



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle
Ass't Director... Sami Wnek, CTRS
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen Dinda,
Kathy Moss
Drivers Joe LaVallee
Tom Chesery, Tom Zigmont & Ed
Alicea

Hours

Monday..... 8:30am-4:00pm
Tuesday8:30am-4:00pm
Wednesday 8:30am-4:00pm
Thursday..... 8:30am-4:00pm
Friday 8:30am-4:00pm

Membership (Ages 60+)

Resident: No Cost
Non-Resident: \$48 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
JoAnn Stetson-Com. Secretary
Ann Gamelin
Roger Moss
Gerri Russell
Arlene Greco

BERLIN SENIOR CENTER LINES

September 2025

Greetings from the Director,

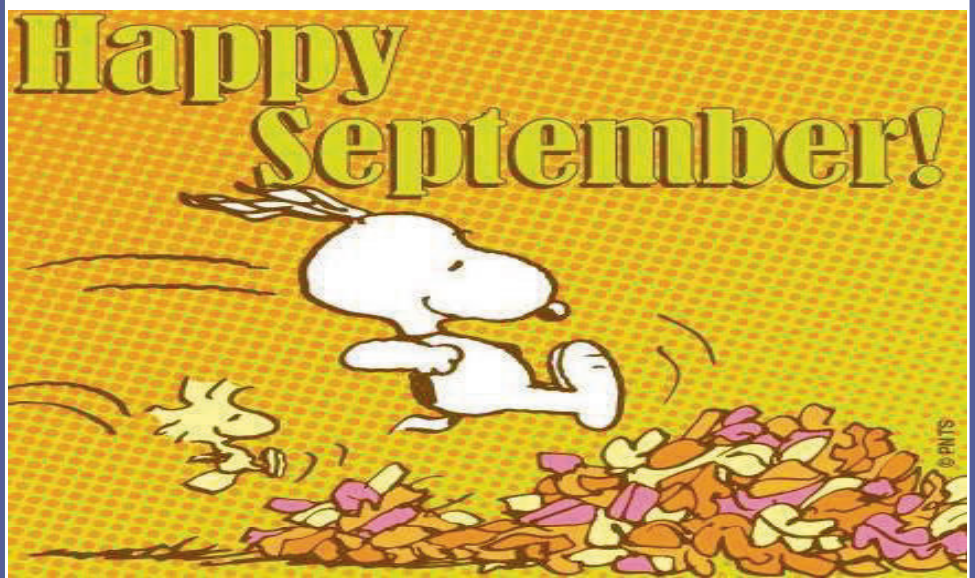
September is **National Senior Center Month**, a time to honor the vital role senior centers play in enriching the lives of older adults and strengthening our communities.

This year's theme—"**Powering Possibilities: Flip the Script**"—challenges outdated stereotypes about aging and highlights the incredible value older adults bring to our society. It's a call to reimagine aging, celebrate resilience, and recognize the evolving role of senior centers as vibrant, inclusive spaces for connection and growth.

Across the U.S., **more than 10,000 senior centers** serve as gateways to wellness, creativity, lifelong learning, and essential services. From their grassroots origins to their recognition under the Older Americans Act, senior centers have become dynamic community hubs that reflect the diversity, strength, and potential of today's older population. Join us in celebrating the people and places powering possibilities—because aging is not about limitations, but opportunities.

Tina

**The Senior Center is opening at 1pm
on Thursday, September 25th
due to a town wide drill.**



Berlin Sr. Ctr Transportation Services

Who Can Ride:

Berlin residents **60+** or individuals with a **disability (18+)**. Buses operate **Monday–Friday, 8:30 AM–3:00 PM**. Vehicles are **wheelchair accessible** and operate curb-to-curb. Riders needing assistance beyond the curb must bring a companion. Drivers may refuse service if safety is at risk.

Mobility Devices:

All devices must be securely fastened. Scooter users must transfer to a bus seat.
Non-curb exceptions may be approved by the Director.

