

Godnick Adult Center

ON - GOING PROGRAMS

READING AND DISCUSSION CLUB

Co-sponsored by RSVP and the Godnick Adult Center. Our next discussion is Tuesday, May 27, at 2 p.m. The book for May hasn't been chosen yet. For more info call Michele at 775-8220 or Lori at 773-1853. All are welcome.

BALLROOM DANCE LESSONS

With Mary-Anne and Mario Liguori on Monday nights at 7:30 p.m. for an hour. The following dances are taught for the beginner/intermediate dancers: Cha Cha, Disco, Fox Trot, Mambo, Merengue, Rumba, Swing (Single or Triple), Tango and Waltz. Each dance is taught in five-week segments. The cost is \$15 per couple, payable at class. For more information call The Godnick Center at 773-1853 or Mary Anne at 273-2304.

FIT FOR LIFE

With Marilyn Sheldon. Increase your level of fitness on Monday and Wednesday mornings from 9:25 a.m. to 10:30 a.m. with regular exercise. (This is not a class for beginners.) The course includes simple low impact exercise, step exercise, strength work and flexibility. The fee is \$2 per class.

COUNTRY LINE DANCE

Join us on Tuesday mornings at 9:30 a.m. for a fun cardiovascular workout with both new and old-line dances. No experience necessary. No partner needed. The fee is \$2 per class. Marilyn Sheldon instructs.

INTERMEDIATE LINE DANCE

Intermediate line dance, mostly country with a little variety. No partner needed. The fee is \$2. Marilyn Sheldon leads the dancing on Thursday mornings at 9:30 a.m.

OSTEOPOROSIS EXERCISE PROGRAM

Monday and Wednesday afternoons at 1 p.m. This is a free program through RSVP. All you need to bring with you is a towel and a bottle of water. The weights are provided. For more info call RSVP at 775-8220.

PRANA YOGA

This class is on-going on Fridays, from 10:30-11:30 a.m. No experience necessary. Gentle movements with body awareness, and breathing exercises to invigorate and relax the body and the mind. Bring a mat or blanket, and wear

comfortable clothes. Poses may be done in a chair, or standing. The student is guided to move into a posture only so far as it feels right to her/his body. Instructor: Tammy Brown. Fee: \$4.50 per class.

GOLF LEAGUE

Registration is Wednesday, May 16, at 1 p.m. The registration fee is \$20, checks made out to the Godnick Center, (which covers the cost of the banquet for members), plus a greens fee of \$16 each time you play. Carts are \$6 per person. Play begins June 2 and will be just like last year; Monday mornings at 7 a.m., at the Proctor-Pittsford Country Club. You need to register at the Godnick Center before playing in the League.

FLEA MARKET

Friday, June 29, from 9:30 a.m. to 2 p.m. Tables are \$6. If interested register in the office.

MOVIE and SNACK TIME

Once a month we select a different movie and watch it on our TV. The movie selection for Tuesday, May 20 at 1 p.m. is "Griffin & Phoenix". Divorced, disconnected from his kids and living in a gloomy bachelor's pad, Griffin (Dermot Mulroney) is already down when he's diagnosed with inoperable cancer. Thus, it's with resignation that he enrolls in a class about accepting death -- never dreaming that he'll learn to accept life instead. Hope comes in the form of his academic adviser, the lovely Phoenix (Amanda Peet). Soon, the two embark on a romance that will change both their lives. PG-13.

UP-COMING BUS TRIP: "FOSTER'S DOWNEAST CLAMBAKE"

York, Maine with shopping at the Kittery Outlets in Kittery on Wednesday, June 25. Foster's traditional New England clambake features the finest food items available. Local fishermen provide them with their finest resource: Maine lobster. Also served are steamer clams and cultivated mussels. Barbecued chicken is offered as an alternative to lobster. Registration begins at 9 a.m. on Monday, May 5, for residents and Tuesday, May 6 for non-residents. The price (to be determined -- depending on whether or not we receive a transportation grant) includes the clambake and transportation and is due at time of registration. The bus leaves the Center

at 7:30 a.m. and returns at approximately 7:30 p.m.

WATCH FOR MORE INFO ON THE FOLLOWING TRIPS:

"Remember the Days" at the HuKeLau in Chicopee, MA on Wednesday, August 13.

"Catch the Christmas Spirit" at Chunky's Cinema Pub in Nashua, NH on Thursday, December 4th.

TURTLE OUTING SCHEDULE

The Rutland Recreation & Parks Department sponsors a series of "Turtle" hikes for seniors and others who wish to enjoy their outings at a somewhat slow and easy pace. The outings typically cover two to four miles, involve limited elevation gain, and try to avoid treacherous footing. Bring water and a lunch, wear sturdy footwear and be prepared for Vermont weather. Meet to car pool on Thursdays at 9 a.m. from the Godnick Adult Center on Deer St. We return in early to mid-afternoon. Call leaders listed below if you have questions. All are welcome.

