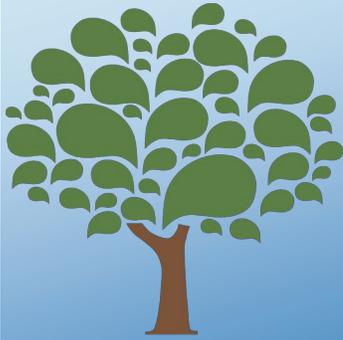


# MERRILL ENRICHMENT CENTER

## July 2020



### Hours

Monday- Thursday 8am - 4:30pm  
303 N. Sales Street  
715-536-4226

**ALL AGES WELCOME**

Follow us on Facebook; Merrill Enrichment Center

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### Mission Statement

Dedicated To Enhancing Lives and  
Bringing Generations Together

#### Core Values

Include, Encourage,  
Volunteer, Create

#### MEC Team

L to R: Tammie, Vicki, Stephanie



We want to thank you all for your patience and understanding. Together with our committee and outside agencies we are deciding on best practices at this time of uncertainty. These are very difficult decisions. We are working diligently on creating ways to socialize in a safe manner. We miss all of you and look forward to the days we can get back to doing everything we all love to do.

Tammie

We will now allow a maximum of 50 participants in our Expo area in a given timeframe. We are fortunate to have two spaces to work in; the MEC space will allow a smaller number of people for activities.

**If you have ANY symptoms of COVID-19 you should not be in the building or anywhere in public.**

**PLEASE WEAR A  
FACEMASK TO  
PROTECT YOURSELF  
AND OTHERS**



If you do not have a facemask, we will have them available at our front desk. **You are required to wear a facemask when entering and exiting the building, when using restrooms, or when shopping in our craft shop.** (When participating in a class, your facemask may be removed)

**We will consistently maintain safe physical distancing and sanitizing practices.**

**Some activities and classes will require sign up by calling the Center at 715-536-4226. We will have limits on class sizes.**

#### Gigi's Exercise classes

**No sign up required for Chair Yoga or S&B  
10am Mon. & Wed.**

**Please see page 7 for new classes from Gigi!**

### ENRICHMENT CENTER COMMITTEE MEETING

**July 16th at 3:15**

**via conference call**

*Meetings will be held the 3rd Thursday of each month in the MEC Conference Room unless otherwise noted.*

#### Committee Members

Laura Bertagnoli (Chair), Paul Russell (Aldersperson),  
Gene Bebel, Rose Akey, Sharon Harvey,  
Rev. Lucas Williams, Jennifer Clark -ADRC Rep.



**Join us for some BINGO fun!**

**Yes we can physically distance while playing BINGO!**

Two Dates

**July 9th & July 30th**

**1-3pm Cost \$2**

Please call 715-536-4226 to sign up

# Bus Trips

## BUS TRIPS

**Our trips are on hold at this time. We hope to get the bus out exploring our beautiful State by August.**

Thank you for your understanding and patience as we all try to adjust to our new normal. Our first priority is keeping everyone safe!

Each person will receive the bus trip guidelines when signing up. Besides the lunch trips, bus trips are generally between 6 to 8 hour days, full of exciting excursions! There are 13 seats available per trip. *Prices will vary per trip. Payment is due upon signing up.*

We always welcome bus trip ideas or suggestions, keeping in mind that we stay within two hours from the center.

**LUNCH BUS - LEAVES AT 10:30AM RETURNS AROUND 1PM**

\* **Larson's Famous Clydesdales –Ripon, 9am-4:30 Cost is \$35 (includes cost of show)**

\* **Crafters Get Away - 8am-4:30pm Cost \$20**  
Brubaker Sewing & Furniture, Lunch, Bolts of Fun Quilt Shop,  
Pine Hollow Quilting & Variety Store.

## Bus Trips for 2020

Give us a call at 715-536-4226 and let us know if you are interested in any of the following trips.

