



**May 2008**

Simi Valley Senior Center

# SENIOR NEWS

## Older Americans Month

### Let's Meet Some of Our Americans

#### Simi Valley Council On Aging Executive Board

Virgil Stites  
Chair

Donald Hunt  
Vice Chair

Barbara Durham  
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Recording Secretary

Jean Bennett  
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Who said that dream don't come true? From time to time dreams do come true. For Ralph and Elsie Powell their dream started 56 years ago with their marriage. Moving to Simi Valley in 1962, Ralph took a job with the Santa Susana Post Office and Elsie worked for Pacific Telephone. Ralph was also a volunteer Reserve Deputy Sheriff and drove for Pruner Ambulance Service. When retirement approached, Ralph and Elsie opened a pet store in the Sycamore Plaza and proceeded to work until their second retirement in 1986. Upon retirement Ralph and Elsie started an RV trip that would take them through the continental United States and to Alaska twice. In 2007 they decided to build a house in the place they felt at home, Simi Valley. Their dream home will be completed in the next few months. Ralph and Elsie, who frequent Senior Center, are always amazed with the size and the variety of activities going on daily at the Center.



Born in 1912, Gladys Schnack-Greenwood is now 95 years old. Born in Bride, Idaho, Gladys worked as a secretary for the local Boy Scouts office. She was also a seamstress at her husband's dry cleaning business while raising four children with her husband. Gladys is living with her daughter now and she attends the Senior Center where she loves the daily music, and seeing all of her friends each day.



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

Paul Miller, Mayor   Michelle S. Foster, Mayor Pro Tem   Barbra Williamson, Council Member   Glen T. Becerra, Council Member   Steven T. Sojka, Council Member

**Simi Valley Senior Center 3900 Avenida Simi, Simi Valley, CA 93063 805.583.6363**

**Senior Health Community Lecture Series**

High Blood Pressure Primer:

May 13, 2008

1:00 pm to 2:00 pm

Location: Simi Valley Senior Center (805) 583-6363, Call for reservation



Just about everyone knows that high blood pressure is a bad thing. Learn why it is so

dangerous, and how it can be prevented. How is high blood pressure diagnosed? What are the benefits, side effects and other issues related to blood pressure lowering medication? Nurse Practitioner Mary Haynes will answer these questions and more in her informative talk, which will include opportunities for questions from the audience.

**Next Month**

Physical Fitness for Seniors  
By Kathleen Hodgson, M.S., P.T.

**Rancho Simi Recreation & Recreation & Park Dist.**  
**50+ Programs - Office Hours**  
**(805) 583-6059**

Monday 1:00 -3:00 p.m.  
Tuesday 9:00 -12:00 pm  
2:30 -5:00 p.m.  
Wednesday 9:00 -11:00 a.m.  
Thursday 3:30-4:30 p.m.



**Rendezvous Café**

Hot lunches prepared in the Senior Center kitchen are served weekdays at noon. Call Judy Herdman, Meal Site Coordinator, at 583-6365 for information. Reservations are requested. Entertainment and special events scheduled during lunch include:

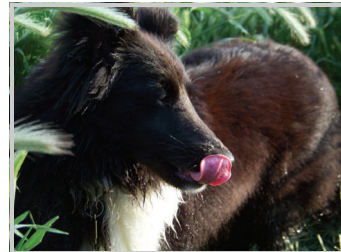
- Lorrell Cooper — May 7
- To Be Determined — May 14
- California Old Time Fiddlers — May 21
- Birthday Celebration- Kupunas Ukulele Group — May 28
- Cinco de Mayo Party — May 5
- Karaoke Sing-Along 10:00-11:30 — Every Monday
- Senior Chorale Group 10:00-11:30 — Every Thursday
- Don Newcomer Music 11:00-12:00 — Every Friday
- Grab Bag Bingo 1:00-2:30 — Every Friday

**No Entertainment On May 2, 2008**  
**Senior Center Closed May 26, 2008**



**Digital Photography**

New Classes begin June 15, 2008



Look at some of these wonderful shots from our talented students. Learn how to use your camera, how to download your trapped pictures, store your pictures to CD and much much more.



**Age 50+ Recreation Programs**

With many classes just beginning, this is your opportunity to get involved. Check out our new Spring and Summer brochure available at the main desk of the Senior Center, packed with classes to meet all your needs. From Educational, Fitness, Health, Sports, Dance, Music, Computer, Arts & Crafts and Excursions. Don't miss our NEW computer



classes being offered: Intermediate Microsoft 2003 Office Suite begins May 1, Odd & Ends Class begins April 30 & Essence of E-Bay begins May 1st. Registration is required. For more information please call (805) 583-6363.

