



the Morro Scene

Morro Bay Senior Citizens, Inc. exists to **empower seniors and enhance the quality of their lives** via education, enrichment and socialization.

DEADLINE FOR NEWSLETTER SUBMISSION IS THE 22nd OF EACH MONTH.
SEND TO NEWSLETTER EDITOR TERRI KOSKIE AT terrimbaanl@gmail.com

June 2025
Email Edition

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HERE COMES SUMMER!

Living in a region with year-round temperate weather brings the great joy of being active throughout the year. We truly feel blessed!

However, it seems that our wonderful center might undergo some program adjustments. Morro Bay Active Adults rents our facility from the City of Morro Bay, which allows us to offer free fitness class space for our seniors through local providers such as ACES, P.A.C.E., Tai Chi, Cuesta Emeritus, and SLO County. We are holding our breath as SLO County prepares to trim its budget. Soon, we will learn the fate of several of our much-loved classes. If you would like to express your support for those classes, information is available in the office for communicating with the County.

On a lighter note, I continue to explore the amazing activities available to our members. This month, you can find me at the June Dinner on the 20th and participating in a Tai Chi class.

May your summer adventures be filled with excitement, joy, and a little bit of magic!

Cynde Donnelly



Need to Contact MBAA...55+?

Office Phone: 805-772-4421

Email: mbactivesrs@gmail.com

Website: www.morrobayseniors.org

Location:

1001 Kennedy Way
Morro Bay, CA 93442



EVENTS

Mark Your Calendar

June 2025:

- 6/4 **Newcomers Meeting** 10:30 am in the Lounge
- 6/4 **Newsletter Tech Help** 9:30 am to 10:30 am in the Lounge
(see page 6 for more information)
- 6/6 **Bingo** 4:00 pm to 9:00 pm in the Auditorium
- 6/6 **Kathy's Krafters** 11:00 am to 1:00 pm in the West Auditorium
(See page 5 for more information)
- 6/6 **Legal Aid** 9:30 am to 12:30 pm in the Conference Room
By appointment only - call 805-543-5140
- 6/8 **Greenwich Village Coffeehouse** 5:00 pm to 7:30 pm
(See page 14 for more information)
- 6/10 **Caregiver Support Group** 10:00 am in the Lounge
- 6/11 **MBAA...55+ Board Meeting** 9:30 am in the Lounge
- 6/12 **Parkinson's Group** 10:00 am in the Lounge
- 6/20 **Membership Dinner** 5:00 pm to 7:00 pm in the Auditorium
(See page 3 for more information)
- 6/27 **How to Spot Scams Presentation** 10:00 am in the Lounge
(see page 5 for more information)
- 6/28 **39+ Saturday Night Dance** 5:00pm to 9:00pm in the Auditorium

Check the calendar on page 16 for more information



Lions Provide Eye Exams and Glasses
for students and adults needing financial help.
If you need an eye exam and/or glasses and can't afford the cost
The Morro Bay Lions Club
may be able to help.
Call for an application...
Lion Olga Fuleki
805-434-8612 (leave a message)
Lion Chuck Stoll
805-540-4059



MB Lions Foundation is a 501 C3 Non-Profit Public Benefit Corporation





JUNE MEMBERSHIP EVENING

**IT'S ITALIAN NIGHT!
FRIDAY, JUNE 20TH
FROM 5-7PM**

IN THE AUDITORIUM, 1001 KENNEDY WAY

Come out and join your friends (meet some new friends, too) as we enjoy a delicious catered Italian meal from Amici's.

Our meal will include a salad, roll, pasta with red sauce and your choice of roasted chicken or a pork chop. **WATER AND SOFT DRINKS ARE PROVIDED.** *Feel free to bring your own beer or wine for your meal enjoyment.*

Remember to bring your own table settings

RESERVATIONS REQUIRED TO ATTEND THIS EVENT

RSVP START: Monday, June 2nd

RSVP END: Monday, June 16th

(No reservations will be taken after June 16th).

