



AUG 2019
EDITION

THE LINK

EMERYVILLE SENIOR CENTER • 4321 SALEM STREET, EMERYVILLE, CA 94608 • [510] 596-3730

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<http://emeryville.org/150/50-Adults>

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UPCOMING DATES

Aug Events & Highlights

1	Mercy Brown Bag
2	ACFD Blood Pressure Checks
2	Presentation: Ecuador!
2	Movie: What They Had
2	<i>American Craft Show</i>
7	<i>Joe's Buffet Bus</i>
7	Friends of ESC Meeting
8	<i>"The Wiz" Musical</i>
9	Picnic at Christie Park
9	Movie: The Bookshop
10	<i>Benicia Peddlers Fair</i>
11	<i>Aloha Fest</i>
14	Commission on Aging Mtg.
15	<i>SFMOMA: Andy Warhol</i>
15	Mercy Brown Bag
15	HICAP
15	AARP Driver Safety 4-hr
16	ACFD Blood Pressure Checks
16	Presentation: Shared Housing
16	Movie: Wonder
20	Newsletter Day
21	<i>Carmel</i>
22	<i>Tudor Rose English Tea Room</i>
23	Presentation: Healthy Homes
23	Movie: Colette
23	Friday Night Club
29	<i>Treasure Island Fine Dining</i>
30	Presentation: Transform
30	Movie: Generation Wealth
31	<i>Millbrae Art & Wine Festival</i>

Ice Cream Social! Wednesday, August 14th 1:00pm

This year, L.I.T.'s (Leaders-in-Training) from ECCL will get everything set up and ready for you to enjoy. We'll have a variety of toppings to make your own ice cream sundae, complete with whipped cream and a cherry on top. Or for the ice cream minimalist, a plain scoop in a cup! Whichever way you like it, join us for a deliciously cold treat, good company and lots of FUN!

SECOND SUMMER PICNIC!

FRIDAY AUG 9TH @ CHRISTIE AVENUE PARK

Come out to the park for our second summer picnic! The bus will pick you up at the senior center and take you to the Christie Avenue Park or you can drive yourself. We will set up by 10:00am and lunch will be served by 11:30am. Bring a side dish, dessert, or beverage to share and we will provide the entree. Terry Lee's guitar class will entertain you with some folk songs to sing a long with and enjoy the outdoors and sunshine!



FRIDAY NIGHT CLUB

FRIDAY AUG 23RD @ THE EMERYVILLE SENIOR CENTER

Join us for our third Friday Night Club of the Summer! Take a break and come to the Senior Center on Friday Night for some fun Karaoke! Sing a long with your friends to your favorite songs. Bring a dish, side dish, dessert or beverage to share and enjoy the fun! Starts at 5:00pm and goes until 7:30pm.

Bring some snacks to share and a beverage of your choice.



AGE-FRIENDLY CITIES

Focus Groups - Join a focus group to learn about Emeryville's Age Friendly Initiative. We want your input to understand where Emeryville stands on indicators such as housing, walkability, & transportation. Join one of two focus groups: Wed. July 24 @ ECCL 5:30-7:30 (4727 San Pablo Ave.) or Mon. July 29 @ Emeryville Senior Center 1:00-2:30 (4321 Salem St.)

Questions? Contact blin@emeryville.org

Book Club

Meets the 3rd Thursday of each month at 10:00 am. Books being read:

August 15th: Sign My Name to Freedom

by Betty Reid Soskin

September 19th: On the Move

by Oliver Sacks

**Please bring your book with you.*

We will have a few copies on hand for you to borrow.

Presentations

August Presentations: **Start time is 11:00 am**

Drop in! You might learn something new!

Friday, August 2nd - Ecuador - The Best of South America?:

From the high Andes to below sea level, follow Ian & April McDonald as they travel the highs and lows of Ecuador.

Friday, August 9th - No Presentation: Join us at Christie Avenue Park for our second summer picnic! (Location subject to change.)



Friday, August 16th - Shared Housing: Lois Snell will be back to talk about Shared Housing opportunities.

Friday, August 23rd - Alameda County Healthy Homes:

The Alameda County Healthy Homes Department (including the Lead Poisoning Prevention Program) provides innovative, multi-disciplinary programs that offer consultations, case management, technical assistance, and services to prevent lead poisoning and promote health and safety in the home.