# SPOTLIGHTS ON SEMINAR & ACTIVITIES OFFERED AT THE SENIOR CENTER

## What Is Medicare Fraud Seminar

Are you a victim? The Ventura County Area Agency on Aging Health Insurance Counseling and Advocacy Program (HICAP) explain Medicare fraud in billing, possible insurance agent fraud, and problems with Medicare Advantage Plans. If you have any questions on Medicare billing, possible complaints with Medicare plans, you will want to attend this presentation at the Simi Valley Senior Center on May 6, 2008, at 1:30 pm. Presented by Katharine Raley, HICAP Program Manager. Register by calling the Senior Center at (805) 583-6363.



## COUNCIL ON AGING MEETING

The Council On Aging General Membership meeting takes place on the second Monday of each month at 1:00 p.m. at the Senior Center. The next meeting is scheduled for:

Monday, May 12, 2008

## Deals On Wheels



Are you looking for a bargain? The Senior Nutrition Action Council (SNAC), a non-profit organization, will host their Deals on Wheels program at the Simi Valley Senior Center on May 14, 2008. Gently used items will be available for sale. Proceeds will help raise funds for the Simi Valley Senior Nutrition meal program. The door will open from 9:00 am to 11:00 am. Make sure you arrive early to have your chance at picking up some great deals.

## AARP Driver Safety Program

The AARP Driver Safety Program is the nation's first and largest course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. Register by calling the Senior Center at (805) 583-6363. The next refresher class is May 19, 2008 1:00 pm to 5:00 pm. The Next Full class is June 16 & 18, 2008.



- Tune up your driving skills and update your knowledge of the rules of the road.
- Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
- Reduce your traffic violations, crashes, and chances for injuries.
- Get an insurance discount. Auto insurance companies in most states provide a multiyear discount to AARP graduates!

## Volunteer of the Month - Ron Caro

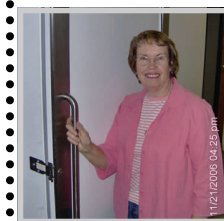
We are pleased to recognize one of our outstanding volunteers, Ron Caro. Ron has been a Meals on Wheels Driver since January 2006, when he retired after many years as a Farmers Insurance agent. He drives three days a week, and is always willing to fill in on other days as needed. The recipients always know when Ron is arriving because of his trademark whistle. He loves to joke with them and brighten their days. Even their dogs look forward to seeing him, because he always has a biscuit for them (a little one for the little dogs, and a big one for the big dogs!). We are so fortunate to have Ron as a volunteer.



Thanks  
Ron



## SENIOR RESOURCE CENTER



Stop by and see how Alice Castoe can save you money on your utilities. Alice is available on the 3rd Tuesday of

every other month from 9:30 am to 11:30 am at the Senior Center.

Alice works with Southern California Edison and the Gas Company to help qualified individuals reduce their monthly bills.

She can speak with you about having Southern California Edison replace your refrigerator with a brand new energy star qualified one at **NO COST** if it is 13 years or older. This program also results in a reduction on your electric bill each month.

Alice will be at the Senior Center on May 20 from 9:30 am - 11:30 am To make an appointment call (805) 583-6363.

## SENIOR EXCURSIONS

### Excursions to Interesting Places

*Dodger Game vs Mets - May 7*  
*Santa Barbara - May 13-14*  
*Palm Springs Follies - May 16*  
*Queen Mary & Show - June 22*  
*Pageant of the Masters & Art July 16*  
*Aquarium of the Pacific & Lunch at*  
*Bubba Gump's - August 13*

### Casino Excursions

*Chumash Casino & Solvang - June 26*  
*Avi Casino - July 22-24*  
*Whiskey Pete's Casino - Sept. 17-19*

Registration forms are available at the Senior Center at the west main entrance reception desk, or you can call 583-6363 for information. Casino Excursion registrations are also made at the Senior Center.

### Registration

All trip reservations and payments will **ONLY** be taken at the west main entrance reception desk. Credit Card or Check only, No Cash will be accepted.

