEALS ARE BACK!**

Our Dining room is open! We will be offering Hot Lunches for dining in at the lunch café in the Main assembly of the Senior Center. Note: There will also be a sandwich option available.

Suggested Donation of \$3.00 per Lunch

Lunches must be ordered 3 days in advance by calling Andrea, Food Service Coordinator @ 334-2555. You can also stop in the senior center to place your order.

Monthly Menus will be available in front reception and in the bookcase in the hallway



## DAY TRIPS & TRANSPORTATION TRANSPORTATION

### Cumberland Transportation Services

The Senior Center provides Transportation to and from the Senior Center at no charge. Also provides weekly market trips and once per month

Walmart Trip—Please call

Driver Brian Hart 401-334-2555

### \*State Transportation Services\*

MTM is the State of Rhode Island's non-emergency medical transportation manager. MTM Arranges Rides for eligible RI Residents Call MTM At 1-855-330-9131 for Non-Emergency medical appointments, therapy, cancer treatments, kidney dialysis, adult day care, physical therapy & meal site lunch. For 60+ or individuals with disabilities who meet certain requirements

Fee: \$2 per trip/\$4 round trip.—Two business days prior to appointment to secure ride.

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### RIPTA Senior & Disabled Bus Pass

Need a BUS PASS? RIPTA

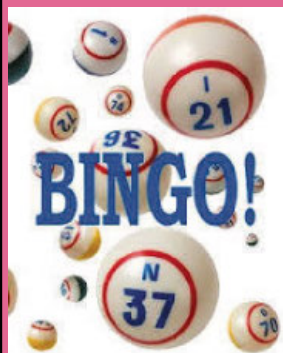
1 Kennedy Plaza, Providence RI Call 401-784-9500 Anyone interested in getting their Senior or Disabled Bus Pass (as long as they have correct documentation) they will be able to receive a BUS PASS



# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





Join us every  
Friday  
Afternoon for  
**BINGO!**  
Starts @  
12:45pm

The Third Friday of the  
Month is our exciting  
**"BINGO BONANZA"**

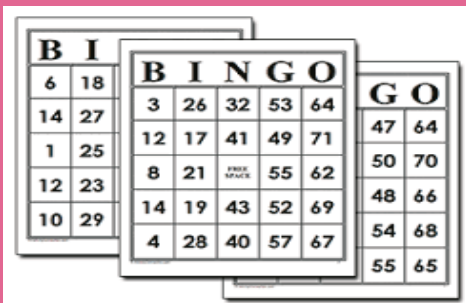
By extra cards to win  
extra money\$\$\$

Bingo is held in main  
assembly hall ~

**GOOD LUCK**

Don't miss out on this  
fun filled afternoon

(Bingo Bonanza is Friday Feb 18)



## **POT of GOLD RAFFLE**

### **St. Pat's Day Raffle**

**Starts Monday February 7th**

\$100 dollars worth of Scratch Tickets up  
for grabs— Buy tickets in  
the Office Now until March  
15—3 for \$1.00 or 18 for  
\$5.00



## **INSIDE THIS ISSUE**

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## **FEBRUARY Day Trips**

**Notice:** Once you sign your name to go on a day trip,  
please mark this date on your personal calendar as a  
reminder. If for some reason you are unable to attend a  
day trip that you have signed up for, please let a senior  
center staff member know as soon as possible so we can  
call our wait list to fill the open spot.

## **ROAST HOUSE (Pawt)**

Weds. February 9—Van leaves @ 11:30am  
(Lunch you are on your own)

## **Gia in Uxbridge MA**

Thursday February 17—Van leaves @ 10:45am  
(Lunch you are on your own)

## **The Lodge**

Weds. February 23—Van leaves @  
11:00am (Lunch you are on your own)