This month's hosts are:

Rich Raub and MBAA Board

WHEN MAKING YOUR IN PERSON RESERVATIONS:

MBAA...55+ members will cost \$5.00 each. *The \$5.00 helps to defray the cost of the dinner.* **Guests are Welcome** at \$10.00 each.





MBAA...55+ RECEIVES A GRANT

From the Rotary Club of Morro Bay

On Tuesday, May 20th, Bev Schalwitz and Cynde Donnelly attended the Rotary Club general meeting to receive a grant check for \$1,200. This funding will be used for our 2025 Tunes at Tidelands Concert Series. This year marks the fourth season of concerts, which will take place on the four Thursdays in September, from 5:00 PM to 7:00 PM at Tidelands Park. This is also the second year that the Rotary Club has provided grant support for our event.

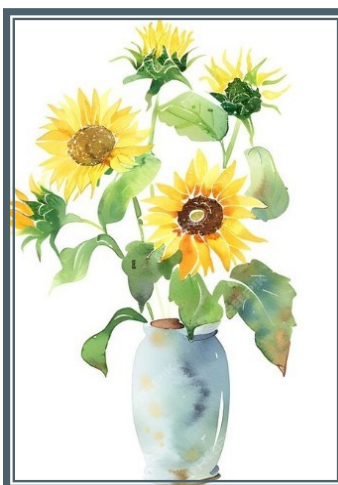
Thank you to the Rotary Club for your donation!

Cheers to all the fathers who lead by illustration, showing us the control of versatility and diligence.



Celebrate Dads on June 15

A father is a remarkable and inspiring figure who commands admiration. No matter how tall you grow, his presence transcends physical height, earning respect through his profound wisdom, unwavering strength of character, and unconditional support and love. His influence shapes who you are and inspires you to strive for greatness.



Sue Gibson, CSA, MBA
(805) 464-2871
sue@slgseniorcare.com
www.SLGSeniorCare.com

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Sue is known for her compassion & patience



SLG SENIOR CARE

Sue helps find assisted living memory care board & care and independent living facilities for seniors in SLO county



Sue & her father
who has Dementia



Kathy's Krafters

Sea Glass Sea Birds

Join us for a fun and friendly sea glass workshop this June! In this workshop, you'll learn how to create a beautiful art piece using stunning sea glass. We'll be designing whimsical glass birds perched on cork posts. All materials will be provided, including frames, glass, shells, and more. No experience is needed. If you have any questions, please contact Kathy at 559-696-0487.

Friday, June 6th at 11:00 a.m. in the West Auditorium

Max: 20 participants

Cost: \$15

Signup for the workshop in the main office



STAYING SAFE

HOW TO SPOT SCAMS ONLINE, BY MAIL, AND BY TEXT



DESCRIPTION: Learn how to protect yourself from common scams that target seniors through the internet, postal mail, and text messages. This class will teach you how to recognize red flags, avoid sharing personal information, and respond safely to suspicious messages. Stay informed and confident in a digital world.

JUNE 27TH AT 10 AM
MORRO BAY SENIOR CENTER

Not Getting A Newsletter?