RESERVATIONS & RIDER GUIDELINES:

- **1 ride per person per day** to/from one location.
- **Call by 10 AM the day before** to reserve.
- **Return ride calls must be made by 3:00 PM.**
- **Medical rides require 2 business days' notice.** Have doctor's name, address & appointment time ready.
- **Reservation Hours:** 8:30 AM–3:00 PM. *No voicemail reservations accepted.*
- **Be ready 1 hour before pickup.**
- **Call early to cancel—don't wait until the driver arrives at your home.**

REGULAR TRANSPORTATION AVAILABLE FOR: Groceries • Pharmacies • Post Office • Town Buildings • Hair/Nail Salons • Local Specialty Shopping

WEEKLY BUS SCHEDULE

MONDAY & WEDNESDAY

Stop & Shop – 9:00 AM & 11:00 AM

3rd Wed: Specialty Shopping – 12:30 PM

All other errands – 9:00 AM–2:00 PM

TUESDAY

ShopRite (Cromwell) – 9:00 AM & 12:00 PM

Other errands – 9:00 AM–2:00 PM

THURSDAY (Last Thursday of Month)

Kohl's – 1:30 PM

FRIDAY

Ocean State Job Lot – 10:00 AM

Walmart – 1:30 PM

Foodshare – 12:00 PM (alternates weeks)

Other errands – 9:00 AM–2:00 PM

For Return Rides call 860-250-0510. Last call for a ride home must be by 3 PM.

DIALYSIS & MEDICAL PROCEDURES ~We **DO NOT** provide transportation for **medical procedures and dialysis.**

GRANT-FUNDED VEHICLE ~The Town of Berlin was awarded a **Section 5310 grant** (CTDOT & FTA) to purchase a new wheelchair-accessible bus. The program is **80% federally funded** with a **20% local match**, ensuring continued transportation access for seniors and individuals with disabilities.

MOBILE FOODSHARE Fridays, Sept 12 & 26 at 12:00 PM Sacred Heart Church – 48 Cottage St., East Berlin
Bus transportation available – *No ID or paperwork required.*

Questions or Ride Requests? Please Call 860-828-7006 | Mon–Fri | 8:30 AM–3:45PM

Services

Footcare Program (By Appointment Only) ~ The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, Carol Raza, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics**. Call the senior center at 860-828-7006 to schedule your appointment. **This month's program is scheduled for Wednesday, September 10th.**

Ladies' Free Manicures ~ **Wednesday, September 10th from 9:30-12:30pm** - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins.

Blood Pressure Screenings ~ The **Berlin VNA** will hold **FREE** Blood Pressure Screenings every Tuesday from 10:30-11:30 AM in the Health Room. No appointment necessary.

Berlin Police Dept Senior Center Hours ~ **Thursday, Sept. 18th from 9-11am** - Officer Maegen Musanti joins us once a month to meet and talk with folks. Stop in and say hello. No sign up necessary.

COMMISSION FOR THE AGING MEETING ~ **Monday, September 15th @ 5:00PM** ~ The Commission for the Aging meets six times a year at the Berlin Senior Center. They study the needs of seniors in town. They analyze the services that are provided by the community, both public and private agencies, and make their recommendations to the Town Council. Berlin residents are invited to any of the meeting.



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General Information

The Office of the Healthcare Advocate (OHA)

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders. **Toll-free number: 1-866-466-4446 Email: Healthcare.advocate@ct.gov**

CT State Parks and Forests Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly**. It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

Consumer Law Project For Elders is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday -Friday from 9:00AM to 9:00PM.

Setback Tournament begins Monday September 8th and will go for 12 weeks. There is one holiday, Columbus Day Monday, October 13th where setback will not be held. The tournament ends, Monday, December 1st. If you are a returning team, please let us know. Interested in being a substitute let us know.



988 Suicide and Crisis Hotline ~ Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crisis.

Donations

Donations Welcome: The Berlin Senior Center accepts monetary and item donations. Each month the Senior Center recognizes our donors. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Dept. The funds are used for programs/items needed at the Center. You may specify what you would like the donation used for, such as transportation, programs, food for an event, etc. If you have any other questions please contact Tina at 828-7006.

Donor's Name

(2) Paul Dobrowolski

Anonymous

Rose Rivera (Coffee Hour)

A **Kindness Fund** has been established at the Senior Center through the Town's Finance Dept. to assist seniors who might need help purchasing basic need items, for example personal hygiene items.