### **Possible new trips-**

- Allen F. Blocher Planetarium – Stevens Point
- NEW Zoo- Green Bay **8:30am-4:00 \$20**
- Stevens Point Sculpture Park-Stevens Point
- Marieke Gouda- Thorp
- Half Moon Hill Farm and Winery

### **Past trips that we could do again-**

- St. Germaine Flee Market
- Green Bay Botanical Gardens-Green Bay
- Pirates Hideaway- Eagle River
- Mornin' Sunshine Farm/Grotto Gardens/Rudolph Cheese Factory
- Wisconsin Veteran's Home-King/ Clearwater Harbor-Waupaca
- The Highground Veterans Memorial Park- Neillsville
- REGI-Antigo
- Crafters Outing
- Three Lakes Winery-Three Lakes
- Brigadoon Winery-Tripoli



LONELY LILLY



Green Bay-Botanical Gardens



Eagle River– Pirate's Hideaway



Antigo– Raptor Education Group

# Class Offerings

## Painting with Amy

Amy is an acrylic painting instructor. Her business is Create A-Way Paint Parties and Therapeutic Arts.

**July 21st 9am-12:30pm**

Bring a snack if you like. You will leave the class with your art creation!



Choices are a 12x16 canvas for \$18 or a 16x20 canvas for \$28 (Price includes MEC activity fee) Class Minimum of 4, maximum of 6, no experience necessary. Please call the Center to register.

## Reverse Canvas

**Great class for any age!**

Stephanie will be teaching you how to create a fun sign for your home. You get to customize color choices and choose your saying.

**July 29th at 4pm**

**Two size choices**

16 x 12 \$15

10 x 10 \$10



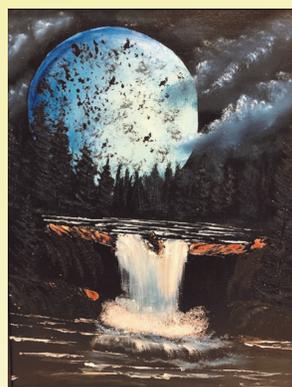
**Evening Class!**



Call to register  
715-536-4226

## Oil Painting w/ Dennis

Dennis has been painting for years, and looks forward to sharing what he has learned with others.



**July 23rd  
9:00-2:30**

(Bring lunch or snacks as we will be taking a break)

**Cost \$33**  
(Price includes MEC activity fee)

Please call to register.  
Class limit is 5.

## Cricut Class

**Learn, Make, & Take**



**We will be making Door Mats  
July 14th at Noon  
Cost \$10**



**Bring your own mat or carpet square or purchase a mat from us for \$5.**

Whether you have been using your Cricut for years or just beginning, this will be the class for you.

Join Karen and Chris for Cricut Class where we will make a craft using a Cricut cutting machine. They each have 10+ years experience and are looking forward to sharing ways to use your Cricut machine!

Give the Center a call if you have any questions about this class or any of our offerings or activities.

Please call to register, space is limited to  
715-536-4226

## Stained Glass with Stephanie

In this class, Stephanie will be showing you how to score, cut, grind, tape and solder glass to make these beautiful butterflies! There will be different color options.

**Two class offerings:**

**July 15th 4pm or July 16th 9am  
\$10 per butterfly**

**Evening Class Option**

Please call 715-536-4226 to register, space is limited.



# Activities

## PUNCH CARDS AVAILABLE !

Punch cards available for the following activities:  
**Yoga, Strength & Balance and Cards/Book Club**



Stop by the front desk to purchase your card!

### Activity fees

**\$2 activity fee for playing cards or attending book club**  
**\$3/day fee**

This fee allows you to take advantage of multiple activities in one day rather than paying a separate fee for each.

*If a craft class meets multiple days, the \$3 covers each day.*



## Self-Directed Volunteer Teams

A Self-Directed Volunteer Team™ is a multi-skilled group of volunteers who share responsibilities for addressing a challenge or opportunity in their community.

