

SWEDEN SENIOR CENTER

MAY 2008 NEWSLETTER

New Programs:

Grandma, Grandpa & Me Lawn Games

Bring your children and your grandchildren out for some old time fun. We will have Bocce ball, horseshoes, croquet and badminton for you and your family to partake in.
Tuesdays, May 13-June 17 5-7 pm
\$10/family

Youth Assets & Seniors

Volunteers needed to help the Brockport Youth Assets group make T-shirt bags. Sewing skills appreciated. May 20 & 27 3:30-5 pm. Sign up at the office.

Ultimate Family Bingo

Come play bingo with a twist. We will be using a professional auctioneer to call the numbers. Thursday, May 1st 6-7:30pm
\$3/family

Super Senior Softball

Pick-up softball games for seniors, must be 50+. We will make different teams each week. Games @Sweden Town Park. Thursdays, May 3- June 28, \$10

Mediterranean Food

Learn to make Falafel, Tahini, and Israeli Salad. Thursday, May 1st @ 2:30-4:30, \$3

Sweet Taste of the Middle East

Learn how to make delicious cookies that have the sweet taste of the Mediterranean. Thursday, May 8th, 2:30-4:30, \$3

Decision Making Day

Decision Making Day is a volunteer, public service project, which will involve attorneys in your area speaking on topics relevant to older New Yorkers, their family members and care givers. Topics covered: Health Care Proxies, Powers of Attorney, Wills, DNR, Organ Donations, Probate. Questions covered are: What are the health care proxies and powers of attorney: How do they differ? How can these documents help avoid problems regarding guardianship, DNR orders and organ donation requests? Why do you need a will? What insurance, pension and financial documents should you have? What must be done to complete and maintain these documents?
Speaker: John Vogel, Esq.
Thursday, May 8, 1pm-2pm.

A Matter of Balance

An award –winning program designed to manage falls and increase activity levels. Includes discussion and exercises to improve your balance.
Friday, May 9th, 1-3pm. \$15

Senior Day at the Lilac Festival

Enjoy the wonderful display of Lilacs and other flowers at Highland Park. Buy your own lunch from one of the many vendors; enjoy the music and entertainment provided by senior groups, and check out the displays.
Wednesday, May 14th, 10:30-1:30 \$7

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Cooking for One

Share recipes, helpful hints, and dine at the last class. Thursdays, May 15,22,29 6-8pm. \$21

Instructor: Lisa Bielewicz

Pride & Prejudice at GEVA

Mrs. Bennet has five daughters and her chief aim in life is to see them well-married? Is it possible for a smart young woman in 1810 England, with little money and ho-hum prospects, to find true love? Deadline to sign is May 22nd.

Play: Wednesday, June 11.

Lv: 12:15 and Rt: 5:15

\$21 Residents, \$26 non-residents

Lunch and Ride on the Rose Lummis

Enjoy a ride on the Rose Lummis on the Erie Canal. Meet at the Brockport welcome center to board the boat for a ride. Lunch provided by the Red Bird Tea Shop. Make a choice of smoked turkey breast, ham & swiss, tuna w/dill.

Wednesday, May 28th 11:45,

Return at 1:30pm \$15

Deadline to sign: May 16

Don't forget June's upcoming programs:

Heartfills: Garnishes/beginner level

Tuesday, June 3 & 10th (2 weeks) from 6:30 – 8 pm. Learn how to enhance your table for guests or your own pleasure.

\$15 for the course. Instructor: Lisa Bielewicz

Sweden Singers perform

Wednesday, June 4th at 11:30 at the Senior Center.

Grandparents & Me Dessert night

Bring your grandkids out for a night they are sure to remember. Enjoy root beer floats, clowns and cartoons. Thursday, June 19, 6:30-8 pm. \$5 per family.

Oil Painting

Learn how to blend paints and colors in the way that only oil painting can. Local artist Richard Kron will instruct you how to paint with this medium and give you tips and hints to do it economically.

Thursdays, June 26-Sept 4. No class

August 14, 2-4 pm \$30 + supplies. List of supplies given at first class.

Fishing Derby

Join Lisa on the back deck and canal path to fish from 10am-1pm on Saturday, June 28th. No fee or license required on this day. All ages are welcome. Sign up required.