## SENIOR CENTER STAFF

### Manager

Laurie Dickinson  
583-6366

### Assistant Managers

Angel Sierra  
583-6044  
Robert Martin  
583-6364

### Senior Center Clerk

Donna Thorn  
583-6363  
Raquel Wirth  
583-6363

### Meal Site Coordinator

Judy Herdman  
583-6365

### Meals On Wheels

Coordinator  
Claudia Hapip  
583-6042

## FREQUENTLY REQUESTED NUMBERS

Adult Protective Services	384-2704	Social Security	(800) 772-1213
Alzheimer's Association	485-5597	S.V. Adult School	579-6200
Amer. Cancer Society	529-2530	S.V. Citizen Advisor	583-6759
Animal Regulation	388-4341	S.V. City Hall Info.	583-6700
Arthritis Foundation	563-4685	S.V. Council On Aging	583-6041
Fair Housing	(800) 287-4617	S.V. Cultural Arts Ctr.	583-7900
Grey Law	658-2266	S.V. Dial-A-Ride	583-6464
Community Action	436-4034	S.V. Graffiti Hotline	583-6444
Osher Institute	437-2748	S.V. Pothole Hotline	583-6400
Long-Term Care		Veterans Services	385-6366
Ombudsman	(800) 231-4024	VC Area Agency on Aging	477-7300
MediCal	584-4842	VC Human Services	477-5301
Parkinson's Support	988-7599	VC Health Care	677-5110
Rancho Simi Rec. & Pks.	584-4400	VCAA Service & Information Line	800-510-2020
Senior Concerns	497-0189		

## SAVE THESE DATES

- 👉 Fashion Show - May 3
- 👉 Dodgers vs the Mets - May 7
- 👉 Book Group (The Alchemist P.C.) - May 8
- 👉 COA Dance - May 9 & 23
- 👉 COA Meeting - May 12

Senior Center Closed May 26

# SIMI VALLEY SENIOR CENTER

## MAY 2008 CLASSES AND ACTIVITIES SCHEDULE

All classes and activities meet at the Senior Center weekly unless stated otherwise.

[AS] Simi Valley Adult School Class - Call (805) 579-6207 for information

[REC] Rancho Simi Recreation and Park District Activity - Call (805) 584-4400 for information

[LL] Channel Islands, OSHER Lifelong Learning Program - Call (805) 437-2748 for information

For class fees, please refer to all brochure information available at the Senior Center

### IN OBSERVANCE OF MEMORIAL DAY, THE SENIOR CENTER WILL BE CLOSED ON MONDAY, MAY 26

MONDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO
Arts & Crafts	Art Studio [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Basics of Drawing [AS]	12:30 PM	3:30 PM		Enrollment Req.
	B.Y.O.C. (Bring Your Own Crafts)	9:00 AM	12:00 PM		
	Ceramics—Hand Building [AS]	8:00 AM	2:30 PM		Enrollment Req.
	Quilt Club	2:00 PM	5:00 PM		
	Scrapbooking Club [REC]	6:00 PM	9:00 PM		Registration Req.
Cards & Games	Billiards Club [REC]	7:00 PM	10:00 PM		
	Mah Jongg	10:00 AM	1:30 PM		
Computers	Digital Photography [AS]	9:00 AM	12:00 PM		FULL
	Intro to Computers [AS]	5:30 PM	7:00 PM		FULL
	Intro to Word [AS]	7:30 PM	9:00 PM		FULL
	Sit 'n' Click Open Computer Lab	1:00 PM	4:45 PM		
Educational	AARP Drivers Safety Refresher Course	1:00 PM	5:30 PM	May 19	Registration Req.
Groups & Clubs	COA Meeting	1:00 PM	3:00 PM	May 12	
	Genealogy Group	1:00 PM	3:00 PM	May 12	
	Stamp & Coin Club	1:00 PM	3:00 PM	May 19	
Health & Fitness	Aquatics for Seniors [AS] at Rancho Pool	8:00 AM	9:30 AM		Enrollment Req.
	Basic Ballet & Modern Dance [REC]	7:00 PM	8:30 PM		
	Decibel Hearing	9:00 AM	12:00 PM	May 12	Appointment Req.
	Hiking Club [REC]	8:30 AM	11:30 AM		
	Ping Pong [REC]	2:30 PM	4:00 PM		
	Stretch & Strengthen [REC]	5:30 PM	6:30 PM		Registration Req.
	Stretch 'n' Walk [AS]	10:00 AM	11:30 AM		Enrollment Req.
	Tai Chi Exercise	11:00 AM	12:00 PM		
	Yoga	8:00 AM	9:30 AM		
Social Services	Area Agency on Aging Counselor	8:00 AM	5:00 PM		
	Coping with Loneliness	10:00 AM	11:30 AM		
	Loving Heart Bereavement	10:00 AM	11:00 AM	May 12	
	Senior Advocate	9:00 AM	4:00 PM	May 19	
	V.I.P. Low Vision Support Group	9:00 AM	12:00 PM		
TUESDAY	ACTIVITY	START	END	DATE(S)	OTHER INFO
Arts & Crafts	Ceramics - Hand Building [AS]	8:00 AM	2:30 PM		Enrollment Req.
	Woodcarving [AS]	8:00 AM	12:00 PM		Enrollment Req.
	Painting [AS]	12:30 PM	4:00 PM		Enrollment Req.
Cards & Games	Chicago Bridge	9:00 AM	12:00 PM		
	Pinochle	10:00 AM	5:00 PM		
	Pinochle	12:00 PM	4:00 PM		
	Poker Club [REC]	12:30 PM	3:30 PM	May 13 & 20	
	Poker Club (evening) [REC]	7:00 PM	9:45 PM		

