

TRANSPORTATION is available on a priority basis for all Island Residents over 50. Medical appointments will be accommodated with first priority. We also provide transportation for Center activities which include participation in the lunch program, pharmacy, grocery shopping etc. Appointments on the Island, must be made at least 2 DAYS in advance (even for the lunch program) and 5 WORKING or more for off Island transport.. The earlier, the better. PLEASE REMEMBER THAT THIS IS CLUSTER DRIVING SERVICE. YOU MAY BE PICKED UP MUCH EARLIER THEN YOUR APPOINTMENT IN ORDER TO ACCOMMODATE EVERYONE.

MEALS: A daily menu is included in this month's Golden Voice . The entrée is listed and each meal is served with a cup of home-made soup, vegetable, potato or other starch, bread, butter & tea or coffee. The cost of daily lunch is \$2.00. Birthday & General Meeting lunches are \$2.50. We are striving to keep the cost at the current price. Reservations for lunch will be accepted 5 days in advance. It helps us to organize our services when we know how many people are to be served.

If for some reason you are unable to attend, **PLEASE** call the Center with your cancellation.

COFFE COUPONS ARE AVAILABLE IN THE OFFICE. ENJOY 5 CUPS FOR THE PRICE OF 4 . (\$1.00).

HELP....Volunteers are needed to deliver meals on wheels to home-bound elderly. If you are able to give one hour a week, a month or more, call the Center.

SOCKS FOR THE POOR-A tote is set up in the front hall for donations of new socks for inner city needy. Please help make this project a success.

WALK ABOUTS

It's time to limber up the old joints and get into shape for the summer! Weather permitting, we will meet at a different location on the Island & walk for about an hour every Wednesday at 10:00 a.m. All you need is a comfortable pair of walking shoes. You may call Sally Waterson for more information at 773-5531.

- JULY 7- KELLY'S COUNTRY STORE**
- JULY 14- BEAVER ISLAND**
- JULY 21- HOLIDAY INN**
- JULY 28- SUNSET DRIVE**

The following are offered at the Golden Age Center

Arthritic Chair Exercises- 12:30 Monday and Friday, a class designed to be within the capability of most people with arthritis....

Anything Craft Class- 10:00 Monday & Wednesday w/Lorraine

Be Safe Program- 12:30 Friday

Trim Time- 10:00 a. m. Tuesday & Friday

Bowling- 1:00 p.m. Tuesday

Tai Chi- 9:00 a.m. Monday & Friday w/Pat

Pinochle & Various Card Games - 12:45 Monday through Friday

Bridge- 1:15 Monday

Computer Club- 11:00 Tuesday

Tennis-10:00 Wednesday

Line Dance- Beginner line 11:00 am Advanced 12:45 p.m. Tuesday w/ Richard

Ceramics- 1:00 Thursday w/ Shirley

Bingo- 10:00 Thursday w/ Sally Riggs , Irene Thompson & Joan Mazur

Chorale- 10:00 Wednesday w/ Carol & organ played by Don Hamman

Chess- 9:00 a.m. Thursday

THE BRIDGE GROUP WOULD LIKE TO INVITE OTHERS WHO ENJOY PLAYING BRIDGE TO JOIN THEM ON MONDAY'S AT 1:15 P.M.

TRY & BUY CLOSET IS BACK!!!!

Bring in any clean usable clothing you no longer need or want, and it will be available at bargain prices to members. Proceeds are used to buy little "extras" for the Center. **PLEASE REMEMBER TO HANG YOUR COAT, SWEATER OR JACKET ON THE OPPOSITE SIDE OF THE COAT ROOM. THIS WILL PREVENT YOUR COAT FROM BEING SOLD.**

FRIDAY LUNCHES

Due to the increasing number of participants on Friday it has become necessary to get a proper count of people dining. You must sign-up no later than Thursday for Fridays lunch. You may call in on Friday to see if there are any cancellations.