

Winter Springs SENIOR ASSOCIATION

May 2024



400 N. EDGEMON AVE • WINTER SPRINGS, FL 32708 • 407- 327-6554

Ladies Tea Party
May 6, 2024
12–2 pm
Civic Center
Wear your hat and
bring a baby picture

free printable invitation - beeshower.com

Memorial Day—May 27—remember our fallen heros

Our Mission:
To provide a fun, safe gathering place
for members of our community ages 55 and up

Monday	Tuesday	Wednesday
<p>6 LADIES TEA 12-2 LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS 10-11</p>	<p>7 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	<p>1 TECHNOLOGY 101 10:00-12:00 (See page 9) HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p>
<p>13 LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS 10-11</p>	<p>14 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	<p>15 TECHNOLOGY 101 10:00-12:00 HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p>
<p>20 LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS 10-11</p>	<p>21 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	<p>22 TECHNOLOGY 101 10:00-12:00 HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p>
<p>27 MEMORIAL DAY</p> 	<p>28 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	<p>29 TECHNOLOGY 101 10:00-12:00 HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p>

Thursday	Friday	Saturday / Sunday
<p>2</p> <p>CARDIO FIT 10:00 - 11:00 QUILTING - SIT & SEW 10:00 - 5:00 STRENGTH & FITNESS 11:00-12:00 CERAMICS 11:00 - 4:00 MAH JONG 11:30-2:30 BRIDGE & CARD GAMES 1:00 SWEATING W HELEN 3:00 - 4:00</p>	<p>3</p> <p>TECHNOLOGY 101 10:00-12:00 CHAIR YOGA 10:00 - 11:00 HOT DOG LUNCH 11-12:15 LET'S PAINT 12:00 - 2:30 BINGO 12:45 - 3:30</p>	<p>4</p> <p>5</p>
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<p>16</p> <p>CARDIO FIT 10:00 - 11:00 QUILTING - SIT & SEW 10:00 - 5:00 STRENGTH & FITNESS 11:00-12:00 CERAMICS 11:00 - 4:00 MAH JONG 11:30-2:30 BRIDGE & CARD GAMES 1:00 SWEATING W HELEN 3:00 - 4:00</p>	<p>17</p> <p>TECHNOLOGY 101 10:00-12:00 CHAIR YOGA 10:00 - 11:00 HOT DOG LUNCH 11-12:15 LET'S PAINT 12:00 - 2:30 BINGO 12:45 - 3:30</p>	<p>18</p> <p>19</p>
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<p>30</p> <p>CARDIO FIT 10:00 - 11:00 QUILTING - SIT & SEW 10:00 - 5:00 STRENGTH & FITNESS 11:00-12:00 CERAMICS 11:00 - 4:00 MAH JONG 11:30-2:30 BRIDGE & CARD GAMES 1:00 SWEATING W HELEN 3:00 - 4:00</p>	<p>31</p> <p>TECHNOLOGY 101 10:00-12:00 CHAIR YOGA 10:00 - 11:00 HOT DOG LUNCH 11-12:15 LET'S PAINT 12:00 - 2:30 BINGO 12:45 - 3:30</p>	

AARP Smart Driver Course - The nations largest driving refresher course

ART GROUP - Professional artists meet in this open group to discuss ideas and share techniques

BILLIARDS LESSONS

BINGO - Come join the fun! • Bingo card packets \$5.00, \$8.00 or \$10.00 • Daubers \$1.25

BRIDGE - Swing by and have some fun playing the ultimate card game!

CARD GAMES - Canasta or Hand & Foot (both part of the Rummy family)

CARDIO FIT - Medium intensity cardio workout, must be able to stand without assistance
\$4.00 donation (or use "Silver Sneakers")

CERAMICS - Make new friends while creating your own unique work of art! Beginners Welcome \$3.00

CHAIR YOGA - A unique class that adapts yoga positions with creative use of a chair \$3.00 donation

KNIT & CROCHET - Knit or crochet your stress away! Instruction provided. Beginners always welcome

LEARN TO PLAY POOL—Beginners welcome, instruction provided

LET'S PAINT - Bring a canvas and some paint - create your own work of art with fellow painters

LINE DANCING

MAH JONG - A popular Chinese tile game

MAT YOGA—yoga positions on a floor mat

MEXICAN TRAIN - The greatest domino game of them all

PINOCHLE - Join the fun playing this trick-taking, Ace-Ten card game. Beginners welcome

QUILTING - Sit and sew... have some fun and meet fellow quilters! Bring your own supplies

STENGTH & FITNESS - Improve strength, flexibility & balance \$4.00 donation (floor mats)

SWEATING WITH HELEN - Low impact, high intensity cardio workout \$4.00 donation

TECHNOLOGY 101 - Learn all the tips and tricks for using your smart phone, tablet, or laptop

YOUNG AT ART - Learn drawing, painting, paper crafts & more! \$5.00 donation

TECHNOLOGY 101 The Computer Room

Do you have questions about your phones, your computers, your laptops?

