



Mayor William Beardall Senior Center MAY 2012

EASY ACCESS FROM LYNX BUS #3, 7, 11, & 18 • 800 DELANEY AVENUE • ORLANDO, FL 32801 • 407.246.4440

Holiday Closings: – Monday, May 28, 2012, we will be closed in observance of Memorial Day. We will reopen on Tuesday, May 29.

ACTIVITIES

Technology for Baby Boomer's & Beyond

Tuesdays, May 1 – May 22, & May 29 – June 19, 2012, 5 p.m.

A course to educate and inspire senior citizens on all of the different digital technology platforms, so they will be more engaged with their family, friends & community! Cost is \$45.00 per four week session. Seating is limited to the first 12 paid participants.

Golden Wedding Anniversary

Saturday, May 5, 2012, 12 – 2 p.m.

The City of Orlando will host the 63rd Golden Wedding anniversary for couples who have been married for 50 years or longer. If you and your spouse have been married for 50 years or longer, please call 407.246.4440 to RSVP.

Mother's Day Luncheon

Monday, May 14, 2012, 11:30 a.m. – 1:30 p.m.

Celebrating the one especially nice lady in your life, who you can call MOM, by enjoying entertainment by Old Friends. Lunch is sponsored by Conway Lakes Health and Rehabilitation Center, Central Florida African Violet Society, Family Physicians Group and Medicare Benefit Consultant Lissandra Salazar. Please RSVP by calling 407.246.4440.

Birthday Party

Monday, May 21, 2012, 2 – 3 p.m.

All are invited (those with birthdays and those without). Cake and drink sponsored by Family Physicians Group. Please RSVP at the front desk or call 407.246.4440 and let us know if your birthday is in May.

Bingo

Thursday, May 24, 2012, 12:30 – 3 p.m.

Come out and join us for prizes. Play with a variety of cards, and as many as you can, while the Bingo

numbers are called and a selection of prizes offered. Sponsored by Humana and Baldwin Brothers Cremation Society. For more information please call 407.246.4440.

UPCOMING APRIL EVENTS

Monday, June 4, Casino Day, 2 p.m. – sponsored by Family Physicians Group

Monday, June 18, Father's Day Ice Cream Social, 2 p.m. – sponsored by Vitas Innovative Hospice Care.

Friday, June 29, Titanic the Experience Field Trip, 8:30 a.m.

ASSISTANCE

Health checks

Thursday, May 17, 2012, 9 – 11 a.m.

Take advantage of our health checks. Blood pressure, blood sugar and **balance testing** by Conway Lakes Health & Rehab Center.

DANCES

7:30 – 10 p.m, Admission \$4 (unless otherwise noted)

Wednesday

May 23 – Orlando Swing Band

Thursday

May 3 – Hudson Bay

10 – Tony Santos

17 – Tom Hansen

24 – Nick Viscuso on the Keyboard

31 – Tom Hansen

Saturday

May

5 – Armand Marchesano

12 – Nick Viscuso on the Keyboard

19 – Armand Marchesano

26 – Tony Santos (admission \$10)

DAILY ACTIVITIES

Monday

9:00 a.m.	Horseshoe Club Crochet and Knit Group Intermediate Tai Chi	\$10.50/\$15.00
10:00 a.m.	Card Group	
10:00 a.m.	Josie's Exercise Class	
11:30 a.m.	Laughter Yoga	
11:30 a.m.	Steppers Practice	
1:00 p.m.	Scrabble Group Silvertones Practice	
5:30 p.m.	Line Dance	

Tuesday

9:00 a.m.	Spanish (beginning)	\$63.00
9:30 a.m.	Decorative Art Pinochle Quilting	
10:00 a.m.	Line Dance	
10:00 a.m.	Mah Jongg Group Spanish (intermediate)	\$63.00
12:00 p.m.	Card Group Bridge Widowed Friends of FI (2nd Tues)	
12:30 p.m.	SHINE-Insurance Help (1st Tues)	
1:00 p.m.	Silk Painting (Studio Arts)	\$28/\$31.50
5:00 p.m.	Technology Class	\$45
6:30 p.m.	Ballroom Dance Class	\$48.00

Wednesday

9:00 a.m.	Horseshoe Club Sewing Josie's Exercise Class Beginning Tai Chi	\$6 \$10.50/\$15.00
10:00 a.m.	Line Dance (intermediate)	

12:00 p.m.	Bridge	
12:30 p.m.	Round Dance Lessons Bridge Class Sewing	\$6
1:30 p.m.	Widowed Persons Support Group (1st & 3rd Wed)	
7:30 p.m.	Orlando Swing Band practice	

Thursday

9:00 a.m.	Advanced Tai Chi	\$10.50/\$15.00
9:30 a.m.	Quilting Bee Pinochle Group Italian (beginning)	\$63.00
10:00 a.m.	Seniors vs. Crime (by appointment only)	
10:00 a.m.	Line Dance (beginning)	
6:30 p.m.	Clogging	\$3.00
7:30 p.m.	Ballroom Dance	\$4.00

Friday

9:00 a.m.	Horseshoe Club REALM Card Group	
9:15 a.m.	Yoga	\$5.00
9:30 a.m.	Creative Writing Group	
11:30 a.m.	Bridge Party	

Saturday

9:00 a.m.	Studio Art Class	\$28/\$31.50
9:30 a.m.	Tai Chi Practice	
10:00 a.m.	AARP Driver Safety Program (2nd & last)	\$12.00
7:30 p.m.	Ballroom Dance	\$4.00

MONTHLY CLUB MEETINGS

Artist League of Orange County

3rd Saturdays, 1:30 p.m.

American Needlepoint Guild

3rd Mondays, 12:30 p.m.

A T & T Pioneers

4th Thursdays, 9 a.m.

Central Florida African Violet Society

3rd Wednesdays, 10 a.m.

Central Florida Art

2nd Wednesdays, 7 p.m.

Central Florida Brain Injury Support Group

3rd Wednesdays, 7 p.m.

Central Florida Council Boy Scouts of America

1st and 2nd Thursdays, 7 p.m.

Cherokee Place Condo Homeowners Association

Schedule varies

Embroiderer's Guild of America

Schedule varies

Florida Marine Historical & Archeological Society

4th Tuesdays every other month, 7:30 p.m.

French Club

Thursdays, 6 p.m.

Greater Orlando Orchid Society

3rd Tuesdays, 7 p.m. and 4th Mondays, 6:30 p.m.

Heart of Florida African Violet Society

1st Mondays, 7 p.m.

National Alliance of Mental Illness Greater Orlando

3rd Mondays, 6:30 p.m.

National Association of Retired Federal Employees

1st Mondays, 1 p.m.

Orange County Retired Educators

2nd and 3rd Mondays, 9:30 a.m.

Orlando Amateur Radio Club

1st Wednesdays, 5:30 p.m.

ADDITIONAL INFORMATION

AARP Driver Safety Program

2nd and last Saturday of each month. Cost: \$12 (members) and \$14 (non-members). Class is all day - bring a lunch. Make checks or money orders payable to AARP, no cash is accepted. Certificate of completion is good for a possible car insurance discount - renewable every 3 years. Call 407.246.4440 to reserve a seat in the class.

Billiards and Exercise Room Operating Hours:

Monday 8 a.m. til 9 p.m.
Tuesday-Thursday 8 a.m. til 10 p.m.
Friday 8 a.m. til 5 p.m.
Saturday 9 a.m. til 10 p.m.
Sunday Closed

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