Through time, the team is empowered to take full responsibility for its own functioning and for results. *Adapted from National Council on Aging (2008)*

\*Teams will initially work closely with The MEC Director and Staff for training and direction.

### Opportunities

- \* Intergenerational after school activities
- \* Food For Kids
- \* Craft show
- \* Outdoor floral and plant arrangements
- \* Party organization
- \* Event set up and cleaning
- \* Newsletter delivery (volunteers/sub list)
- \* Thanksgiving Dinner
- \* Christmas Joy

Please call or stop in to sign up. 715-536-4226

Do you know someone who can teach and share their talents? We have been compiling a list of suggestions from participants and are looking for instructors, if you have any questions give us a call 715-536-4226 we'd love to chat with you!



### Classes & Clubs

- Knitting Club
- Cooking/Baking Class
- Dance Class
- Wood burning Class

### Activities

- Bunco
- Cribbage Tournament



## Book Club

**July 21st at 1:00pm**

Newcomers always welcome.

The group meets the *third* Tuesday of each month at 1:00pm.

## Upcoming Books

**July** - The Lace Makers Secret - *Kathleen Ernst*

**Aug** - The Goldfinch - *Donna Tartt*

**Sept** - A Man Called Ove - *Fredrik Backman*

**Oct** - Jeeves and the King of Clubs - *Ben Schott*

**Nov** - Sing you Home - *Jodi Picoult*

**Dec** - Book of your choice—anything Christmas

- ♥ Newsletter Delivery
- ♥ Sip & Swipe Coach
- ♥ Quilting, tying & sewing



Anyone need to unload unused fabric? We need clean fabric for backing quilts. We also make pillow cases, walker bags and welcome any other ideas to help out our community!

**Call us (715-536-4226) or stop in to learn how you can give back to your community!**

## Scheduled Card Games & Times

**All of the following games will resume at a later date. We are sorry.**

**Thank you for your understanding.**

<b>Hand &amp; Foot</b>	Mondays at 12:00pm
<b>Bridge</b>	Mondays at 12:00pm
(bring your team of four or call to get on a sub list)	
<b>Sheephead</b>	Tuesdays at 1:00pm
<b>Cribbage</b>	Wednesdays at 10:00am
<b>Mah Jongg</b>	Wednesdays at 1:00pm

# Brain Fitness

(John) ADAMS  
 AMERICA  
 BOSTON  
 CELEBRATE  
 COLONIES  
 CONGRESS  
 CONSTITUTION  
 DECLARATION  
 DOCUMENT  
 FIREWORKS  
 FLAG  
 FOURTH  
 (Benjamin) FRANKLIN  
 FREEDOM  
 (Great) BRITIAN  
 (John) HANCOCK  
 HOLIDAY  
 INDEPENDENCE  
 (Thomas) JEFFERSON  
 JULY  
 LIBERTY  
 PARADE  
 PATRIOT  
 PHILADELPHIA  
 PICNIC  
 REVOLUTION  
 SALUTE  
 SIGN  
 SPEECHES  
 STARS STRIPES  
 SUMMER  
 TAXES  
 TEA  
 (George) WASHINGTON