Our technology volunteers will be glad to help you with them on **Wednesdays and Fridays between 10am and noon.** Volunteers

Ann, Gene, Ray and Richard remind you that there are no “stupid” questions. If you don’t know the answer, then it is not a stupid question. Bring those questions on!

The computer room is open to members every day from 8am to 4pm. You can use

our computers or bring your own. Your Association pays for internet and the password and directions are available in the computer room.

All of our computers have been donated to the Association but they are getting outdated. If you know of any person or organization that would like to donate a usable computer to us, please let a Board Member or one of the technology volunteers know about it. They can receive charitable donation



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1st Wednesday
of each month



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POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Medium 8:00 - 8:45	Medium 8:00 - 8:45	Medium 8:00 - 8:45	Medium 8:00 - 8:45	Medium 8:00 - 8:45
Medium 9:00 - 9:45	Medium 9:00 - 9:45	OPEN POOL 9:00-10:45	Medium 9:00 - 9:45	OPEN POOL 9:00 - 10:45
OPEN POOL 10:00 - 10:45	Low 10:00 - 10:45	Low 10:00-10:45	Low 10:00 - 10:45	Low 10:00-10:45
Medium 11:00 - 11:45	OPEN POOL 11:00 - 3:00	Medium 11:00 - 11:45	OPEN POOL 11:00 - 3:00	Medium 11:00 - 11:45
Medium 12:00 - 12:45		Medium 12:00 - 12:45		Medium 12:00 - 12:45
OPEN POOL 1:00 - 3:00		OPEN POOL 1:00 - 3:00		OPEN POOL 1:00 - 3:00
	Medium 3:30 - 4:15		Medium 3:30 - 4:15	



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ALERTS**

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Lunch

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11:00 - 12:15

\$2.50

Hot Dog, Beans & Chips

Fridays

11:00 - 12:15

\$2.50

Hot Dog, Beans & Chips

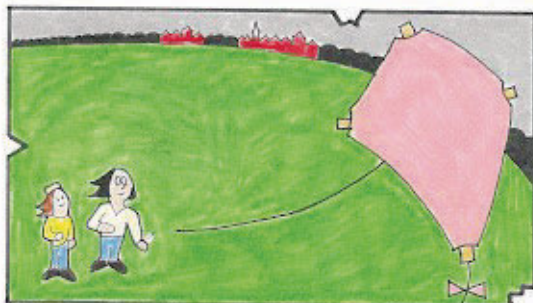


Thank you to all who participated in our April Indoor Garage Sale. See you next year!



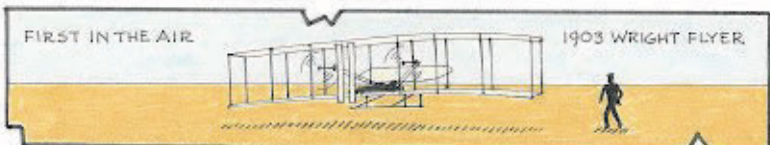
BEN'S PRESS

DAY IS DONE, TIME TO HAVE FUN, ON A WINDY HILL WHERE A KITE CAN THRILL AND A DAYDREAM TOO, WILL DO,



BEN DO YOU THINK MAN WILL FLY ONE DAY

NOT ONLY FLY BUT EAT AND SLEEP IN THE AIR, TOO!
GOSH



Peter Morosov © 2017



“A QUOTE TO NOTE”

KINDNESS IS A LANGUAGE WHICH THE DEAF CAN HEAR AND THE BLIND CAN SEE.

-MARK TWAIN

PETER MOROSOV © 2024

Thank you Peter Morosov for sharing these historical insights every month.

Our Mission: To Provide a Fun, Safe Gathering Place

All members of the Senior Center are expected to conduct themselves in an appropriate manner at all times while participating in programs and services at the Senior Center. Violations of the Code of Conduct will not be tolerated. The City of Winter Springs Parks & Recreation department reserves the right to remove patrons from facilities, programs and services via suspension periods determined by designated department staff.

