

Meals served at 11:30 am

# May 2011

Semcac Dining 664-3735

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<u>Liver &amp; Onions</u> 2 9:30 Intro to Internet & E-mail 11a Fitness Orient. 1:00 Popcorn & Movie 5p AARP Driver Safety Class	<u>Pork Roast</u> 3 Featuring Gallery Exhibitor Riki Kolbi Nelson 9:30 Insert Photo into Text 5p AARP Driver Safety Class	<u>Chicken Stir Fry</u> 4 1:00 NATC Committee Mtg. 1:30 Wildflower Walk	<u>Tater Tot Cass</u> 5 9:30 Intro to Internet & e-mail 1:00 AARP Safety Driver Classes 4:30 Folk Dancing	<u>Pork Stk w/Noodles</u> 6 9:30 Medicare Consults	7 9a Table Tennis Tournament/ at Middle School 9a Fitness Orient. 8 School Sunday Cards 1p 500 3p Spades
<u>Hamballs/Steak</u> 9 9:30 Intro to Photoshop Elements 1:00 Popcorn & Movie 1:30 Facebook	<u>Chicken Salad</u> 10 9:30 Intern. Internet & e-mail 10:00 Woodcarvers 4:30 Fitness Orient.	<u>Cntry Style BBQ Ribs</u> 11 1:30 Facebook 4p Gallery Reception for Riki Kolbi Nelson	<u>Hot Turkey w/Bun</u> 12 9:30 Intern. Internet & e-mail 10:30 Nfld Village Drug Adaptive Equipment 4:30 Folk Dancing 3:00 Popcorn Wagon Opens	<u>Spaghetti/Meat Sauce</u> 13 9:00 Joy of Quilting 9:30 Intro to Photoshop Elements 9:30 Fitness Orient. 10:30 Book Club	14 8a— Hike Afton State Park 15 Sunday Cards 1p—500 3p—Spades
<u>Meatballs</u> 16 11a Fitness Orientation 1:00 Popcorn & Movie	<u>Taco Casserole</u> 17 9:30 Microsoft Word I 3:30 Mexican Train Dominoes 4:30 Fitness Orientation	<u>Crab Salad</u> 18 11a Elinor Niemisto/ Harpist 1:00 NATC Committee Mtg.	<u>Beef Pot Roast</u> 19 9a Trip/Buddy Holly 9:30 Microsoft Word I 9:30 Finance Meeting 12:30 TPT Program Club 4:30 Folk Dancing 7p Ping Pong Lessons start	<u>Chicken ala King</u> 20 9:00 Joy of Quilting 9:30 Tech Time 9:30 Medicare Consults 9:30 Fitness Orient.	21 22 Sunday Cards 1p—500 3p—Spades 5:30 Indoor Picnic
<u>Salisbury Steak</u> 23 1:00 Popcorn & Movie	<u>Mt Loaf/Wild Rice</u> 24 9:30 Microsoft Word I 10:00 Woodcarvers	<u>Hot Pork Sandw.</u> 25 6:30 Fitness Orientation	<u>Baked Chicken</u> 26 9:30 Microsoft Word I 3:00 Board Meeting 4:30 Folk Dancing	<u>Sheppard's Pie</u> 27 9:30 Digital Camera Grp. 9:30 Fitness Orientation	28 29 Sunday Cards 1p—500 3p—Spades
<b>MEMORIAL DAY30 CENTER IS CLOSED</b>	<u>Swiss Steak</u> 31	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <b>SEMCAAC SENIOR DINING</b>                      Mon-Fri Meals served at 11:30.                      Call 664-3735 by noon of the previous day for a reservation.                 </div>			