Friday, August 30th - Transform: Sean Mullen will share tips on how to safely navigate Rail and Public Transportation.

New Fitness Center Instructor & New Classes

Do you use the Fitness Center at ECCL? Then you might have noticed a new Fitness Instructor and Personal Trainer named Jordan! He is available to help you with your fitness questions. Check out the new classes offered - including some senior friendly classes to add to your workout routine!

the LINK is published monthly by the Emeryville Senior Center, 4321 Salem Street Emeryville CA 94608, which is funded primarily by the City of Emeryville, with additional funds from Alameda County Area Agency on Aging, Measure B, corporate and individual donations, and fundraising activities.



The 4-hour refresher course is Aug. 15th 2019 at 9:00am

If you are 50+ and want to take a class to refine your driving skills, join this class! YOU MUST sign up prior to the class. Many insurance providers offer discounts to seniors who take this class every four years. The course is \$15 for members of AARP & \$20 for non-members.

The 8-hour refresher will be offered on Oct. 10th & 17th

*Please bring cash (exact change)
or check payable to AARP only!*

The **Friends of Emeryville Senior Center**

(our non-profit 501©3) is looking for motivated members to participate on their Board of Directors. The Friends meet monthly to plan and implement fundraising opportunities and special events for the Emeryville Senior Center. All funds raised by the Friends goes directly back into improving your experience at the senior center. They pay for (some) instructors, support special events and activities, purchase equipment and member assistance as needed. If you would like to attend a meeting to find out more, regular meetings are held on the first Wednesday of the month at 10:30 in the Billiards Room. Our senior center thrives on the goodwill of volunteers! Join the fun and see how rewarding it can be!

Thank you! Thank you! Thank you!

I'd like to give a shout out to our wonderful trip escorts! There's a lot of dedication that goes into this volunteer opportunity. If you like to travel & explore different day trips with our seniors, you know what I'm talking about! It takes time and patience, but it's also equally rewarding. Next time you go on one of our trips, be extra kind to the trip escort. They help to make your trip more enjoyable!

Online Registration Class for CivicREC

Having trouble getting signed up for your monthly trips or simply navigating the website to get the information you're looking for? Join us in the Billiards Room on **Tuesday, August 6th, from 9:30-10:30 am** to learn how to create an account, search and register for classes and trips, and submit payments. We will walk you through each step, so come prepared to take notes for future reference.

STAFF:

Youth and Adult Services Manager: Brad Helfenberger
Adult Services Supervisor: Kim Burrowes
Office Assistant: Peter Chan
Front Desk Staff: Bryan Andrews
Nutrition Specialist: Mary McKenna



MOVIES: Billiards Room - Fridays at 1:00 PM, unless otherwise noted.

101 min.	August 2nd: What They Had	When her mother wanders into a snowstorm on Christmas Eve, Bridget responds to her brother's call for help by returning to her hometown, where the siblings face the unenviable task of persuading their dad to put Mom in a care home.
113 min. 2:00pm	August 9th: The Bookshop	England, 1959. Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the opposition of a local grand dame & the support of a reclusive, book-loving widower.
113 min.	August 16th: Wonder	Entering fifth grade will be momentous for Auggie - because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.
111 min.	August 23rd: Colette	Colette is transplanted from her childhood home in rural France to the splendor of Paris. She pens a semi-autobiographical novel about a witty and brazen country girl named Claudine, sparking a bestseller and a cultural sensation. Colette's fight over creative ownership and gender roles drives her to overcome societal constraints, revolutionizing literature, fashion and sexual expression.
106 min.	August 30th: Generation Wealth	For many, the American Dream has become a nightmare, with the quest for material possessions outpacing people's earning potential. Using her 25-year body of work, photographer and filmmaker Lauren Greenfield examines our wealth-obsessed society. [Documentary]

Parks & Recreation Committee



The Emeryville Parks and Recreation Committee is seeking a new Senior Community Member. The Parks and Recreation Committee meets on the 3rd Wednesday of each month at 5:30pm at the Emeryville Center of Community Life. The Committee is an official advisory body to the Emeryville City Council, similar to the Commission on Aging. You must either reside or work in Emeryville in order to qualify. If you are interested in being involved in the planning and improvement of current and future parks, this opportunity is for you. For more information, please contact Brad at 510-596-3779 or bhelfenberger@emeryville.org.