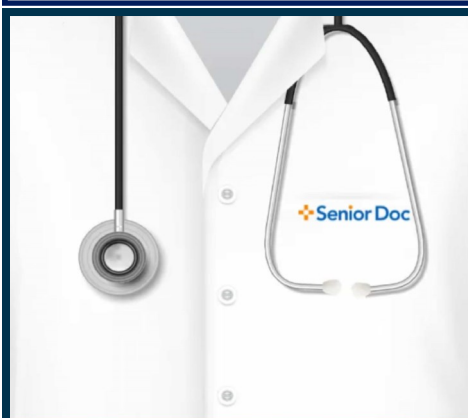
**We're
here to
help!**

“Where’s My Newsletter?” Tech Help Session

Wednesday June 4th

9:30-10:30 AM

In the Senior Center Lounge



Krishna Patel,
MSN, APRN, FNP-BC
Nurse Practitioner

📞 (855) 434-7763

📠 (949) 281-5550

✉️ Krishna@SeniorDoc.com

🌐 www.SeniorDoc.com

NEWSLETTER & WEBSITE



If you have recently joined or renewed your membership and have not yet received your monthly digital newsletter via email, please contact our office. We are aware that some members are still experiencing issues receiving the newsletter, attend the tech help session above.

MBAA...55+



Senior Center

Our Office Address:

1001 Kennedy Way, Morro Bay

Our Office Hours:

Monday to Friday 9:00 am to 4:00 pm

Office Phone: 805.772.4421



TUNES AT TIDELANDS



Sponsors for Our 2025 Concert Series:

The Community Foundation of
San Luis (Grant)

Thomas Laycook

Bill Luffee

Rotary Club of Morro Bay

Larry and Carole Truesdale

Morro Bay Active Adults (MBAA...55+) is proud
to post our sponsors for this
free senior designed concert series.



MBAA...55+ NEWS

NOTE: Date Change for Bingo in July!

The Senior Center will be closed on Friday, July 4th, in observance of our country's birthday. As a result, Bingo will be moved to Saturday, July 12th, with doors opening at 4:00 PM and games starting at the regular times.

We hope to see you there for all the Bingo fun!



PICKLEBALL NEWS

New bulletin boards and signage have been installed at the Del Mar courts.

A camera will soon be installed at the courts, allowing people to download an app to view the courts in real time. This camera was generously donated by a player. Thank you!



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NHCDISPENSARIES.COM





Bill Riedemann

Jeff Symonds

Joseph Woods

Yvonne Savala

Drew Sidaris

Rickie Spitzer

Philip Hornburg

Luis Ramos

June Fluegel

Lois Boulgarides

Brenda Hamamoto

Vernon Isakson

Cindy Myers

Anthony Calandra

Kat Cater

Vicki Hess

Diana Boam

Nancy Dye

Caroline Inouye

Linda Nelson

Theresa Riedinger

Jean Steuart

Janet Homolka

Wendy Nelson

Kaaren Perry

Joan Collier

Susan Fortman

Ginny Espinoza

Mary Ann Britton

Vickie Baggett

Laurie Galia

Vi Pekarek

Kathleen Schultz

Trina Dougherty

Pam Ruggles

Jeff Heller

Ed Pimentel

Richard Dorflinger

Theresa Harrison

Gina Lococo

Allen Bundy

Carol Lowry

Jim Flathers

Linda L. French

Maureen Upton

Julie Acosta

Cindy Dietrick

Donna Sims

Collin McKay

Allen Newson

Lisa Blair

Kathy Phipps

Shelley White

Anna Aven

Penni Daugherty

Statia Foresti

Rebecca Atchison

Judith Carlson

William Mangan

Sharon Pritchett

Bill Luffee

Robert Smith

Marlene Ellsworth

Cary McKay

Ian Bell

June Swall

June Wallenteir

Wayne Gillmore

Janet Whitlock

Pamela Cookson



MBAA...55+ Senior Center

Games

Bingo: First Friday of the month in the Auditorium

- Doors open at 4:00 pm. Pre-Warm Up at 5:40 pm.
- Regular play starts at 6:00 pm. Age 18 and up
- Call: **805-772-4421** for info. – **Louise Topper, Bingo Chair**