## WEEKLY FITNESS SCHEDULE

*All Exercise Classes are Free with Senior Center membership*

### MONDAY

9:00am-10:00am— Mat Yoga w/Karen

10:00am-11:00am—Chair Yoga w/Karen

11:00am-12:00pm—Zumba w/Donna Carter **\*\*\*NEW CLASS ALERT\*\*\***

### TUESDAY

9:00am-10:00am—Line Dance w/Donna

10:00am-11:00am—Body & Brain Fitness w/ Margaret

10:00am-11:00am—Water Aerobics (Boys Club) **\*\*\*TBD**

### WEDNESDAY

9:00am-10:00am— Mat Yoga w/Karen

10:00am-11:00am—Chair Yoga w/Karen

11:00-12:00pm—20/20/20 –Cardio, Strength, Stretch w/Lisa

12:00pm-1:00pm—Strength Training 101 w/Lisa

### THURSDAY

9:00am-10:00am—Easy Stretch w/ Margaret

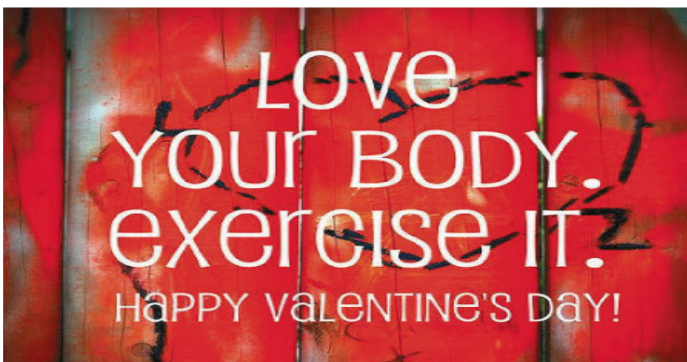
10:00am-11:00am—Functional Fitness w/Lisa

11:00am-12:00pm—Cardio BLAST w/Lisa

10:00am-11:00am —Water Aerobics (Boys Club) **\*\*\*TBD**

### FRIDAY

10:00am-11:00am—Body & Brain Fitness w/Margaret



## MAT YOGA

**Monday & Weds—9:00am-10:00am**

**Instructor: Karen Matte**

This yoga class will meet the needs of all level practitioners. Focused on meeting the body where it is at in the moment. Mental focus & concentration on pose, Body Breath and mind

## BODY & BRAIN FITNESS w/Chair

**Tuesday & Friday—10:00am-11:00am**

**Instructor: Margaret Soares**

This class will focus on overall body conditioning. Combo of warmups, strength, muscle moving. Work all muscle groups, upper and lower body. All Levels

## 20/20/20—Cardio, Strength, Stretch

**Wednesday—11:00am-12:00pm**

**Lisa Cruz**

The 20/20/20 class is designed to give you a total body workout. 20 minutes of cardio, 20 minutes of strength training, 20 stretch

## EASY STRETCH w/Chair

**Thursday—9:00am-10:00am**

**Instructor: Margaret Soares**

Easy Stretch is geared for improving flexibility for all muscle groups through various stretching techniques, movement & overall body stretch.

Stretch for a complete workout

## CARDIO BLAST GOLD

**Thursday—11:00am-12:00pm**

**Instructor: Lisa Cruz**

Cardio Blast is all about getting the body moving & heart pumping. Offers a different, but always fun, challenge, combining a range of aerobic and body exercises.

## CHAIR YOGA

**Monday & Weds—10:00am-11:00am**

**Instructor: Karen Matte**

This yoga class will meet the needs of all level practitioners. Focused on meeting the body where it is at in the moment. Mental focus & concentration on pose, Body Breath and mind

## LINE DANCE

**Tuesday—9:00am-10:00am**

**Instructor: Donna Carter**

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows

## STRENGTH TRAINING 101 w/ Chair

**Wednesday—12:00pm-1:00pm**

**Instructor: Lisa Cruz**

Builds endurance and develops coordination. Will focus on Balance moving from Chair to Stand and back. Improve flexibility and strength or all muscle groups .