We appreciate all donations received at the Center! These donations help us out tremendously!

Weekly Classes

Daily Coffee Hour Join us for informal “coffee hour” available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea as well as complimentary pastry. So drop by and chat with “old friends” and make new ones!

Intermediate Cardio Drumming ~

Mondays and Wednesdays from 10-10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no prior experience, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY at 9:45 AM

This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. Please check with your doctor before participating in any exercise regimen. **Cost: \$4.00 per class. Instructors are Vicki Griswold and Lorraine Jurgilewicz.**

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM –11:00AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

Walking Club: BCS walking club meets every Thursday at 10:00 at the location posted on the monthly calendar. Make sure to wear comfortable shoes and bring water to drink. No sign up necessary. Just drop in! See you on the trail.

Drop Ins

SENIOR POKER DROP IN—Every Monday at 10:00AM. Must have basic knowledge of poker.

SCRABBLE DROP IN – Every Monday at 11:00AM. All level of players are welcome.

Po Ke No DROP IN—Every Tuesday afternoon at 12:45PM.

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

CRIBBAGE DROP IN - Every Wednesday at 1:00 PM. All level of players are welcome.

CANASTA—Every Wednesday afternoon at 1:00 PM. All levels of players are welcome.

COLORING for STRESS RELIEF ~ Every Wednesdays at 1:00PM We will supply the coloring sheets and colored pencils.

SWEDISH WEAVING—Every Thursday @ 9:30AM. This craft is also known as “huck” weaving. Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

BINGO—Every Thursday @ 1:30PM. Cost is \$1 for the first card and 50 cents for each additional card.

Special Bingo ~ Special Bingo ~

Thursday, September 18th at 1:30PM Ledgecrest Convalescent will be sponsoring this special bingo A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 12:45 PM to join us for some “interactive” bowling in our multi-purpose room. It's fun and it's easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or Sami.

NEWCOMERS ARE ALWAYS WELCOME If you are interested in starting a new Drop In please see Tina or Sami.

Senior Center Activities & Event

Please sign up for the following activities at the front desk or by calling 860-828-7006:

How to Pick a 3rd Party Energy Provider– Thursday, September 10th at 1pm Arthur Marcelynas, a retired Lead Rate Specialist in the Electric Unit of PURA will help us understand how to better understand the electric supply market, how to switch suppliers to lower our cost and how to better understand our electric bills in general. Be sure to bring a copy of your energy bill so you can follow along and ask questions!

Oil Painting Class with Brianna Colbath: Tuesday, September 16th at 1pm. We will be offering a new class where each participant will complete an oil color painting under the instruction of West Hartford Artist Brianna Colbath who has over 20 years experience painting and teaching locally. Limit of 12 students per class. All supplies will be provided.

Specialty Shopping: Target in Meriden –Tuesday September 16th at 12:30pm ~ We need a minimum of 3 riders for the trip to go. The bus driver will start picking up at 12:30 PM. The driver will decide as to how much time will be allowed. We will start taking reservations up to a week in advance. **Please call the center by 3:00 PM on Friday September 5th to reserve your spot.** Please do not leave any reservations on the answering machine.

Library Card Sign-Up Thursday, September 18th at 12:30. September is Library Card Sign-Up Month so Carrie Tyszka from Berlin Peck Memorial Library will be in the lobby of the Senior Center before bingo to help you sign up for a library card if you don't have one already.

Credit and Credit Scores Program ~Tuesday Sept 23rd at 1pm. Pam from Liberty Bank will be presenting on how to check your free credit report from fraud. And answering questions like Is it ok to close out credit cards that you are not using?

Secrets of the Italian Kitchen-Pasta 101: Types, Ingredients & Pairings with Anna Oliva -Wednesday, September 24th from 1:00 PM – 2:30 PM ~Take a flavorful journey through Italy with Anna Oliva, a dynamic public speaker and expert in Italian culinary traditions. In this engaging and interactive session, you'll discover the fascinating world of pasta—from its regional origins to the art of pairing it with the perfect sauce.