Bridge Club: Thursday, 12:30 – 4:00 pm in the Lounge

- Sally (Pat) Snodgrass, Leader 805-772-4421

Chess Club: Thursday, 10:00 am – 12:00 pm Lounge or Multi-Purpose Room

- Casual play during the week.
- Fred Brown, Leader 805-771-8259

Hand & Foot Cards: Tuesday, 12:30 – 4:00 pm in the Lounge

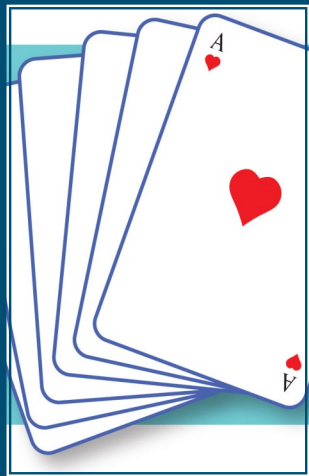
- Brady Lock, Senior Programs Coordinator 805-772-4421

Pinochle: Friday, 9:00 am in the Lounge (Café is the back up spot if needed)

- Brady Lock, Senior Programs Coordinator 805-772-4421

Ping Pong: Tuesdays, 1:00 pm in the Game room

- Casual play during the week
- Contact Shirley Fisher sjfisher24@gmail.com

Pool Billiards: Monday to Friday, 9:00 am – 4:00 pm in the Game room

A reverse mortgage loan could help you live more comfortably.

- Make no monthly mortgage payments.
- Take proceeds as a line of credit, monthly income or a lump sum.
- Use the proceeds as you see fit.
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Bob Gayle Reverse Mortgage Specialist
805/772-3658 NMLS License 582948
 CA DRE Broker License 466813

EQUITY REACH
 REVERSE MORTGAGE DIVISION
 NMLS License 1688022



Local Food Resources

Los Osos Cares

St. Joseph's Church, 360 Park Ave., in Cayucos has started a shelf-stable food home delivery program focused on Seniors and Disabled people in need in Cambria, Cayucos, and Morro Bay. This is not a prepared hot food program. To sign up for this program people need to reach out to Jack Delpit at 818-257-8116.

Meals that Connect:

Hot lunch meals are offered Monday to Friday, 11:30 am in the Sunshine Café at the Morro Bay Senior Center (1001 Kennedy Way). Advance sign up is required.

Contact Robert at 805-772-4422 for details.

Free Community Dinners:

Mondays: Morro Bay Vets Memorial Building, 209 Surf Street, Morro Bay. Doors open at 4:30 pm for shopping the pantry, free clothes, towels & toiletries. Dinner is served at 5:00 pm - 5:45 pm. Hot meals are served along with hot coffee, juices and water.

Note: *The food pantry contains canned goods, pasta, bread, vegetables, fruit, desserts, etc. These food options may vary due to donations. Sponsored by the Lions Club of Morro Bay.*

Every **Wednesday** from 5:00 pm - 6:00 pm South Bay Community Center, 2180 Palisades Drive, Los Osos (Take out box dinners provided at this time)

Food Distribution Sites:

First 4 Tuesdays - 8:30 am El Morro Church of Nazarene, 1480 Santa Ysabel Ave., Los Osos 805-528-0391

Tuesdays and Fridays – 10:00 am to 12:00 pm United Trinity Methodist Church, 490 Los Osos Valley Road, Los Osos **Must call for exact appointment time:** 805-528-1649

2nd Tuesday of the month – 4:30 pm Baywood Elementary, 1330 9th St., Los Osos

2nd Thursday of the month—4:30 pm to 5:30 pm at the Morro Bay Library, 625 Harbor Street, Morro Bay. (fresh produce, pantry, & frozen meat from SLO Food Bank)

Wednesdays – 9:30 am to 10:30 am PHP (People Helping People)-South Bay Community Center, 2180 Palisades, Los Osos, 805-528-2626

Saturdays - 9:00 am to 12:00 pm Rock Harbor Church, 1475 Quintana Ave., Morro Bay, 805-772-7365

3rd Wednesday of the month - 9:30 am to 10:30 am Morro Bay Vets Memorial Building, 209 Surf Street, Morro Bay, 93442 Drive thru available

Tuesdays and Thursdays - 1:00 pm to 3:30 pm Salvation Army, 540 Quintana Road, Morro Bay, 805-772-7062

You will find more Community Resources on page 13!