## Fourth of July Word Search

B	D	H	T	H	R	H	R	J	Y	K	C	Y	Q	M	D	D	S	S
C	E	O	N	G	N	E	O	T	E	O	B	L	V	E	S	I	X	S
O	R	C	A	C	M	B	R	L	N	F	C	P	C	L	G	N	P	M
N	C	L	N	M	X	E	J	S	I	O	F	L	A	N	B	C	S	A
G	F	I	U	E	B	X	T	F	L	D	A	E	P	R	E	W	X	D
R	H	S	N	I	D	I	B	O	R	R	A	O	R	L	A	C	Z	A
E	J	A	L	C	T	N	N	F	A	E	S	Y	E	S	I	D	I	N
S	R	Y	N	U	I	I	E	T	I	T	E	B	D	S	O	H	E	I
S	V	K	T	C	E	P	I	P	R	R	R	D	C	Z	P	N	F	A
B	X	I	D	S	O	O	N	I	E	A	E	N	O	L	K	P	R	T
Y	O	E	O	E	N	C	P	O	T	D	O	W	E	M	B	X	A	I
N	S	F	C	T	A	E	K	E	I	T	N	D	O	O	J	J	N	R
S	P	O	U	U	S	C	R	Z	G	T	A	I	S	R	F	M	K	B
T	E	U	M	L	D	Q	I	N	I	L	U	T	F	Z	K	V	L	S
A	E	R	E	A	A	W	I	R	I	J	O	L	B	G	K	S	I	H
R	C	T	N	S	N	H	V	H	E	N	Y	R	O	P	V	D	N	R
S	H	H	T	O	S	G	P	I	D	M	O	L	A	V	M	S	X	M
E	E	F	J	A	U	S	E	X	A	T	A	L	U	E	E	H	H	D
P	S	K	W	R	T	O	I	R	T	A	P	Q	R	J	T	R	W	O

# Fitness



## Chair Yoga Instructor Gigi Heinz Every Monday 10:00 - 10:45

Our \$3 daily activity fee covers class cost.

Gigi is a certified Yoga Therapist with over 20 years experience leading group health, fitness, and yoga. Join Gigi for 45 minutes of gentle stretching, breathing, and relaxation.

All yoga will be supported with a chair.

You will be encouraged to listen to your body and only move in ways that make your body happy!

Yoga can reduce pain for people with arthritis, back and neck pain, and other chronic conditions like fibromyalgia. Yoga can reduce stress through breath and relaxation which helps lower blood pressure, and heart rate, improve digestion, ease symptoms of anxiety, depression, fatigue, and insomnia. Yoga helps increase strength in both muscles and bones, improves circulation for better brain and heart health and improves mobility & flexibility to help you enjoy more activities.



## Welcome Back to our Pound Family! Strike Zone POUND with Lindsey

Wednesday nights 6:00pm \$5.00 per class  
Please enter through East Doors

POUND is a full body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired moves. With use of Ripstix, or lightly weighted drumsticks, POUND transforms drumming into an incredibly fun way to work out! Designed for all fitness levels, provides an atmosphere for letting loose, getting energized, tonin' up & rockin' out!

Instead of watching the clock during a workout, your mind will be distracted to focus on rhythm and volume.

The distraction is responsible for the addictive-ness, making you come back for more!!



## NEW CLASS OFFERINGS WITH GIGI JULY through DECEMBER

**Mondays 8:15-9:30 Yoga Strength**  
**Wednesdays 8:15-9:30 Mat-based yoga mixed level**

**Three 8 week sessions** available

1. July 6th - August 29th
2. August 31st - October 24th  
(no class on Labor Day Monday)
3. October 26th - December 19th

### Mondays: Yoga Strength

A mat-based yoga practice designed to build strength, improve flexibility and balance. Strong focus on proper alignment. Modifications offered.



### Wednesdays: Yoga Mixed Level

A mat-based, moderate level class, with options offered to increase or decrease amount of challenge. Modifications offered.

**Please bring your own mat, blankets, & weights.**

### Student fees

8 week session, one class per week is \$80, two classes per week is \$144, carry over only at discretion of Gigi.  
Drop- ins are \$12.

**Registration & payments handled by Gigi.**  
**Register via text or call 715-297-6540.**  
**Payments will be either cash or check and collected the first day of class.**



### Strength & Balance Every Wednesday 10:00 - 10:45

Instructor Gigi Heinz

Join Gigi for a Strength & Balance class where *all exercises will be supported by or with a chair.*

**Our \$3 daily activity fee covers class cost.**

*(One example of what we do with our activity fees applies to this class. We are able to pay the instructor's hourly fee from our activity fund.)*

**Would you like to:** Reduce the symptoms of osteoarthritis, diabetes, osteoporosis, back pain, and depression? In addition, strength training can help you manage your weight, improve balance, help you sleep better, increase strength and muscle mass, improve glucose control, and promote more independence. **All levels are welcome.** Gigi will offer modifications as needed.