In this 90-minute workshop, you will:

- Explore a variety of traditional pasta shapes and their cultural significance
- Learn how to select high-quality ingredients
- Get practical tips on sauce pairings that bring out the best in each dish
- Enjoy a live demonstration on shaping fresh pasta at home

No cooking experience needed—just a passion for good food and culture!

Limited spots available. Register today! Buon appetito!

Kohls: Thursday September 25th at 1:30pm ~ The last Thursday of the month we offer a bus trip to Kohls. You can sign up a week in advance and we need at least 3 participants for the trip to go.

Continued on Next Page



Senior Center Activities & Event Continued.....

Please sign up for the following activities at the front desk or by calling 860-828-7006:

Lunch Bunch–Bill’s Seafood in Westbrook– CASH ONLY ~ Friday September 26th 11:00am ~

Each month we organizes a “lunch bunch” trip with transportation provided by the senior center bus. Participants pay \$1 for their ride plus the cost of their own meal. This month’s trip will be to Bills Seafood in Westbrook– Cash Only . Sign up begins on Wed, September 10th at 9am in person. You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 10th. If you went on last **month’s trip you will need to wait until 12 noon to sign up.**

Doo Wop Music with the Elderly Bros -Tuesday, September 30th at 1pm ~ Please join us as we welcome long-time artists, T-Bone Stankus (guitar) and Brian Gillie (keyboards), known together as “The Elderly Brothers”, as they serve up “oldies” rock ‘n’ roll with pitch-perfect harmonies and soulful improvisations as fresh as the originals. A musical celebration of some good old-fashioned shake, rattle and roll.

~Aqua Turf Trips~

Tuesday October 14, 2025 11:00am–3:30pm **A Tribute to The Legends of Old Vegas** Feat: Dave Colucci & Lisa Carter These dynamic performers will bring back your favorites from: Sinatra, Dino, Wayne Newton, Bobby Darin, Marilyn Monroe, Peggy Lee, Nancy Sinatra, Lynn Anderson & Rosemary Clooney!! \$55.00 pp Lemon Chicken/ Pork Schnitzel. **Deadline to sign up is October 3rd. No Dance Floor.**

Tuesday November 11, 2025 11:00am– 3:30pm **Jimmy Mazz Presents: “Fever ‘n Chills Show”** Dawn Turlington co-stars in this exciting Tribute to Tom Jones & Karen Carpenter! You won’t want to miss your chance to join us for this exciting performance! \$55.00 pp Roast Beef/ Pan Seared Salmon. **Deadline to sign up is October 31st.**

Tuesday December 9, 2025 11:00am– 3:30pm **Holiday Classics with The Cartells!** Featuring a sing-a-long from The Glamour Girls, Santa & Mrs. Claus! Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! \$55.00pp Roasted Turkey/ Baked Cod. **Deadline to sign up is November 28th.**



The Aqua Turf Club is considered one of Connecticut’s premier banquet facilities, hosting everything from weddings to SENIOR ENTERTAINMENT EVENTS; we celebrated our 50th Anniversary in 2019!! Situated on over 35 acres in the bucolic town of Plantsville we are located in the heart of Connecticut.

The Senior Center bus leaves the Senior Center at 10:30am to get to the show. Pick up at the Aqua Turf for the return ride is 3:00pm. Space is limited to 12 people.

Checks are made out to the Berlin Senior Center *

COMING IN OCTOBER.....

Book Club, starts back up on **Wednesday, October 8th at 1:30pm at the Senior Center**. The book selected is “Behold the Dreamers” by Imbolo Mbue. Copies of the book can be picked up at the Library.

“Free” Shred It Event - Date and Time TBD.



September
national days
word search

2025

S G U A C Y A D T O I R T A P
T E R Y A D R E N N I D V T I
Y A H A D E Y A D Y L I M A F
A K I D T Y A D T C E P S E R
D Y N S W I D C H A I D A Y Y
R A O R B A T M A N D A Y A A
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PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY

PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY

VFW DAY
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SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY

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Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Wednesday - Friday at Noon. A suggested donation of \$3.00 per person is requested. To order a meal please call Doretha at 860-921-4320 or sign up in-person at the kiosk at least 3 business days before by 10 am. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