Fitness for Active Adults

Please Check the Calendar on Page 16 for any Class Schedule Adjustments

ACES (Adult Class Exercise for Seniors)

Tues & Thurs: 9:00 – 10:00 am. Emphasis on stretching and range-of-motion exercises. Community Center Auditorium East (**bring a mat**)
– Sharon Roberts, Leader 805-722-9201

Balance

Tues: 11:15 am – 12:15 pm. Class is designed for those who want to work on acquiring better balance. Community Center Auditorium West – Michelle, Leader 805-781-1561

Bocce Ball

Thurs: 1:00 – 3:00 pm. Bocce Courts at the corner of Shasta and Dunes, Morro Bay
– Brady Lock, Senior Programs Coordinator 805-772-6278

P.A.C.E. (People with Arthritis Can Exercise)

Tues & Thurs: 10:00 – 11:00 am. Community Center Auditorium West
– Shirley White, Leader 805-772-6278

Pickleball

Del Mar Park, 3060 Ironwood Avenue, Morro Bay

Mon through Sun: Open play from 8:00 am – 12:00pm. **Saturday:** 8:30 am – 9:00 am. Introductory Lesson for the Game. \$1 minimum donation suggested each play day
– Rich Raub, Pickleball Coordinator 805-772-4421

Tai Chi

Tues & Thurs: 10:30 – 11:30 am. Our casual class in Yang form Tai Chi is relaxing and helps improve balance and flexibility. Community Center Auditorium East
– Ann Marie Schnetzler, Leader 805-772-6278

Walking Group

Wed: 10:00 am (weather permitting). Call for dates – Brady Lock, Senior Programs Coordinator 805-772-6278

Swimming Pool Activities

Morro Bay High School, 235 Atascadero Road, MB.

Click on the link for the exact times <http://www.morro-bay.ca.us/1019/Aquatics>

Aqua Aerobics: Mon – Fri from 11:30 am – 12:15 pm – Katie Tucker 805-772-6281 for information. **Morning Lap Swim:** Tues & Thurs. **Afternoon Lap Swim:** Mon through Fri and Sunday

MBAA...55+ Members can purchase 11 Swimming Pool Activity Passes for the price of 10 passes. Show your membership card at the Senior Center to receive this special offer.

Morro Bay City Council:

Carla Wixom, Mayor
cwixom@morrobayca.gov

Bill Luffee
bluffee@morrobayca.gov

Jeff Eckles
jeckles@morrobayca.gov

Cyndee Edwards
cedwards@morrobayca.gov

Zara Landrum
zlandrum@morrobayca.gov

The City of Morro Bay is a general law city and operates under the "Council-Manager" form of municipal government. The 5-member City Council consists of the directly elected Mayor and 4 City Council Members. The Mayor is elected to a 2-year term and Council Members are elected to 4-year terms.

The City Council is the legislative authority and sets the policies under which the city operates. The City Council has the power to adopt ordinances and resolutions, make appointments to the city's advisory bodies, establish policies and approve programs, appropriate funds, adopt budgets, and approve contracts. The Mayor presides at all meetings of the City Council and is recognized as the official head of the city for all ceremonial purposes.

Newsletter Note:

Any news or photos from our events are welcome. Please email them to:

terrimbaanl@gmail.com

Please send your news or photos by the 22nd for next month's newsletter.



