



# L. Claudia Allen Senior Center JULY - AUGUST 2010

## **SPECIAL EVENTS & ACTIVITIES**

### **12th Annual R.A.F.M.A.N. Senior Summer Banquet**

*Saturday, July 24, 2010*

**6:00 pm – 9:00 pm**

Free Dinner for Adults 55 and up  
R.S.V.P. by July 16, 2010 at 407-246-4461.

### **St. Augustine Senior Summer Field Trip**

*Wednesday, August 25, 2010*

**8:30 am – 5:00 pm**

Cost: \$45.00 per person (Includes: Transportation, Lunch and Trolley Tour)

**NO REFUNDS**

### **5th Annual Bid Whist Tournament**

*Saturday, August 28, 2010*

**Starting Time: 12:30 pm – 4:30 pm**

Registration Fee: \$20.00 for Singles  
\$30.00 for Couples

### **BREAKFAST CLUB**

**9:30am - 10:30am**

**Thursday, July 29th**

**Thursday, August 26th**

## **COMMUNITY EVENTS**

**Johnson H/O Assoc.**

Thursday, July 1st  
Thursday, August 5th

**Washington Shores H/O Assoc.**

Monday, July 12th  
Monday, August 9th

**Advisory Council Meeting**

Tuesday, July 20th  
Tuesday, August 17th



*In Memory of Benjamin Henson*



# DAILY ACTIVITIES

## MONDAY

Aerobic Fitness & Body Toning . . . . . 9a.m. - 10a.m.  
Senior First Program . . . . . 9a.m. - 12:30p.m.  
Computer Lab . . . . . 9a.m. - 3p.m.  
Let's get fit . . . . . 9a.m. - 6p.m.  
Old School Shooters (Billiards) . . . . . 10a.m. - 6p.m.  
Chair Exercise . . . . . 10a.m. - 11a.m.  
Uno Card Game . . . . . 11a.m. - 11:30a.m.  
Beginner Computer Class . . . . . 3p.m. - 4p.m.

## TUESDAY

Senior First Program . . . . . 9a.m. - 12:30p.m.  
Computer Lab . . . . . 9a.m. - 6p.m.  
Let's get fit . . . . . 9a.m. - 6p.m.  
Shine Program (Every 2nd Tues) . . . . . 10a.m - 1p.m.  
Old School Shooters (Billiards) . . . . . 10a.m. - 6p.m.  
Beginner & Leisure Sewing . . . . . 10a.m. - 1p.m.  
Zumba Fitness Class . . . . .  
. . . . . 9 a.m. - 10 a.m. & 10 a.m. - 11a.m.  
Water Aerobics (Smith Center) . . . . . 10a.m. - 11:00a.m.  
. . . . . Note: Must attend a LCA program.  
Bingo . . . . . 10a.m. - 11:30a.m.  
Bid Whist Club (Card Game). . . . . 1p.m. - 5p.m.  
Ceramics Class . . . . . 1p.m. - 3p.m.

## WEDNESDAY

Senior First Program. . . . . 9a.m. - 12:30p.m.  
Aerobic Fitness & Body Toning . . . . . 9a.m. - 10a.m.  
Senior Strikers(Bowling, 1st & 3rd Wed.) 9a.m. - 2p.m.  
UNO (a card game) . . . . . 10a.m. - 11a.m.  
Let's get fit . . . . . 10a.m. - 6p.m.  
Old School Shooters (Billiards) . . . . . 10a.m. - 6p.m.  
Movies (Every Wednesday) . . . . . 9:30a.m. - 11:30p.m.  
Tia-Chi and Social Dance Class. . . . . 1p.m. - 3p.m.  
Advanced Computer Class. 3p.m.-4p.m.

## THURSDAY

Senior First Program. . . . . 9a.m. - 12:30p.m.  
Let's get fit. . . . . 9a.m. - 6p.m.  
Computer Lab. . . . . 9a.m. - 11a.m.  
Zumba Fitness Class. . . . .  
. . . . . 9a.m. - 10a.m. & 10a.m. - 11a.m.  
Water Aerobics (Smith Center) . . . . . 10a.m. - 11:00a.m.  
. . . . . Note: Must attend a LCA program.  
Old School Shooters (Billiards). . . . . 10a.m. - 6p.m.  
Chair Exercise. . . . . 10a.m. - 11a.m.  
R.S.V.P. . . . . 1p.m. - 3p.m.  
Bid Whist Club (Card Game). . . . . 1p.m. - 5p.m.

## FRIDAY

Fishing (Every 3rd Friday) . . . . . 7a.m. - 3p.m.  
Senior First Program . . . . . 9a.m. - 12:30p.m.  
Let's get fit . . . . . 9a.m. - 6p.m.  
Doo-Whop Birthday Party  
(Last Friday of each Quarter) . . . . . 9:30a.m. - 11:00a.m.  
Legal Aid (Appt. Only) . . . . . 10a.m. - 12p.m.  
Old School Shooters (Billiards) . . . . . 10a.m. - 6p.m.  
Bridge Club . . . . . 10a.m. - 4p.m.  
Uno Card Game . . . . . 10a.m. - 11a.m.  
Reverse Mortgage Seminars  
(2nd Friday) . . . . . 11a.m. - 12p.m.  
Computer Class. . . . . 12p.m. - 1p.m.  
Computer Lab . . . . . 12p.m. - 6p.m.  
Tia-Chi and Social Dance Class . . . . . 1p.m. - 3p.m.

## SATURDAY

Bid Whist Club  
(Card Game) . . . . . 1p.m. - 5p.m.

# IMPORTANT INFORMATION

**Park Hours:** 7 a.m. - 9 p.m.

**Recreation Hours:**

Monday - Friday 9 a.m. - 6 p.m.

Saturday 12 p.m. - 6 p.m.

Sunday - Closed

**Contact Information:**

L. Claudia Allen Senior Center

1840 Mable Butler Avenue

Orlando, FL 32805

[www.cityoforlando.net/fpr](http://www.cityoforlando.net/fpr)

**Park Phone** 407.246.2283

**Recreation Phone** 407.246.4461

Rentals Available



FOR MORE INFORMATION, VISIT:

**CITY OF ORLANDO.net**