RW Solutions Senior Community Café

September, 2025

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION \$3.00		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day Closed 	1 Mac & Cheese Stewed Tomatoes White Bread Cantaloupe	2 Riblette Buttered Noodles Broccoli Wheat Bread Pears	3 Vegetable Barley Unsalted Crackers Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies Rye Bread Brownie	4 Shepards Pie Carrots  Multi Grain Bread Cantaloupe
8 Chicken Parmesan Ziti with Sauce Broccoli White Bread Applesauce	9 Taco Mix Yellow Rice Mexicali Corn Salsa and Sour Cream Shredded Cheese Shredded Lettuce Tortilla Pineapple	10 Jumbo Ravioli with Florentine Sauce Brussel Sprouts  Multi Grain Bread Birthday Cake	11 Chicken Divan Red Bliss Potatoes Summer Blend Veggies Whole Wheat Bread Mandarins	12 Breaded Pork Chop with Country Gravy Corn and Black Beans Spinach and Kale Corn Bread Watermelon
15 Salisbury Steak with LS Gravy Au Gratin Potatoes Beets Dinner Roll Rice Crispie Treat	16 Southern Chicken Stew Meadow Blend Veggies Biscuit Banana	17 Fish Filet with Dill Sauce Rice Florentine Peas and Carrots Oatnut Bread Clementine	18 Sausage and Cheese Quiche Tater Tots Broccoli and Red Peppers Whole Wheat Bread Banana	19 Cobb Salad with Chicken, Bacon, Egg Beets Ranch Dressing  Whole Wheat Bread Pineapple
22 Grilled Chicken Marsala Buttered Ziti with Marsala Sauce Italian Blend Veggies Garlic Bread Peaches	23 American Chop Suey Zucchini  Italian Bread Mango Pineapple	24 Homemade Meatloaf with LS Gravy Mashed Potatoes Green Beans Whole Wheat Bread Pudding	25 Orange Juice Cheese Omelet with Mushroom Spinach French Toast Sticks Turkey Bacon Jell-O with Topping	26 Escarole Bean Unsalted Crackers Fish Fillet Confetti Rice Cali Blend Veggies Tartar Sauce Wheat Roll
29 Hamburger Baked Beans Mixed Veggies Hamburger Bun Cookies	30 Chicken Strips with Honey Mustard Sauce Sesame Noodles Asian Blend Veggies Hawaiian Mandarins			

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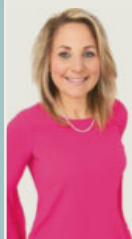
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06-5282

2025

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 I</p> 	<p>2</p> <p>8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>3</p> <p>8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta</p>	<p>4</p> <p>8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	<p>5</p> <p>8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>8</p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament Begins 1pm Bridge</p>	<p>9</p> <p>8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>10 8:30am Coffee Hr 9:30 Free Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00pm How to Pick a 3rd Party Energy Provider 1pm Sewing Club Footcare-by appt</p>	<p>11</p> <p>8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo</p>	<p>12</p> <p>8:30am Coffee Hr 9:30am Yoga 12pm Lunch 11am Foodshare 12:45pm Wii Bowl</p>
<p>15</p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge</p>	<p>16 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:30pm Specialty Shopping-Target in Meriden 12:45pm Po Ke No 1:00pm Oil Painting with Brianna</p>	<p>17</p> <p>8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta</p>	<p>18</p> <p>8:30am Coffee Hr 9-11am BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 12:30 Library Card Sign up 1:30pm Special Bingo</p>	<p>19</p> <p>8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>22</p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge</p>	<p>23</p> <p>8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Credit and Credit Scores Program with Liberty Bank</p>	<p>24</p> <p>8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00pm Secrets of the Italian Kitchen- Pasta 101</p>	<p>25</p> <p>Center opening at 1pm due to Town Wide Drill</p> <p>1:30pm Bingo 1:30pm Shopping at Kohl's</p>	<p>26</p> <p>8:30am Coffee Hr 9:30am Yoga 11am Foodshare 11:00am Lunch Bunch- Bill's Seafood in Westbrook (Cash Only) 12pm Lunch 12:45pm Wii Bowl</p>
<p>29</p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge</p>	<p>30</p> <p>8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Doo Wop Music with the Elderly Bros</p>			