## FUNCTIONAL FITNESS

**Thursday—10:00am-11:00am**

**Instructor: Lisa Cruz**

A type of exercise that supports your everyday life. It includes movements such as walking, pushing, pulling, bending, squatting, lunging, and core. These exercises improve functional strength



## ZUMBA

**\*\*\* NEW CLASS ALERT\*\*\***

**Monday—11:00am-12:00pm**

**Instructor: Donna Carter**



## Get your Taxes done for FREE

Attention Senior Center Members!!  
Mondays Beginning February 7, 2022,  
and continuing through April 11, 2022  
AARP Foundation is providing tax assistance and preparation through its Tax-Aide program.

**IT IS COMPLETELY FREE!**

**In Person:** In Tax-Aide's service, Taxes are prepared and filed by IRS-certified tax counselors with strict physical measures in place.

**NOTE:** This is for Cumberland Senior Center Members only!

Appointments can be made in person at the senior center or by calling Karen @ 401-334-2555



Are you a senior who is having a hard time with technology?

The Cumberland Senior Center offers "Tech Corner" with Technology Expert Mike Belleville – Mike is here to help you with your Tablet, Phone, Laptop etc 1st Monday of the Month

(Appointment needed)

Monday January 10 ~ 9am-11am

Call or stop at the Senior Center to reserve a time—401-334-2555



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**St. Patrick's Day Lunch**  
will be held on Thursday  
March 17 @ 11:30am

### And 3 Day Trips

Weds. Feb. 9—ROAST HOUSE  
Thurs. Feb. 17—GIA UXBRIDGE  
Weds. Feb. 23—THE LODGE

### MESSAGE FROM THE MAYOR'S OFFICE

## REMINDER: BULKY ITEM PICKUPS

We've been getting lots of questions about how to get a large or bulky item picked up - so here is a reminder it is as simple as 1-2-3!

1

CALL 401-728-2400 x155 TO SCHEDULE

2

PUT THE ITEM OUT THE NIGHT BEFORE

3

LET THE TRASH COMPANY PICK IT UP!

If you have any questions about the process or what qualifies, please call the trash and recycling department at 401-728-2400 x155.

*Mayor Mutter*



## IMPORTANT PHONE NUMBERS

### In Cumberland

**Cumberland Senior Center**

401-334-2555

**Cumberland Police Station**

401-333-2500

**Cumberland Town Hall**

401-728-2400

**Cumberland Housing Authority**

401-334-2786

### In Rhode Island

#### Office of Healthy Aging

25 Howard Ave, Building 57

Cranston RI 02920 401-462-3000

#### The Point

401-462-4444

Tri County Community Agency

401-709-2635

RI Attorney General—Patient Abuse or  
Neglect, Medicaid Fraud & Drug Diversion Unit:  
401-222-2566 or 274-4400

RI Long Term Care Ombudsman:

401-785-3340

## NEWSLETTER, NOTARY & MEMBERSHIP

PAGE 9

### Newsletter

The Monthly Newsletter will come out  
the last Thursday of the Month

### Notary Services

Available to Members at no charge  
See Senior Center Clerk Debi Coia

### Membership Renewal

Yearly membership

**\$8.00** Cumberland Residents

**\$12.00** Non-Residents

Valid January thru December



# SUPPORT OUR ADVERTISERS!



Join us for Classes, Clubs, Leagues and Cafes—Check them out, you'll be glad you

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## **WATERCOLOR CLASS IS BACK** **AT A NEW TIME!!**

**Tuesdays @ 9:30am-11:30am**

**\$3.00 per class with membership—**

Artists will learn basic techniques such as using color and value to create depth.

**\*\*List of supplies you will need to bring to class: Watercolor Brushes, Palette, Lg. Board (can be cardboard), Old Cloth**

**Instructor:** World renowned artist  
**Jerry Aissis**

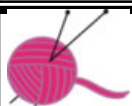


**1st & 3rd-**  
**Wednesday of**  
**the month**

**Time 11:00am-12:00pm** - Join for  
CONVERSATION & CURRENT  
EVENTS— An informal chat group that  
take part in discussions, current events

**Upcoming Café: Weds. Feb 2 &**  
**Weds. Feb. 16**

ALL SENIOR CENTER MEMBERS ARE WELCOME! THE MORE THE MERRIER!