May 1 - Delaware & Hudson Rail Trail, Poultney with Bob Perkins, 773-0184

May 15 - Split Rock Trail, Pittsford with Jean Davies, 483-6623

May 29 - Old Plymouth Road, Shrewsbury with Al Tufano, 492-3608

June 12 - Pine Hill, Rutland with Bob Perkins, 773-0184

June 26 - Quechee Gorge, Hartford with Edith Kellogg, 775-1246

July 10 - Exploring Trees, Pittsford with Jean Davis, 483-6623

July 24* - Cookout, Camp Plymouth State Park with Al Tufano, 492-3608

August 7 - Lefferts Pond to Chittenden Dam, Chittenden with Bob Perkins, 773-0184

August 21 - Lowell Lake, Loundonderry with Edith Kellogg, 775-1246

September 4 - Tinmouth Pond, Tinmouth with Roma Pulling, 773-6997

September 18 - Trail around Middlebury with Edith Kellogg, 775-1246

October 2 - Hawk Mountain, Brandon with Roma Pulling, 773-6997

October 16 - Fall Foliage Hike with Jean Davies, 483-6623

October 30 - Back of Blue Ridge, Mendon/Chittenden with Bob Perkins, 773-0184

*Seniors can get a Green Mountain Passport for a small fee from you city/town clerk. Passports are good for lifetime free admission to State Parks.

ON-GOING PROGRAMS.....

BINGO - Mondays and Thursdays at 1:15 p.m.

PARTY BRIDGE - Tuesday and Thursday afternoons at 1 p.m. The bridge group is always looking for new players.

FOOTCARE is the last Wednesday of every month at 12:30 p.m. with the RAVNA. Suggested donation is \$5.

BLOOD PRESSURE AND WEIGH IN with staff from Haven Health Center on the fourth Thursday of every month at 10:30 a.m. This is a free service.

LUNCHESES are served Mondays and Thursdays at 11:45 a.m. for a \$3 donation for those over 60 and \$4 for those under. Please make reservations at the Godnick Center or by calling 775-0133.

WHAT IS TRIAD?

TRIAD is a coalition of law enforcement, senior citizens and senior service agencies working together to make the lives of seniors safer and more enjoyable. TRIAD has several on-going programs such as:

1. Senior ID Cards- a picture identification card containing emergency medical information about you and emergency contact information too.

2. AARP Safe Driving Course - Sharen Underwood teaches this course 3 times a year. Designed as an update for senior drivers, it is a valuable course to take (8 hours over a two day period). Next class is scheduled for July 22 & 23.

3. Senior Seminar Day - This is a "conference" for seniors to attend where speakers present topics of special interest to senior citizens. Of course, we have a great meal at noon also.

4. Senior Picnic - Meals on Wheels provides the food and TRIAD provides the entertainment. The date for the picnic this year is July 18. This year's picnic is going to be at the Fair Grounds in Rutland for the third year.

5. Safe at Home Program - suggestions by a law enforcement officer on how to make your home safer against a potential burglar. Comes with a free Safe Alert light bulb for your porch light

All TRIAD activities are either free or have a very minimal cost. For more information on TRIAD, call Lynn Tucker at 786-0037.

OSHER LIFELONG LEARNING INSTITUTE IN RUTLAND - SPRING 2008

The Osher Lifelong Learning Institute in Rutland is pleased to present the following programs for Spring 2007. All Lectures are scheduled for Fridays from 1:30-3 p.m. and are held at the Godnick Adult Center.

Russia Since the Fall of the USSR - Prof. Kevin McKenna is an award winning Professor of Russian Language, Literature, and Culture at UVM. He has written three books and numerous articles on Russia and the Soviet Union. May 2-The "Putin" Revolution: Understanding Russia's Transformation, 2000-2008
May 9-Mafya and Capitalism - Russian Style
May 16-Prospects for Democracy and Capitalism in Today's Russia
May 23-An Analysis of the 2008 Presidential Elections in Russia

Variety Series

May 30-Georgia O'Keeffe and the Stieglitz Circle with Bob Manning, artist and art historian.
June 6-Do You Remember Carousels? with Dr. Helene Lang, retired UVM professor of literacy and literature.
June 13-Rutland County, as You've Never Seen It - Annemie Curlin, an artist living in Charlotte, VT.
June 20-The Resorts of Lake Bomoseen - Donald H. Thompson, a retired social studies teacher who last appeared here as "Andrew Carnegie", lives for half the year at Lake Bomoseen.