Services & Programs

HICAP	Mercy Brown Bag
<p>Thursday - August 15th 1:00 pm - 3:00 pm</p> <p>Call HICAP for Appointment (510) 839-0393</p> <p>Unbiased assistance & information on long term care, Medicare, supplements to Medicare, more.</p>	<p>Thursdays - Aug. 1st & 15th 9:00 am - 9:30 am</p> <p>Bags of fresh produce & groceries for eligible registered program participants. Bring a bag.</p> <p>Annual Donations Accepted: \$10.00</p>
Blood Pressure Check-Up	Transportation Services
<p style="text-align: center;"></p> <p>Fridays - August 2nd & 16th 11:30 am</p> <p>The Alameda County Fire Department will check your blood pressure each month and records your progress from month-to-month.</p>	<p>The Senior Center offers "8-to-Go" transportation services to seniors in the 94608 area code traveling within the area. In addition, we offer a taxi, Lyft & Uber reimbursement program for residents over 70. If you have any questions about these services, please call: (510) 596-3778</p>

Meetings

Friends of the Emeryville Senior Center	Emeryville Commission on Aging	Newsletter
<p>Meets at 10:30 am Wednesday, August 7th</p> <p>This non-profit group raises funds to support Center programs and equipment. Meeting open to all.</p>	<p>No Meeting in August!</p> <p>This City Council-appointed body focuses on issues pertinent to seniors. All are welcome to attend.</p>	<p>Meets at 9:30 am Tuesday, August 20th</p> <p>Volunteers help put together the newsletter for the monthly mailing. Join us and meet new friends!</p>

Life Elder Care Transportation program

NEW SERVICES IN EMERYVILLE & OAKLAND

We all want to thrive independently as we age, but sometimes we need a bit of support. And so we're excited to announce that LIFE ElderCare's full range of services – which can help YOU stay healthy and connected to community – are now available for seniors in Emeryville and Oakland!

How can we help? LIFE ElderCare provides:

- Assisted transportation
- Visits & companionship
- In-home exercise and minor home modifications
- Help finding services
- Care coordination
- Medication management & more

For more information about our services or to sign up, please call (510)-894-0370, email info@LifeElderCare.org, or visit www.LifeElderCare.org.



Tri-City Cafe Registration



Attention - All those who enjoy lunch here at the Senior Center, either often, or once in a while. This is the time of year to re-register for the 2019-20 Tri-City Café, which is what helps get us that county funding! Please fill out your new "Tri-City" form now, available in the lobby or at the Café. That way next time you come to eat, you'll be on the list and ready to go! Thanks from your ESC Staff and Volunteers.

The mission of the Emeryville Senior Center is to provide an array of activities and services that promote healthy aging and contribute to the physical, emotional, and financial well-being of older persons in our community. Participation is not limited with regard to race, color, creed, national origin, sex, or handicap.

Commission on Aging Vacancies

The Commission on Aging is always accepting applications from interested community members to help guide the City's policies and priorities related to the health and wellness of seniors in our community! To learn more about the Commission and to complete an application, visit our website at:

www.emeryville.org/advisorybodies

(C.O.A. members do not have to be seniors!)

Other Services

Internet Access/Wi-Fi

The center has 5 computers and 3 laptops available for use, or bring your own computer and log on to our free Wi-Fi.

Information/Referral

On housing, healthcare, in-home care, and other community resources and professional services.

Clipper Card applications

Available in the lobby.

DOMESTIC & INTERNATIONAL GROUP TOURS

Extended Guided Travel Made Easy!

Love Travel but hate all the research and planning? Collette's Tours are totally pre-planned for your convenience. We offer **Small Group, River Cruises, Spotlight** or **Classic Tours**.

Please join us for our next
Slide Show Presentation

Mon. SEP 9, 2020 @ 1:30pm (new day!)

2020 Featured Tour Packages

Last Call for **Egypt** and **Iceland!**



Explore Tuscany

(Florence, Lucca, Pisa & Siena)



The Grand Canyon

Portugal - The Azore Islands

(Sao Miguel, Terceira, Faial & Pico)

Rome & The Amalfi Coast

(Rome, Sorrento, Pompeii & Naples)

New Orleans (Single Hotel Stay)

Santa Fe Holiday (Single Hotel Stay)

For more information or to make reservations please call:

Deborah Neal (510) 499-5900

Color brochures are available in the Senior Center lobby.