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All classes and activities meet at the Senior Center weekly unless stated otherwise.

<b>TUES. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Computers	Basic Computer II [REC]	7:00 PM	9:00 PM		Registration Req.
	MS Office Self-Paced [AS]	2:00 PM	5:00 PM		Enrollment Req.
	Sit 'n' Click Open Computer Lab	9:00 AM	1:00 PM		
Educational	Fraud Prevention Presentation	1:30 PM	3:00 PM	May 6	Sign-up Req.
	Simi Hospital: High Blood Pressure Lecture	1:00 PM	2:00 PM	May 13	Sign-up Req.
	Strings Orchestra Beginning [REC]	12:00 PM	1:00 PM		Registration Req.
	Strings Orchestra Intermediate [REC]	11:00 AM	12:00 PM		Registration Req.
Entertainment	Movies in the Lounge	1:00 PM	3:00 PM		
Groups & Clubs	Hearing Loss Association Support	2:00 PM	4:30 PM	May 13	
	Women's Discussion Group	10:00 AM	11:30 AM		
Health & Fitness	Aerobics for Seniors [AS]	2:45 PM	4:45 PM		Enrollment Req.
	Arthritis Exercise	10:30 AM	11:30 AM		
	Ballroom Dance – Int./Beg. [REC]	6:30 PM	9:30 PM		Registration Req.
	Blood Pressure Testing	9:00 AM	11:00 AM		Walk-in OK
	Indoor Lawn Bowling [REC]	1:30 PM	3:00 PM		
	Low Impact Aerobic Fitness [REC]	5:30 PM	6:30 PM		Registration Req.
	Pickle Ball [REC] at Santa Susana Comm. Ctr.	9:30 AM	11:30 AM		
	Ping Pong [REC]	12:00 PM	2:00 PM		
	Tuesday Tappers @ RSSCC [REC]	1:00 PM	3:00 PM		
	Yoga	8:00 AM	9:30 AM		
Social Services	Alzheimer's Counseling	9:00 AM	12:00 PM	May 27	Appointment Req
	Brown Bag Groceries	9:00 AM	11:00 AM		
	Grey Law (Call 805-658-2266)	1:00 PM	4:00 PM	May 13	Appointment Req.
	Health Insurance Counseling Advocacy Prog.	9:30 AM	1:00 PM	May 13	Appointment Req.
	Health Insurance Counseling Advocacy Prog.	9:30 AM	4:00 PM	May 27	Appointment Req.
	Reduce the Cost of Utilities	9:30 AM	11:30 AM	May 20	Appointment Req.
<b>WEDNESDAY</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Arts & Crafts	Ceramics Multi [AS]	8:00 AM	2:30 PM		Enrollment Req.
	Learn to Knit and Crochet [AS]	9:00 AM	11:00 AM		Enrollment Req.
	Multi-Media Art – Painting Skills [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Oil Painting [REC]	7:00 PM	9:00 PM		Enrollment Req.
	Painting - [AS]	12:30 PM	3:30 PM		Enrollment Req.
	Quiltmaking Class [AS]	8:30 AM	1:00 PM		Enrollment Req.
Cards & Games	Chess Group	1:00 PM	4:30 PM		
	Chicago Bridge	9:00 AM	12:00 PM		
	Duplicate Bridge [REC]	1:00 PM	4:45 PM		
	Hearts & Spades [REC]	1:00 PM	3:00 PM		
	Pinochle Group	12:30 PM	5:00 PM		
Computers	Intro to Excel [AS]	8:30 AM	10:00 AM		FULL
	Intro to Computers [AS]	10:30 AM	12:00 PM		FULL
	Odds & Ends Computer Class [REC]	7:00 PM	9:00 PM		Enrollment Req.
	Sit & Click	1:00 PM	4:45 PM		
Educational	OSHER: History of Jazz [LL]	7:00 PM	9:00 PM		FULL

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All classes and activities meet at the Senior Center weekly unless stated otherwise.