# Craft Shop



Walking sticks



**Craft Intake** Tuesday and Wednesday 8:30 – 4pm  
By appointment only... please call to schedule.

**Craft Shop Hours** Mon., Tue., Wed. & Thur. 8am - 4:30

## MEC Quilting Room

### So what really happens in our Quilting Room?

We consider our quilting room as community outreach. The quilting room consists purely of Volunteers who dedicate endless hours to help the MEC help others.

Our first line of outreach focuses on taking care of people in local nursing homes/assisted living, the MAC house, hospitals, and local benefits/fundraisers including Relay for Life, Merrill Optimists, etc... After all local organizations needs are met, we extend our reach to King veteran's home, Marshfield Clinic Children's hospital, Cancer Centers, and many more.

We accept requests from organizations and do our best to accommodate each one depending on time and materials. However, we need to share that *a request does not guarantee a quilt.*

### HOW IS THE QUILTING ROOM FUNDED?

Funding is purely by donations and grants. If our quilters find time to make a few extra quilts we sell them by raffle or in our craft shop to raise money. The money raised is then put back into our fund to continue our outreach.

We are blessed to have a very dedicated group of quilters! Without them, we would not be able to continue this wonderful outreach program.



Roselyn (quilter) with John B coordinator of the Crown Royal annual raffle.

# Health, Mind, & Body Wellness



**Sip & Swipe Café®**  
July 27th & 28th  
9:00-11:00 am  
Call to register 715-536-4226  
Seats are limited

The Merrill Enrichment Center is excited to be offering this program through Generations on Line, a 19-year-old grant-funded, national nonprofit.

### What is a Sip & Swipe Café®?

It is a place where older adults can get free self-paced lessons on how to use a tablet. A coach works with learners to provide support and answer questions.

### PROGRAM TEACHES

\***The basics** - Tapping a touchscreen, enlarging and shrinking a page, scrolling up and down, where icons/buttons are located, how to get keyboard to appear AND disappear.

### \*Internet Safety and Searching

\**Communicating* – **texting, video-calling, email** by either getting a Gmail account (or if learner has an email account how to access on tablet).

\*How to use **YouTube, the camera, attaching photo to email, apps** (what are they, how to download them and how to delete).

**Volunteers needed to help Coach these sessions.**

## Health Online: Finding Information You Can Trust

Two Session Offerings: August 13th - 10am and 1pm



Call to register 715-536-4226  
No cost  
Participants must be 18 years or older

Interactive, hands-on workshops on how to navigate and feel confident searching for health information online. Participants will use iPads or Chromebooks, provided by Wisconsin Health Literacy, to follow along and try web searches during the workshop.

### Discussion topics include:

- \* Initial search – discovering sources of reliable information
- \* Scanning information on webpage – scanning online information in order to find quick facts and relevant information
- \* Evaluating sources – how to spot unreliable sources, determine the purpose of a webpage, and evaluating a site based on accuracy, authority, bias, currency, and coverage
- \* Finding sites in other languages
- \* Navigating mobile vs. computer – learning the differences in layouts
- \* Internet Access – addressing access for patients, caregivers, students and location-based challenges
- \* Other digital health tools – health portals, wearables, and apps

Participants receive informational materials to take with them, including 2 handouts with presentation highlights, space to take notes, and a checklist to ask questions about websites and find reliable health information.

## Mind & Body Wellness Course

*Instructor Tammie Mrachek - MEC Director*  
September 9th, 16th, 23rd, 30th from 9am-Noon  
Call now to sign up. 715-536-4226 Seats are limited.

**There is no cost for this Course. Funding provided by Security Health Plan.**

The MEC with the financial support of Security Health Plan is excited to offer Mind & Body Wellness!

The goal of this program is to provide participants with educational material and activities designed to promote brain health, ultimately empowering people to lead a healthy lifestyle and remain independent.