Upcoming Trips

September 2019

Online Sign-ups begin Friday, July 19th | Walkin/phone sign-ups begin Monday, July 22nd

Scholarships are available! If you are interested in going on a trip but are strapped for cash, you can apply for a scholarship! These are available to our senior members through a private donation from Dr. Marcelline Krafchick. Stop by the office to inquire. Don't miss out on this great opportunity! one trip per senior per year.

Joe's Buffet Bus	Wednesday Sep. 4	11:00-2:00	\$10	Activity #2046	Minimal Walking
Ride the bus with Joe to a surprise buffet location. Cost of the buffet is typically a fixed price and will be announced when your lunch spot is revealed! Pay for your own lunch.					
Korbel Winery & Guerneville	Thursday Sep. 5	9:30-6:00	\$30	Activity #2047	Moderate Walking
Korbel Champaign Cellars, established in 1882, is a winery based in Guerneville. Start the day shopping and exploring downtown Guerneville. Check out the wonderfully, eclectic old-fashioned shops, galleries, thrift shops, consignment stores, and eateries that line Main Street. After exploring and lunch on your own, head to Korbel Winery for a guided tour of the History Museum, Historic Cellar and wine tasting. End the day shopping in the Korbel Gift Shop.					
Paragon Outlets	Tuesday Sep. 10	10:00-4:00	\$10	Activity #2048	EXTENSIVE Walking
Starting to think about your Holiday Shopping? Get a jump start at the amazing Paragon Outlets In Livermore! So much to choose from... On your own for the day.					
Santa Cruz Follies	Thursday Sep. 12	9:30-4:30	\$32	Activity #2049	Minimal Walking
The Follies will take you from Broadway to Hollywood with this year's theme "Fascinatin' Rhythms". Lunch is on your own before the show starts at 1:00 pm.					
Sbicca Olive Oil Tasting & Tour	Tuesday Sep. 17	9:00-5:30	\$35	Activity #2050	Moderate Walking
Enjoy a day in Modesto! Start with a hosted lunch at Tersetti's followed by a tasting experience including a video and cooking demo at the Sbicca Olive Oil Factory. You'll also have time to shop in the gift shop before heading back home.					
Healthy Living Fair at the Oakland Zoo	Thursday Sep. 19	8:00-1:00	\$10	Activity #2052	Moderate Walking
Join us for the annual Healthy Living Fair! Spend the day at the Oakland Zoo! The Healthy Living Festival is the largest free resource festival in Alameda County. Get free health screenings, resources, and lunch.					
Jackson Rancheria	Saturday Sep. 21	8:30-6:30	\$25	Activity #2053	Minimal Walking
Come with us to the foothills of the beautiful Sierra Nevada Mountains with 36 gaming tables, 6 poker tables including 1700 slots and video games!					
Lafayette Art & Wine Festival	Sunday Sep. 22	11:00-5:00	\$10	Activity #2054	EXTENSIVE Walking
The Lafayette Art & Wine Festival is one of the best in Contra Costa County! Enjoy over 200 artists, craftsmen, food vendors, beer and wine tents, 3 stages with non-stop entertainment and much, much more! On your own for the day.					

Upcoming Trips

September 2019

Online Sign-ups begin Friday, July 19th | Walkin/phone sign-ups begin Monday, July 22nd