# On-going Weekly Activities

Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p><b><u>POOL ACTIVITIES</u></b>  6-7a <b>Open Swim</b>  7-7:45a Aqua Sunrisers  8:15-9a Aqua Ageless  9:15-10 Aqua Fit n Tone  10a-7:45p <b>Open Swim</b></p> <p><b><u>FITNESS CLASSES</u></b>  7-8:00 Early RiseYoga  8:30-9:15 Tai Chi  9:30-10:15 Bdy Wakeup  10:30-11:30 SS MSROM  6:15-7:15p Class. Yoga</p> <p>6a-8p <b>Fitness Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>  9:30a Bike Club Rides  12:30p Euchre or Pinochle  1p Popcorn &amp; A Movie  7:30-9:30 Open Ping Pong</p>	<p><b><u>POOL ACTIVITIES</u></b>  6-7a <b>Open Swim</b>  7-8a Early Bird Aqua  8a-5:30p <b>Open Swim</b>  5:30-6:30 Aqua Fitness Fusion  6:30-7:45 <b>Open Swim</b></p> <p><b><u>FITNESS CLASSES</u></b>  7-7:45 Studio Strength  8:30-9:15a Core &amp; More  9:30-10:30a Circuit Tr.  9:30-10:15 County Line  10:30-11:15 Gentle Yoga  6-6:45 Strength Circuit  6:30-7:30p Mindful Yoga  6-9:30a <b>Fitn. Rm Open</b>  10:30a-6p <b>Fitness Rm Open</b>  6:45-8P <b>Fitn Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>  12:30-3p Euchre  1:15-3:15-3 Int./Adv  Open Ping Pong  1-3p Hook, Yarn &amp; Needle  1-4p Duplicate Bridge  Singers</p>	<p><b><u>POOL ACTIVITIES</u></b>  6-7a <b>Open Swim</b>  7-7:45a Aqua Sunrisers  8:15-9a Aqua Ageless  9:15-10 Aqua Fit n Tone  10a-7:45p <b>Open Swim</b>  <b>1-8 Hot Tub Closed</b>  <b>POOL CLOSÉS</b>  <b>1pm—WED. on last full week of each month</b></p> <p><b><u>FITNESS CLASSES</u></b>  7-8a Mindful Morning Movement  8:30-9:15a Tai Chi  9:30-19:15 Zumba Gold  10:30-11:30 SS MSROM  12:00-1:15p Slo Flo  Hatha Yoga  6-6:45p Zumba  7-7:45 Pilates  6a-8p <b>Fitness Rm Open</b></p> <p><b><u>SERVICES</u></b>  8-11:30 Massage Therapy</p> <p><b><u>GROUP ACTIVITIES</u></b>  1-4p Social Bridge  3-5p Open Ping Pong</p> <p><b><u>COMPUTER LAB</u></b>  9:30-11:30a <b>Open Lab</b></p>	<p><b><u>POOL ACTIVITIES</u></b>  6-7a <b>Open Swim</b>  7-8a Early Bird Aqua  8a-5:30p <b>Open Swim</b>  5:30-6:30p Aqua Fitness Fusion  7:00-7:45p Water Volleyball</p> <p><b><u>FITNESS CLASSES</u></b>  8:05-8:50 Core &amp; Str.  9:30-10:15 Move &amp; Grove  9:30-10:30 Circuit Tr.  10:30-11:30 Gentle Yoga  1:15-2 Pilates  5:45 Classical Yoga  6-6:45 Strength Circuit  6-9:30a <b>Fitn Rm Open</b>  10:30a-6p <b>Fitness Rm Open</b>  6:45-8P <b>Fitn Rm Open</b></p> <p><b><u>SERVICES</u></b>  8-11:30 Massage Therapy</p> <p><b><u>GROUP ACTIVITIES</u></b>  2:15-4:15 Open Ping Pong  All levels  7-10p Duplicate Bridge  7-7:45 Water Volleyball</p>	<p><b><u>POOL ACTIVITIES</u></b>  6-7a <b>Open Swim</b>  7-7:45a Aqua Sunrisers  8:15-9a Aqua Ageless  9:15-10 Aqua Fit 'n' Tone  10a-3:15p <b>Open Swim</b>  3:15-5p Grandparent/Grandchild Swim  5-7:45p <b>Open Swim</b></p> <p><b><u>FITNESS CLASSES</u></b>  8-9:00 Body Wakeup  10:30-11:30 Silver-Sneakers MSROM</p> <p>6a-8p <b>Fitness Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>  12:30-3p "500" cards</p>	<p><b><u>POOL ACTIVITIES</u></b>  6a-10:15 <b>Open Swim</b>  10:15 –11a Aqua Fitness Fusion  11:00-2p <b>Open Swim</b>  <b>2:00-3:45 Family Swim Time</b>  3:45-5p Open Swim</p> <p><b><u>FITNESS CLASSES</u></b>  <u>Saturday</u>  9-9:45 Zumba Gold  6a-5p <b>Fitness Rm Open</b></p> <p><u>Sunday</u>  1-2 Slo Flo Relaxation Yoga  <b>10a-5p Fitness Rm Open</b></p> <p><b><u>GROUP ACTIVITIES</u></b>  <u>Saturday</u>  10-12p Adv. Open Ping Pong  <u>Sunday</u>  1-3p 500 Cards  3-5p Spades Cards</p>