Adobe Stock | #201637919

DONATIONS

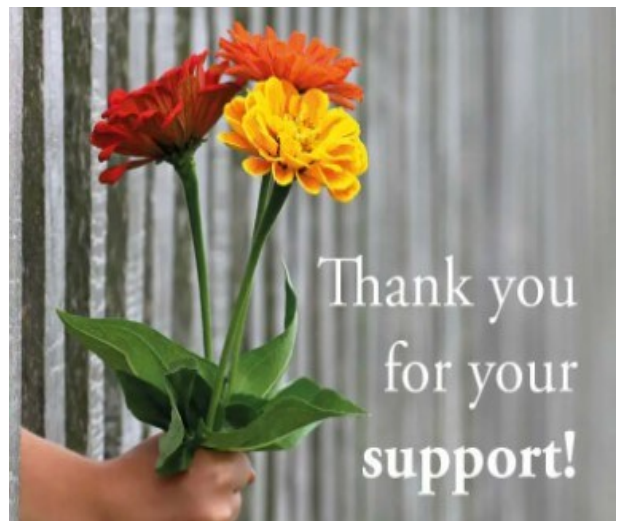
Morro Bay Active Adults Love to Give

**MBAA...55+ Donation Made for June and July to Our Community:**

A donation of \$500 was made to the **Salvation Army** in Morro Bay for the month of June. Additionally, another \$500 was donated to **CAPSLO** (*Community Action Partnership*), a nonprofit organization dedicated to changing lives by assisting over 26,000 individuals across Central and Southern California, with a focus on San Luis Obispo County.

Advertisers for 2025:

- ♦ Bob Gayle Reverse Mortgage Specialist
- ♦ Krishna Patel (Patrick Love)-Senior Doctor
- ♦ Morro Bay Lions Club
- ♦ Natural Healing Center-NHC
- ♦ Sue Gibson-SLG Senior Care



MORRO BAY SENIOR CITIZENS, INC.
d/b/a Morro Bay Active Adults... 55+
2025 Annual Membership Dues

- ☐ Individual \$20 ☐ Household \$30
☐ Age 70 and over may purchase an Individual Lifetime Membership \$125
☐ Age 70 and over may purchase a Household Lifetime Membership \$150
☐ **Age 90 and over receive free membership**

Please print

Member #1

Name _____

Address _____

City _____ Zip _____

Phone #1 (_____) _____

Email #1 _____

Birthday Member #1 (month/day/year**) ____/____/____

☐ Check the box if you would like the monthly newsletter sent to both members.

Member #2

Name _____

Must have same address as Member #1

Phone #2 (_____) _____

Email #2 _____

Birthday Member #2 (month/day/year**) ____/____/____

Emergency Contact: _____

Name/Phone

How did you learn about us?

Please make check payable to **Morro Bay Active Adults** and mail it to: Morro Bay Senior Citizens, Inc., PO Box 603, Morro Bay, CA 93443-0603 Please do not mail cash. Your new membership card and receipt will be mailed to you..

**** Providing your birth year is optional, but helps our statistical reporting for grants and services provided.**
 12/31/2024

Community Resources:

• **Available to Loan**

The Morro Bay Senior Center has wheelchairs, crutches, walkers, and canes available for loan. Call the **Senior Center Office** at **805-772-4421** to inquire or stop in to see what's available to borrow.

• **Do you need free legal assistance?**

Senior Legal Services has appointments on the first Friday of the month at the Morro Bay Senior Center. Call **805-543-5140** for an appointment

• **Health Insurance Advocacy Program**

HICAP has **weekly appointments** at the Senior Center. Call **800-434-0222**

• **Senior Transportation**

Senior Go is a door-to-door, or curb-to curb transportation service that operates from 7:00am to 5:00pm, Monday through Friday and 10:00am to 3:00pm on Saturdays for seniors, 65+, in San Luis Obispo County.