Monterey for the Day	Wednesday Sep. 25	9:00-6:00	\$10	Activity #2055	EXTENSIVE Walking
Spend the day in Monterey! Enjoy the Aquarium, shopping and lunch in the Historic Cannery Row District, tourist attractions and so much more! On your own for the day.					
Treasure Island Fine Dining **No advanced/online registrations.**	Thursday Sep. 26	11:30-3:00	\$10	Activity #2056	Minimal Walking
Job Corps Advanced Culinary Fine Dining Restaurant, located on Treasure Island, we will enjoy a three course meal prepared and served by the students of the Academy. Pay for your lunch with cash. Lunch is \$13 per person + gratuity (Cash only). Please register in person or by phone.					
American Stage Tours: Laughlin Special	Mon.-Thu. *Nov. 4-7	\$375 single \$315 double	Activity #2057	Sign-up deadline: September 20th	
Three nights accommodations at the Riverside Resort on the banks of the Colorado River. Two lunches (1st & last day), two breakfast buffets, and one choice buffet at the resort. Optional day trips include the Grand Canyon and Cracker Barrel in Kingman. (minimum enrollment of 10 persons)					
Ashland Oregon	Wed.-Fri. *Oct. 2-4	\$549 single \$749 double	Activity #1772	Sign-up deadline: August 30th	
Calling all Shakespeare Festival lovers! Mark your calendars! We will return to the Oregon Shakespeare Theater in October. Trip details are still being finalized. Total cost will include: transportation, hotel accommodations, theater tickets for three plays, one boxed lunch and hosted dinner.					

****Domestic & International Guided Group Tours** can be found on page 4 of the newsletter.**

Online Trip Reservations

Have you been having trouble getting through to the Senior Center phones on Trip Sign-up Day? Are the trips you want full before you have a chance to come to the Senior Center? Did you know you can sign up for trips up to THREE DAYS BEFORE Trip Sign-up Day?



Visit our online registration website today:


www.emeryville.org/register

You can set up your account today so it will be ready when online registration opens. Online registration for August trips will open on Friday, July 19th at midnight. Phone and walk-in registration will begin on Monday, July 22nd.

A Friendly Reminder:

All **WEEKEND** trips will depart from Emeryville City Hall parking lot (in rear) at 1333 Park Ave. Call the office if you have any questions.

Tips for Tripsters: Refund Policy

Here is our official refund policy:  Full refunds are available if you cancel your trip at least two weeks in advance of the date of the trip [30 days for overnight trips]. Requests received less than two weeks prior to the date of the trip will only be considered if a replacement can be found. No other refunds will be considered, regardless of the reason for cancellation. It is YOUR responsibility to remember which trips you signed up for. Escorts usually make reminder calls one or two days before trips, but not receiving a call will not be grounds for receiving a refund.



EMERYVILLE SENIOR CENTER CLASS SCHEDULE

Monday	Instructor	Time	Location
Tai Chi	Judy Jamerson	09:00-10:00	Upstairs Dance Room
Computer Training (<i>beginning in August</i>)	Ralph Greenberg	09:30-11:30	Upstairs Computer Lab
Coffee & Current Events	Volunteer	10:00-12:00	Billiards Room
Non-Impact Aerobics (NIA)	Angi Spector	10:15-11:15	Main Hall
Sit'n'Fit	Sally Maxwell	10:15-11:15	Upstairs Dance Room
Pilates	Angi Spector	11:15-12:15	Upstairs Dance Room
Posture Oriented Wellness	Amy Aldrich	01:00-03:00	Upstairs Dance Room
Origami (1 st & 4 th Mondays only) <i>NO Classes August</i>	Mari Suzuki	12:30-02:00	Main Hall
Cooking (2 nd & 3 rd Mondays only) <i>NO Classes August</i>	Mari Suzuki	01:00-02:30	Kitchen
Tuesday	Instructor	Time	Location
Meditation	Joe John	09:00-10:00	Upstairs Dance Room
Light Weight Training	Helen Vaughn	09:30-10:30	Main Hall
Newsletter* (3 rd Tuesday)	Staff	09:30-12:00	Billiards Room
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Chair Yoga	Sally Maxwell	10:30-11:30	Upstairs Dance Room
Guitar & Folk Singing	Terry Lee	11:30-12:30	Billiards Room
Restorative Pilates	Isabelita Papa	12:00-01:15	Upstairs Dance Room
Intermediate Tap Dance	Bruce Biada	01:00-03:00	Main Hall
Mah Jong	Terry Lee	01:00-03:00	Billiards Room
Chinese Dance	Julia Zhang	01:30-03:30	Upstairs Dance Room
Wednesday	Instructor	Time	Location
Beginners Line Dancing	Novella Peterson	09:00-10:00	Upstairs Dance Room
Yoga	Kimber Simpkins	09:00-10:00	Main Hall
Qi Gong	Isabelita Papa	10:30-12:00	Upstairs Dance Room
Advanced Soul Line Dancing	Ray Johnson	11:00-12:00	Main Hall
Art Studio <i>NO classes in August (returns September)</i>	Joe Pugliese	12:30-02:00	Upstairs Dance Room
Pickle Ball	Staff	02:00-04:00	Main Hall
Thursday	Instructor	Time	Location
Mercy Brown Bag* (1 st & 3 rd Thursdays)	Mary McKenna	09:00-09:30	Main Hall
AARP Driver Safety Classes* (check for dates)	Olithia O'Toole	09:00-01:00	Billiards Room
Meditation	Joe John	09:00-10:00	Main Hall
Light Weight Training* (2 nd & 4 th Thursdays)	Helen Vaughn	09:30-10:30	Main Hall
Book Club* (3 rd Thursday)	Annie Fong	10:00-11:00	Upstairs Conference Room
Rosen Movement	Stephanie Peters	10:15-11:30	Upstairs Dance Room
Zumba	Helen Vaughn	10:30-11:30	Main Hall
Yarn Around	Kim Huhta	01:00-03:00	Billiards Room
Quilting	Sandy Newman	01:00-04:00	Main Hall
Friday	Instructor	Time	Location
Feldenkrais	John Stevens	09:00-10:00	Upstairs Dance Room
Tai Chi	Ann Koo	10:00-11:00	Upstairs Dance Room
Qi Gong	Isabelita Papa	10:00-11:00	Main Hall
Blood Pressure Checks* (1 st & 3 rd Friday)	ACFD	11:30-12:30	Main Hall or Billiards Room
Dances Moves Me for Parkinson's	Debbie Stembach	12:15-01:30	Bridgescourt Room
Chinese Dance	Julia Zhang	12:30-02:30	Upstairs Dance Room
Tango	Ivan Shvarts	01:00-04:00	Main Hall