Emphasis will be placed on the growing evidence that lifestyle choices like nutrition, exercise, mental activities, and social activities can positively impact your brain health and reduce the risk of dementia.

The program will combine fun and educational mind games to challenge participants to keep their brains active. In addition, we will learn how easy it is to make healthy meals, snacks, and desserts.

Finally, we will participate in 10 minute exercises that are easy to incorporate into your daily routine, including yoga, meditation, walking, and strength exercises.

## EAT TO LOWER INFLAMMATION

*Natural Fixes by Andrew Weil, M.D.*  
*Prevention Magazine May 2020*



Inflammation is vital, even lifesaving, when it happens in response to injury or infection. It shows up as pain, redness, swelling and heat. Eating a diet of highly processed foods, especially sugar based, refined carbs and cheap unstable seed oils (soybean) is why many people have chronic whole-body inflammation.

### Choose the right foods

Avoiding processed foods is only part of the solution. Dr. Weil recommends a diet that emphasizes *fresh, whole foods, drinks, and herb/spice combinations* that tamp down the inflammatory response. Most of the foods he advocates also keep blood sugar low and stable. He also uses the *Mediterranean diet* as a template for an anti-inflammatory eating plan; based on *veggies, fruits, whole grains and fish*, its associated with long, healthy life and heart health! *Green tea* is a standout also as it contains potent polyphenols.

### Other anti-inflammatory foods include:

**Leafy Greens**—Rich in Vitamin K and anticancer effects. Kale, collards, bok choy and broccoli should be mainstay in your diet.

**Berries** - all varieties are healthful but black raspberries reduced the incident of certain cancers in animals by 50%!



**Salmon and Black Cod** - Omega-3 fatty acids.

**Ginger** - potent anti-inflammatory, also reduces intestinal issues.



# Support Groups & Community Offerings

## GRIEF SUPPORT GROUP



Please call regarding July meeting date  
If you would like to speak with a grief counselor please call us for a contact number.

715-536-4226

Enrichment Center Conference Room  
303 N. Sales St., Merrill

(Group meets the second Thursday of the month)

Ascension at Home grief support groups are adult gatherings providing support to individuals who have experienced the death of a loved one. Members have the opportunity to gather in a safe caring environment with other mourners to share memories, discuss current life experiences and grief reactions in an effort to better understand grief and the associated changes impacting one's life. This group is open to an community adult experiencing grief.

The Senior Farmers Market Voucher program is available after June 1st, but will look different in how it is administered.



Criteria to receive vouchers are age 60+ /55+ if Native American, resident of Lincoln county, monthly income guidelines.



Residents can call the ADRC at 715-539-0311 for more information.

The steps are as follows:

1. ADRC mails application to recipient
2. Recipient mails the application form back to the ADRC
3. ADRC mails the vouchers to the recipient



**Feeling empty?  
Like no one gets it?  
Not interested in things you  
once were?  
Overwhelmed with life?**

Now more than ever we need the support of others  
July 8th at 1pm

For your safety and others please wear a facemask.  
We have facemasks available at check-in.

Free support offered with Ashley Miller

For anyone seeking support in dealing with depression

**For more information contact**

**Ashley Miller MS, Mental Health Specialist**

ashley.miller9@ascension.org

Merrill Enrichment Center  
303 N. Sales Street Merrill, WI 54452  
(Group meets the first Wednesday of each month, from 1pm to 2pm)



### T.B. Scott Library

"Imagine Your Story" Library Reading Challenge is in full swing!