Call **805-473-3333** or online at <https://www.slo seniorgo.org/>

• **Caregiver Support Group**

On the second Tuesday each month the Caregiver Support Group meets at 10:00 AM in the Lounge. The Caregiver Support Group with Cognitive Loss is offered in collaboration with the Alzheimer's Association and Coast Caregiver Resource Center. **Participants must register in advance by calling: 805-536-0279.**



A NIGHT IN GREENWICH VILLAGE:



A COFFEE HOUSE FUNDRAISER FOR
THE ALTADENA SENIOR CENTER

**General
Admission: \$20
VIP: \$30**

*Tickets can be purchased at
the senior center, they include
one drink of your choice and
special 60's desserts*

**Sunday June 8th
At The Community Center
Doors Open: 5:00 PM
Music: 6:00-7:30 PM**

***Come out for a night of culture and music
from the likes of Bob Dylan, Joan Baez, Peter
Paul and Mary, and many more!***

*Art, Jewelry, and Beverages for sale. All proceeds will go to the Altadena
Senior Center which was recently destroyed by the Eaton Fire.*

❀ **COME RELIVE THE GLORY DAYS!** ❀

MBAA... 55+ Board Members

Morro Bay Senior Citizens, Inc. is a 501(c)3 Organization

President	Cynde Donnelly
1st VP	Rich Raub , Pickleball Coordinator
2nd VP	Venessa Armstrong Membership Coordinator
Treasurer	Dave Phillips
Secretary	Bev Schalwitz , Recording Secretary
Director #1	Kathy Reyes , ROVERS Coordinator
Director #2	Donna Shaw
Director #3	Louise Topper , BINGO Coordinator
Director #4	Leo Donnelly , Hospitality Coordinator

Senior Programs Coordinator: Brady Lock

Board meetings are open to all members, **2nd Wednesday of the month at 9:30 am.** If you would like to attend, email Cynde Donnelly at mbactivesrs@gmail.com and she will send you an agenda the Sunday before the meeting.

the MORRO SCENE

Editor:	Terri Koskie
Address Changes:	Venessa Armstrong
Production:	Walt Schob



**Morro Bay Senior Citizens,
Inc. belongs to the
Morro Bay
Chamber of Commerce.**

the Morro Scene

1001 Kennedy Way
PO Box 603
Morro Bay, CA 93442

Email:

mbactivesrs@gmail.com

Website:

<http://www.morrobayseniors.org>

Office Phone: 805-772-4421



Our MBAA...55+ website is up and running. Please be patient as we work out the bugs.

<http://www.morrobayseniors.org>

MBAA...55+ will continue to email our current monthly newsletter to our members.

Legacy Giving

Your generosity is an important **investment** in the **future** of Morro Bay Senior Citizens, Inc.. To be part of this tradition of support, ask your attorney to add this, or other suitable language to your will:

"I give, devise, and bequeath to Morro Bay Senior Citizens, Inc., Tax ID Number 51-0163015 (insert dollar amount, percentage of estate, description of real estate or property, or nature of gift)."

Contact: President, Morro Bay Senior Citizens, Inc.,
d/b/a Active Adults...55+ with questions at 805-772-4421