## **BUSY FINGERS**

**Knit & Crochet Group**

**Mondays @ 8:30AM-11:00AM**

If you LOVE to Knit or Crochet or just want to come to learn! We welcome crafters of all skill levels. This is a drop in (no sign up required)



# **WE WANT YOU!**



## **HI LO JACK**

**Card Leagues**

**COME JOIN THE FUN!!!**

**Mondays & Tuesdays 12:30pm**

Cost is \$1.00 per week –Monday

\$2.00 per week—Tuesday

Note: New players are welcome!

Players must have prior experience playing  
Hi-Lo Jack.

**YOU WON'T WANT TO MISS OUT!**

## **GLEE CLUB—Singing Group** **CALLING ALL AMATEUR** **SINGERS!**



We are always looking for  
New Members to join the  
SINGING & FUN

(No Experience Necessary—just like to sing) Join today! If interested stop in or call the senior center for more information.

**\*\*\* Practice starts in Spring**

**Practice on Most Tuesdays at 12pm**

Sign up & Schedule posted on bulletin board (Time & Day is subject to change depending on Choral Director Schedule)

## **SUE FORD**



Sue's life has revolved around two themes, her Irish Catholic heritage and basketball. She was born in Stratford, Connecticut, on Long Island Sound. The lives of both parents had crossed in Ireland when they were children; years later they met in America.

Igor Sikorsky, the inventor of the helicopter, was a friend of her father. A large manufacturing plant where helicopters were built was located on property across the street from Sue's family, and the Ryans managed a parking area, on their land, for the workers. Sue's father was a farmer (he grew food crops) until he died suddenly when she was thirteen, leaving her mother with three children to raise. Sue was the middle child. In school, she was athletic, excelling in soft ball, field hockey, and, of course, basketball. In college, she was a member of a synchronized swimming team.

After graduating from Trinity College, in Washington, DC, Sue, with her sister and a friend, made the Grand Tour of Europe. They sailed across the Atlantic on a steamship; in Europe they connected with a driver and a town car and visited a dozen different countries, a ten week odyssey, before they flew home. She had majored in chemistry in college and took a job as an analytical chemist for American Cyanamid, a large firm that specialized in agricultural chemicals; she helped develop new products for them. Later the company morphed into Pfizer and specialized in medical pharmaceuticals.

She began dating Larry Ford, a history major at Bonaventure University, well known for its winning basketball teams. Seven years after they met, they married, and settled down in Olean, a town in northwestern New York. They raised five children, four sons and a daughter. Her oldest son, named Larry for his father, became a Franciscan priest. Another son became director of USA basketball, which organized and trained Olympic teams. Her daughter is an assistant athletic director at Stonehill College.

After her children were grown, Sue went back to work, as the business manager of two Catholic schools, a grade school and a high school, a position she held for twenty years. She loved to play golf, bridge, and board games. She and her husband also enjoyed traveling, especially cruises. Because of her husband's fragile health, they both moved into an assisted living facility, eventually relocating to Brookdale, now Chapel Hill, in Cumberland. Her husband passed away there four months later, his priest son at his side to administer the sacraments. Sue liked it there and decided to stay, in the independent living section. One of her passions is nutrition & healthy living, and she tends a garden at Chapel Hill; her friends there call her "the plant lady". In 2018 she joined the Cumberland Senior Center, mostly for the exercise classes, and she has become a regular at the Conversation Café forums. Her mind is sharp and she is interested in learning new things, currently mastering the apps on her I phone.