In keeping with standard definitions of social etiquette, the following will be considered unacceptable behaviors:

- Activities that infringe on the rights of Senior Center members or staff
- Destruction of Senior Center materials, equipment, furniture or grounds
- Loud or inappropriate behavior or language that disturbs other members
- Inconsiderate or discourteous behavior towards members or staff
- Loitering, Sales, Solicitation, Vandalism, Littering, Indoor Smoking
- Possession, use or sale of alcohol or controlled substances
- Racial, religious or sexual harassment of members or staff
- Inappropriate or revealing attire
- Failure to maintain personal hygiene
- Any activity that is a violation of Federal, State or Local law

 <p>CLERMONT NATIONAL clermontnational.com 352-995-9095 2601 Clermont National Dr, Clermont, FL 34711</p>		<p>FOOD, DRINKS & FUN! The View at Clermont National offers a unique dining experience with an incredible view of the Orlando, FL skyline. Our passion for good food and great atmosphere is what sets us apart. Come hangout with us and see for yourself!</p>	 <p>HOST YOUR EVENT WITH US Looking for a unique venue for your next event? Look no further than The View at Clermont National. Our beautiful event space boasts spectacular views, and our team is dedicated to making your event unforgettable. Contact us today to learn more.</p>
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DO YOU REMEMBER?

Golden Age Movie Actresses

Y	Y	M	D	O	R	O	T	H	Y	J	S	F	A	U
A	O	V	K	R	X	T	A	A	E	N	A	J	R	O
D	L	D	Y	Y	I	Y	L	R	C	W	Y	M	A	N
M	L	I	J	C	W	T	S	L	U	R	H	C	B	I
O	P	V	H	O	H	N	A	O	B	V	V	O	R	D
M	O	N	R	O	E	U	S	W	A	J	I	L	A	R
E	T	T	E	B	D	I	L	I	L	U	V	B	B	A
X	H	F	G	E	V	H	S	U	L	Z	I	E	P	B
X	T	K	T	A	J	R	G	T	C	Z	E	R	C	M
P	E	T	D	B	E	U	A	I	R	I	N	T	E	O
M	E	D	S	G	U	J	I	D	E	U	L	L	R	L
J	Y	O	O	E	E	H	W	I	H	L	O	L	N	M
R	S	R	Q	A	W	N	Y	L	I	R	A	M	E	E
L	G	I	N	G	E	R	J	Q	A	C	C	U	A	G
Z	T	S	T	A	N	W	Y	C	K	Z	C	M	Z	L

BALL
BARBARA
BETTE
CAROLE
CLAUDETTE
COLBERT
DAVIS
DAY
DORIS
DOROTHY

GINGER
HARLOW
HAYWORTH
JANE
JEAN
LAMOUR
LEIGH
LOMBARD
LOY
LUCILLE

MAE
MARILYN
MONROE
MYRNA
RITA
ROGERS
STANWYCK
VIVIEN
WEST
WYMAN

Microwave Potato Sacks

Microwave Potato Sacks are perfect for any kind of potato - Russet, gold, red, sweet. No time spent waiting for your oven to warm up and much faster to cook. Your potato will be healthier due to the shorter cooking time and steaming which retains more nutrients. Great for cooking one or two potatoes - or other veggies such as carrots, broccoli or corn. Directions: Wash potato, puncture several times with a fork, microwave on high for 2-4 minutes (depends on size of potato). I usually wrap mine in a damp paper towel—more steam and keeps the sack cleaner. Your sack may be machine washed but lay it flat to dry.



Share your favorite recipe and

WIN

Do you have a favorite recipe?

Something quick and easy for those last minute meals? Your go-go snack to share or just for yourself? Please share with your fellow members and we will give you your very own microwave potato sack. Leave your recipe at the front desk or give it to Peg Lewis or email it to: bestismom@gmail.com



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TOLP

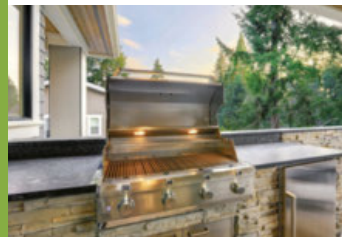
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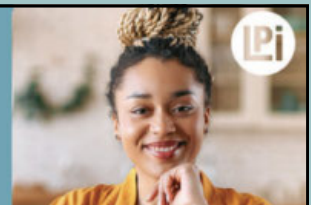


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16-0402



Mark your calendars:

May 6—Ladies Tea—12 to 2pm

Sandwiches and tea provided,
Donations gratefully received -
Finger food, cookies, cheese, etc.

May 27— Memorial Day—Senior Center closed

Did you know?

Memorial Day (originally known as Decoration Day) is a federal holiday in the US for honoring and mourning the U.S. military personnel who died while serving in the United State Armed Forces. From 1868 to 1970, it was observed on May 30th. Since 1971, it is observed on the last Monday in May.

Winter Springs Senior Association

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- President Nellie Leon
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- Treasurer Nancy Hatch
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Miosotis Olmo
- Senior Center Recreation Specialist
Breanna Perez
- Senior Center Housekeeping
Orquidea Alvarez

Annual Membership Fees

- Incorporated Winter Springs Residents
Senior Center \$28 • Therapy Pool \$40
- Non-Residents
Senior Center \$68 • Therapy Pool \$100