AUGUST 2019

EMERYVILLE SENIOR CENTER
 (510) 596-3730
 Open: Monday - Friday

4321 Salem Street
 Emeryville, CA 94608
 9:00AM-5:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Weekend Trips</u> Saturday, August 10th: Benicia Peddlers Fair Sunday, August 11th: Aloha Fest in San Mateo Saturday, August 31st: Millbrae Art & Wine Festival</p>	<p><u>CivicREC Tutorial</u> GET AHEAD! Learn how to sign-up for trips & classes online Tuesday, August 6th at 9:30 am.</p> 	<p>Lunch Served Daily 11:45 AM - 12:15 PM</p> 	<p>9:00 <i>Brown Bag</i> 9:00 Meditation 10:00 Book Club 10:15 Rosen Movement! 10:30 Zumba 1:00 Quilting 1:00 Yarn Around</p>	<p>9:00 Feldenkrais 10:00 Tai Chi 10:00 Qi Gong 11:00 <i>Presentation: Ecuador!</i> 11:30 ACFD Blood Pressure Check 12:15 Dance Moves/Parkinson's 12:30 Chinese Dance 1:00 Tango Movie: What They Had</p>
<p>9:00 Tai Chi 10:00 Coffee & Current Events 10:15 Sit & Fit Exercise 10:15 Non-Impact Aerobics 11:15 Pilates 12:30 NO Origami in August 1:00 Posture Oriented Wellness</p>	<p>9:00 Meditation 9:30 Light Weight Training 10:30 Zumba 10:30 Chair Yoga 11:30 Guitar Class 12:00 Restorative Pilates 1:00 Mah Jong 1:00 Intermediate Tap Dance 1:30 Chinese Dance</p>	<p>9:00 Beginner Line Dancing 9:00 Yoga 10:30 <i>Friends of ESC Meeting</i> 10:30 Qi Gong 11:00 Advanced Soul Line Dancing 12:30 NO Art Class in August 1:30 Diabetes Workshop 2:00 Pickle Ball</p>	<p>9:00 Meditation 9:30 Light Weight Training 10:15 Rosen Movement 10:30 Zumba 1:00 Quilting 1:00 Yarn Around</p>	<p>9:00 Feldenkrais 10:00 Tai Chi 10:00 Qi Gong 11:00 Summer Picnic @ Christie Park 12:15 Dance Moves/Parkinson's 12:30 Chinese Dance 1:00 Tango Movie: The Bookshop</p>
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