Senior Activities...June 2025

Morro Bay Active Adults...55+ Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Watercolor Class 1:00PM, Cafe</p>	<p>3</p> <p>ACE- 9-10, Aud. East PACE- 10:00, Aud. West Tai Chi- 10:30, Aud. East Balance- 11:15 Aud. West Hand and Foot- 12:30</p>	<p>4</p> <p>Grief Group, 2:00, Lounge Walking Group, 10:00 Maritime Museum Newsletter Tech Help, 9:30 am - 10:30 am, Lounge EBNC Board Meeting, 10:30 am, Lounge</p>	<p>5</p> <p>ACE- 9-10, Aud. East PACE- 10:00, Aud. West Tai Chi- 10:30, Aud. East Bridge- 12:30, Lounge Chess- 10:00 Lounge HICAP, 9-12, Conference Bocce Ball, 1, New courts</p>	<p>6</p> <p>Life Drawing, 9, Studio Legal Aid. 9:30 12:30pm Conf. Rm Bingo, 4-9 PM, Auditorium Kathy's Krafters, 11-1pm., West Aud. *****NOTE***** Greenwich Village Coffeehouse on Sunday June 8th 5 -7:30 PM</p>
<p>9</p> <p>Cuesta Summer Classes Begin</p> <p>Watercolor Class 1:00PM, Cafe</p>	<p>10</p> <p>Art 9 – 11am offsite Art History 1:00 offsite ACE- 9-10, Aud. East PACE- 10:00, Aud. West Tai Chi- 10:30, Aud. East Balance- 11:15 Aud. West Hand and Foot- 12:30 Yoga, 1:30, Aud. East Strength Training, 11:45, Aud. East Caregiver Support Group 10:00 am, Lounge</p>	<p>11</p> <p>Grief Group, 2:00, Lounge Walking Group, 10:00 Maritime Museum Yoga, 1:30, Aud. East Board Meeting, 9:30 Lounge Abstract Drawing, 1:00 offsite</p>	<p>12</p> <p>ACE- 9-10, Aud. East PACE- 10:00, Aud. West Tai Chi-10:30 Aud. East Bridge- 12:30, Lounge Chess- 10:00 Lounge HICAP, 9-12, Conf Bocce Ball, 1, New courts Yoga, 1:30, Aud. East Strength Training, 11:45, Aud. East Parkinson's Group, 10 Lounge</p>	<p>13</p> <p>Life Drawing, 9, Studio</p>
<p>16</p> <p>Watercolor Class 1:00PM, Cafe</p>	<p>17</p> <p>ACES, 9:00, Aud. East PACE- 10:00, Aud. West Tai-Chi- 10:30, Aud. East Balance- 11:15 Aud. West Hand and Foot- 12:30 Yoga, 1:30, Aud. East Strength Training, 11:45, Aud. East</p>	<p>18</p> <p>Grief Group, 2:00 PM Lounge ***No Yoga Today*** Walking Group, 10:00 Maritime Muse New Art Class, 1:00pm, Cafe Abstract Drawing, 1:00 offsite</p>	<p>19</p> <p>ACE- 9-10, Aud. East PACE- 10:00, Aud. West Tai Chi- 10:30, Aud. East Yoga, 1:30, Aud. East Bridge- 12:30, Lounge Chess- 10:00 Lounge HICAP, 9-12, Conference Bocce Ball, 1, New courts NO Strength Training</p>	<p>20</p> <p>NO Life Drawing Membership Dinner 5-7pm, Aud. West</p>
<p>23</p> <p>Watercolor Class 1:00PM, Cafe</p>	<p>24</p> <p>ACES, 9:00, Aud. East PACE- 10:00, Aud. West Tai-Chi, 10:30, Aud. East Balance- 11:15 Aud. West Hand and Foot- 12:30 Yoga, 1:30, Aud. East Strength Training, 11:45, Aud. East</p>	<p>25</p> <p>Grief Group, 2:00 PM Lounge Walking Group, 10:00 Maritime Muse Yoga, 1:30, Aud. East Abstract Drawing, 1:00 offsite</p>	<p>26</p> <p>ACE- 9-10, Aud. East PACE- 10:00, Aud. West Tai Chi- 10:30, Aud. East Yoga, 1:30, Aud. East Bridge- 12:30, Lounge Chess- 10:00 Lounge HICAP, 9-12, Conf Bocce Ball, 1, New courts Strength Training, 11:45, Aud. East</p>	<p>27</p> <p>Life Drawing, 9:00, Studio Senior Scam Presentation 10:00 am, Lounge ***NOTE*** 39+ Dance, tomorrow night (Sat., June 28th, 5-9pm,)</p>
<p>30</p> <p>Watercolor Class 1:00PM, Cafe</p>			<p>Please note that HICAP and Legal Aid require an appointment. Their respective telephone numbers are listed on page 13 of this newsletter.</p>	