<b>WED. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO</b>
Entertainment	Birthday Celebration; Kupunas	10:30 AM	- 12:00 PM	May 28	
	California Old Time Fiddlers	10:30 AM	- 12:00 PM	May 21	
	TBD	10:30 AM	- 12:00 PM	May 14	
	Music by Lorrell Cooper:	10:30 AM	- 12:00 PM	May 7	
Groups & Clubs	Art of Humor and Poetry	2:00 PM	- 3:30 PM	May 14	Registration Req.
	Drama Club	1:00 PM	- 3:00 PM		
	Rancho Simi Senior Club General Meeting	1:00 PM	- 4:00 PM	May 14	
	Simi Scribblers	10:00 AM	- 12:00 PM		
Health & Fitness	Aquatics for Seniors [AS] at Rancho Pool	8:00 AM	- 9:30 AM		Enrollment Req.
	Balance Check [REC]	1:00 PM	- 3:00 PM		Enrollment Req.
	Circulation Massage	9:00 AM	- 2:00 PM	May 14 & 28	Appt. Req./Fee
	Line Dancing [REC]	7:00 PM	- 8:30 PM	May 7, 21, 28	Enrollment Req.
	Stretch 'n' Walk [AS]	10:00 AM	- 12:00 PM		Enrollment Req.
Social Services	Caregiver's Support Group	7:00 PM	- 8:30 PM	May 14	
	Health Insurance Counseling Advocacy Prog.	1:00 PM	- 4:00 PM	May 7	Appointment Req.
	Pedicure Clinic	9:00 AM	- 4:00 PM	May 21	Appointment Req.
	Veterans' Counseling	9:00 AM	- 11:00 AM	May 7	
<b>THURSDAY</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Arts & Crafts	Ceramics Multi [AS]	8:00 AM	- 2:30 PM		Enrollment Req.
	Crochet, Sew 'n' Chat	9:30 AM	- 11:30 AM		
	Quiltmaking (Intermediate) [AS]	8:30 AM	- 1:00 PM		Enrollment Req.
	Scrapbooking Club [REC]	9:00 AM	- 12:00 PM		Registration Req.
	Watercolor (Beginning/Intermediate) [AS]	12:30 PM	- 4:00 PM		Enrollment Req.
	Woodcarving [AS]	8:00 AM	- 12:00 PM		Enrollment Req.
Cards & Games	Bunco [REC]	7:00 PM	- 9:00 PM	May 8	Registration Req.
	Canasta	12:00 PM	- 4:00 PM		
	Pinochle	12:00 PM	- 4:00 PM		
Computers	Digital Photography [AS]	9:00 AM	- 12:00 PM		FULL
	Essence of Ebay [REC]	1:00 PM	- 2:30 PM		Enrollment Req.
	Intermediate Office Programs [REC]	7:00 PM	- 9:00 PM		Enrollment Req.
	Sit & Click Open Computer Lab	1:00 PM	- 4:45 PM		
Education	Betty Berry: Street Smarts IQ	1:30 PM	- 3:00 PM	May 29	Sign-up Req.
Entertainment	Movies in the Lounge	1:00 PM	- 3:00 PM		
Groups & Clubs	Amateur Radio Club [REC]	7:30 PM	- 9:30 PM	May 8 & 22	
	Book Discussion Group:	10:00 AM	- 12:00 PM	May 8	
	Disabled American Veterans	3:00 PM	- 5:00 PM	May 8	
	Fibromyalgia Support	3:00 PM	- 5:00 PM	May 8	
	Parkinson's Support Group	1:00 PM	- 3:00 PM	May 15	
	Treasure Hunters (Metal Detectors) [REC]	6:30 PM	- 9:00 PM	May 15	
Health & Fitness	Aerobics for Seniors [AS]	2:45 PM	- 4:45 PM		Enrollment Req.
	Arthritis Exercise	1:30 PM	- 2:30 PM		
	Horseshoes @ RSCP [REC]	9:30 AM	- 11:30 AM		
	Low Impact Aerobic Fitness [REC]	5:30 PM	- 6:30 PM		Registration Req.