Register for the T. B. Scott Free Library Summer Reading Program entitled "Imagine Your Story" and enjoy adventures, interesting characters and unlimited travel all from the comfort of your home! The Library Summer Reading Program is taking on a whole new look this summer. It's going digital with **Beanstack**. Beanstack is a subscription library tool that is primarily used as a digital reading program management system. Readers of ALL ages are invited to register for the reading program by visiting:

<http://tbscottlibrary.beanstack.org>

New for the 2020 summer, the adult read and the youth read will be combined. Adults, teens, and youth will have the same reading challenge: read 10 hours by August 7, 2020. As readers log their time and activities in Beanstack, they will earn digital badges. Each badge entitles readers to a prize ticket. Tickets in turn can be used toward prize drawings. You are always a winner when you read! Beanstack offers a mobile app for families on the go. For those not comfortable with the digital format, you will still have the option to enter in a paper format.

"We are excited to be able to offer a free, fun online summer reading program for the first time," said Carolyn Forde, Youth Librarian. "With Beanstack we will be able to enjoy reading together this summer from the safety of home. That makes everybody a winner!"

For additional questions or concerns, please call the Library at 715-536-7191. Also, please check the library website for additional information.



Serving adults and children who experience domestic violence, sexual assault, elder abuse, child abuse, harassment, stalking and human trafficking.

24 hour crisis/support line

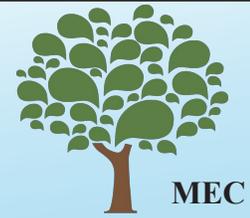
715-536-1300

Toll free: 1-855-888-9272

Your journey is yours...we are here to walk with you



# July 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Walking in Expo will be available on days noted.</b>  <b>Thank you for your continued patience.</b></p>		<p>1. <b>NEW Mat-based yoga mixed level 8:15</b>  <b>Strength &amp; Balance 10:00</b>  <i>Pound with Lindsey 6:00</i></p>	<p>2. Walking in Expo All day</p>	 Saturday     CENTER CLOSED FRIDAYS
<p>6. <b>NEW - Mat-based Yoga Strength 8:15</b>  <b>Chair Yoga 10:00</b></p>	<p>7. Walking in Expo All Day</p>	<p>8. <b>NEW Mat-based yoga mixed level 8:15</b>  <b>Strength &amp; Balance 10:00</b>  <b>Depression support group 1:00</b>  <i>Pound with Lindsey 6:00</i></p>	<p>9. Walking in Expo 8:00-11:00am  <b>BINGO 1:00-3:00PM</b></p>	
<p>13. <b>NEW - Mat-based Yoga Strength 8:15</b>  <b>Chair Yoga 10:00</b></p>	<p>14. Walking in Expo 8:00-11am  <b>Cricut Class 12:00</b></p>	<p>15. <b>NEW Mat-based yoga mixed level 8:15</b>  <b>Strength &amp; Balance 10:00</b>  <b>Stained Glass 4:00</b>  <i>Pound with Lindsey 6:00</i></p>	<p>16. Walking in Expo All day  <b>Stained Glass 9:00</b>  <i>Committee meeting 3:15</i></p>	
<p>20. <b>NEW - Mat-based Yoga Strength 8:15</b>  <b>Chair Yoga 10:00</b></p>	<p>21. Walking in Expo 8:00-Noon  <b>Paint w/ Amy 9:00</b>  <b>Book Club 1:00</b></p>	<p>22. <b>NEW Mat-based yoga mixed level 8:15</b>  <b>Strength &amp; Balance 10:00</b>  <i>Pound with Lindsey 6:00</i></p>	<p>23. <b>Oil Painting 9:00</b>            Walking in Expo All day</p>	
<p>27. <b>NEW - Mat-based Yoga Strength 8:15</b>  <b>Sip &amp; Swipe 9:00</b>  <b>Chair Yoga 10:00</b></p>	<p>28. Walking in Expo All Day  <b>Sip &amp; Swipe 9:00</b></p>	<p>29. <b>NEW Mat-based yoga mixed level 8:15</b>  <b>Strength &amp; Balance 10:00</b>  <b>Reverse Canvas 4:00</b>  <i>Pound with Lindsey 6:00</i></p>	<p>30. Walking in Expo 8:00-11:00am  <b>BINGO 1:00-3:00PM</b></p>	