### **Special Message from Our Director Mike**

Hi Members: It is time to provide you with some important information regarding Senior Center closing and delayed openings, due to inclement weather. The decision to close or delay opening at the Senior Center is made by myself, in consultation with the Police Department and the Department of Public Works. Safety is our primary consideration when making a determination on whether to open or close the Senior Center during challenging weather situations. Please understand that these very difficult decisions are made based on a number of factors including weather forecasts, as well as street, sidewalk, and parking lot conditions. Safety to the Senior Citizens is always our main priority. Please Call the Senior Center @ 334-2555 on Inclement weather days for closing or delayed start information. Also If the Cumberland Schools are closed, the Senior Center is also closed. Thank you



### **Medicare News**

Medicare Enrollees: If you have a Medicare advantage plan (H-M-O or P-P-O), you have an additional open enrollment period from January 1 to March 31. During this time you have the opportunity to change your plan if you believe that it is not meeting your health or prescription needs. You are welcome to make an appointment with the SHIP counselor, Guy Boulay , who will be here on the second Wednesday of the month. To schedule an appointment please call Karen @ 334-2555

## **Thank You** *to our Sponsors!*

**AAA** 2000 Mendon Rd, Cumberland RI 401-333-9500  
Phillis Patricio, Sales Director

**BLUE CROSS RHODE ISLAND** 500 Exchange Street  
-Providence, RI 02903 Zoila Ramos-Albizu, Assoc  
Consumer Engagement & Consumer Experience  
and Engage Sales 401-459-5090 Office

**CHAPEL HILL CUMBERLAND** 10 Old Diamond Hill  
Road Cumberland, RI 02864— 401-333-3393 –  
chpl.lec@meridiansenior.com  
Laura Cardoso Life Enrichment Coordinator

**JJ DUFFY FUNERAL HOME** 757 Mendon Rd.,  
Cumberland RI—401-334-2300  
www.jjduffyfuneralhome.com - Brian Bernado

**LANDMARK MEDICAL CTR & REHAB HOSPITAL**  
115 Cass Avenue, Woonsocket, RI 02895 401-769-4100  
Volunteer Service Coordinator—Carolyn Dery

**MOUNT ST RITA HEALTH CTR(Mercy Rehab)** 15  
Sumner Brown Road, Cumberland RI 401-333-6352  
ext. 124 Maryellen Gillis, Director of Admissions  
and Business Development Cell: (508) 733-2878,  
Fax: (401) 334-4274, Email: [mgillis@mountstrita.org](mailto:mgillis@mountstrita.org)

**OAKLAND GROVE—Health Care Center** 560 Cum-  
berland Hill Road Woonsocket, RI 401-769-0800  
Aubrey Olney P.R.  
admiions@oaklandgrovehcc.com

**O'NEILL FUNERAL HOME** 3102 Mendon Road  
Cumberland, RI 02864—Phone: 401-658-1155-  
www.rifuneral.com—John O'Neill Funeral Director



# Upcoming EVENTS



## VALENTINE'S LUNCH

Singer - Manny Brando

When: Thursday February 10

Time: 11:30am

Lunch: Pot Roast Dinner—\$12pp

## FREE BREAKFAST

Monday February 28 @ 9am

GET YOUR TICKETS NOW

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**O'Neill Funeral Home**



## Heart Healthy Lunch & TRIVIA

Thursday—February 24  
Tuna Melt, Fruit & Salad

Time: 11:30am

Cost: \$5.00pp



## Bingo Bonanza

FRIDAY February 18 @ 11:30am

Lunch: American Chop Suey, Bread  
Salad & Dessert \$4

Bingo Starts at 12:45pm

Dessert: **Thank you to**

**MOUNT ST RITA**

**FOR OUR COOKIES!!!**





## **MEDICARE**

If you have questions and/or want help with plan choices or any other Medicare/Medicaid Questions contact your local State Health Insurance Program (SHIP) or SPEAK WITH A MEDICARE SHIP COUNSELOR at the Cumberland Senior Center. Appointments can be made with SHIP Counselor GUY BOULAY Weds. (9am-12pm) call 401-334-2555  
**Call for Appointment**

## **HEATING ASSISTANCE**

The Heating Assistance Program is run through Community Action Program—BVCAP (Blackstone Valley Community Action Program) Direct Line 401-723-0227 NOTE: If Applying for 1st time call BVCAP for appointment

## **FREE LEGAL INFORMATION**

RI LEGAL SERVICES—56 PINE St, Prov RI 401-274-2652 OR 1-800-662-5034

RI BAR ASSOCIATION -41 Sharpe Drive, Cranston RI— Offers FREE 20 Minute Consultations for Senior Citizens Call 401-521-5040—Lisa/Elisa