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All classes and activities meet at the Senior Center weekly unless stated otherwise.

<b>THU. (CONT.)</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>MORE INFO</b>
Health & Fitness	Polynesian Dance [REC]	7:30 PM	8:30 PM		Enrollment Req.
	Senior Fitness	9:00 AM	10:30 AM		
	Shuffle Board @ Rancho Simi Park [REC]	1:00 PM	3:00 PM		
	Tai Chi	10:30 AM	11:30 AM		
Social Services	Area Agency on Aging Counselor	8:00 AM	5:00 PM		
	Home & Energy Assistance Program	9:00 AM	2:00 PM	May 1	Appointment Req.
	Parkinson's Counseling	9:30 AM	12:30 PM	May 15	Appointment Req.
	Senior Advocate	9:00 AM	4:00 PM	May 8	Appointment Req.
	Volunteers 4 U Health Screenings	8:00 AM	12:00 PM	May 1	
<b>FRIDAY</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Arts & Crafts	Art Club [REC]	3:30 PM	5:00 PM		
	Ceramics - Dollmaking [AS]	8:00 AM	2:30 PM		Enrollment Req.
	China Painting [REC]	9:00 AM	12:00 PM	No class 5/23	Registration Req.
	Quiltmaking (Intermediate/Advanced) [AS]	8:30 AM	11:30 AM		Enrollment Req.
	Tole Painting (Beginning/Intermediate) [AS]	12:30 PM	3:30 PM		Enrollment Req.
	Tole Painting (Intermediate) [AS]	9:00 AM	12:00 PM		Enrollment Req.
Cards & Games	Duplicate Bridge [REC]	7:00 PM	10:45 PM		
	Grab Bag Bingo	1:00 PM	2:30 PM		
	Duplicate Bridge: Non-Sanctioned [REC]	1:00 PM	4:45 PM		Registration Req.
	Learn to Play Bridge [REC]	2:00 PM	4:00 PM		Registration Req.
	Mah Jongg	12:00 PM	4:00 PM		
Computers	Digital Photography [AS]	9:00 AM	12:00 PM		FULL
	Sit 'n' Click Open Computer Lab	1:00 PM	4:45 PM		
Education	Understanding Yourself & Others [REC]	7:00 PM	9:00 PM		Enrollment Req.
Entertainment	COA Dance	7:00 PM	10:30 PM	May 9 & 23	
Health & Fitness	Aquatics for Seniors [AS] at Rancho Pool	8:00 AM	9:30 AM		
	Nature Talk Walking Tour [REC]	9:00 AM	11:00 AM	May 16	Registration Req.
	Neck and Shoulder Massage	2:00 PM	4:00 PM	May 9 & 23	Appt. Req./Fee
	Ping Pong [REC]	12:15 PM	4:00 PM		
	Senior Fitness	8:30 AM	10:00 AM		
	Stretch 'n' Walk [AS]	10:00 AM	12:00 PM		Enrollment Req.
Social Services	Widow & Widower's Support	1:30 PM	3:00 PM	May 9,16,23,30	
<b>SATURDAY</b>	<b>ACTIVITY</b>	<b>START</b>	<b>END</b>	<b>DATE(S)</b>	<b>OTHER INFO.</b>
Arts & Crafts	Fabric Painting [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Grandparents & Me [REC]	9:30 AM	11:00 AM	May 10	Enrollment Req.
	Placemats & Napkins [REC]	9:30 AM	12:30 PM	May 10	Enrollment Req.
	Quiltmaking [AS]	8:00 AM	12:30 PM		Enrollment Req.
Computers	Getting to Know Your PC [REC]	10:30 AM	12:00 PM		Registration Req.
	Sit & Click	8:30 AM	10:00 AM		
Educational	Conversational Spanish [AS]	9:00 AM	12:00 PM		Enrollment Req.
	Guitar - Int./Beg. [REC]	9:30 AM	12:00 PM		Registration Req.
Entertainment	COA Fashion Show	12:00 PM	2:00 PM	May 3	Tickets Req.
Health & Fitness	Hawaiian Dance [REC]	10:00 AM	11:00 AM		Registration Req.
	Yoga [REC]	8:00 AM	9:30 AM		Registration Req.