ELDER LAW PROGRAM—RI Div. of Elderly Affairs (Protective Services—401-462-0555)

RI DEPT. OF ATTORNEY GENERAL (ELDER DIV)

401-274-4400 EXT 2383

ALLIANCE FOR BETTER LONG-TERM CARE 401-785-3340

## **SNAP—Supplemental Nutrition Assistance Program**

Nutrition assistance is provided to low-income individuals and families in the form of an EBT card which may be used to buy food at grocery stores, supermarkets, convenience stores, and farmers markets.

**Call 1-800-745-657 for more info**

## **VETERANS SERVICES**

If you have served in the military, you may be entitled to receive benefits because of your status as a Veteran. In the United States, veterans' benefits honor those brave men and women who served our country by providing them with health care, housing, and even long-term care options. There are many resources available to vets, including some specific to elderly veterans and those in need of long-term care. Tom Yuppa, retired Veteran Service Rep. will be at the Senior Center (by Appointment) 1st Weds. Of the month Starting Sept. 8, 2021 If you would like to speak with Tom about Veterans Benefits —Call the Senior Center @ 334-2555 to make an appointment

## **HOUSING DOWNSIZING? TO SUB-**

SIDIZED HOUSING? Can I keep the profits of my House? Call Legal Services FREE for Seniors Citizens 401-274-2685

If you are a Cumberland Resident, you can call the Cumberland Housing Authority 401-334-2678

Senior Housing in Cumberland (Income Requirements)

Cumberland Manor—401-724-8590

Chimney Hill Apts—401-333-0211

Riverside Village—401-334-2802

Bear Hill Village—401-333-0030

Waterfall Estates—401-640-1305

Jenks Woods Apts.—334-2802





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Relocating?**

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# Monthly Highlights

February 2022

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Sun	Mon	TUE	Wed	Thu	Fri	Sat
		1 9am—Line Dance 9:30am Watercolor Class 10am—Body & Brain Fitness	2 9am Volunteer Adv 9am Veterans Help 9am Mat Yoga 10am Chair Yoga 11am Conv Cafe 11am 20/20/20	3 9am Easy Stretch 10am Functional Fit 11am Cardio Blast	4 10am Body & Brain 12:45pm—BINGO	
	6	7 8:30 Busy Fingers 9am Mat Yoga 10am Chair Yoga 10am-AARP TAX	8 9am—Line Dance 9:30am Watercolor Class 10am—Body & Brain Fitness	9 9am Mat Yoga 10am Chair Yoga 11am 20/20/20 Day Trip Roast House 11am	10 9am Easy Stretch 10am Functional Fit 11am Cardio Blast 11:30 Valentine's Lunch	12
		POT OF GOLD RAFFLE STARTS 				
	13	14 8:30 Busy Fingers 9am Mat Yoga 10am Chair Yoga 10am AARP TAX 11am ZUMBA (New Class**)	15 9am—Line Dance 9:30am Watercolor Class 10am—Body & Brain Fitness	16 9am Mat Yoga 10am Chair Yoga 11am Conv Cafe 11am 20/20/20	17 9am Easy Stretch 10am Functional Fit 11am Cardio Bl Day Trip GIA UXBRIDGE 10:45am	18 10am Body & Brain 12:45pm—BINGO 11:30am Bingo Bonanza Lunch \$4
	20	21 CLOSED FOR PRESIDENTS DAY 	22 9am—Line Dance (1pm this week only) 9:30am Watercolor Class 10am—Body & Brain Fitness	23 9am Mat Yoga 10am Chair Yoga 11am 20/20/20 Day Trip The Lodge 11am	24 9am Easy Stretch 10am Functional Fit 11am Cardio Bl 11:30 Heart Healthy Lunch	25 10am Body & Brain 12:45pm—BINGO
	27	28 8:30 Busy Fingers 9am Mat Yoga 10am Chair Yoga 10am AARP TAX 9AM FREE BREAKFAST				