



JUNE 2010

BAYPORT SENIOR CENTER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Drop in anytime for a cup of coffee or a glass of iced tea.</p> <p>30 minutes of weeding in your yard burns 138 calories if you are a woman, 181 if you are a male.</p> <p>30 minutes of planting burns 138 calories for a woman and 181 for a man.</p>		<p>1</p> <p>9-11:30 Weigh In for Up & At It</p> <p>9:30 Beginning Bridge</p> <p>12:30 500/cards</p>	<p>2</p> <p>9:00-11:30 Weigh In for Up & At it</p>	<p>3</p> <p>9:00-11:30 Weigh In for Up & At it</p>	<p>4</p> <p>10:00 Bingo</p>	<p>5</p>
<p>6</p>	<p>7</p> <p>10:30 Cribbage With Andersen School</p>	<p>8</p> <p>9:30 Beginning Bridge</p> <p>1:00 ‘Make A Rag Doll’ With Kindergarteners from Andersen School</p>	<p>9</p> <p>9:30 Happy Feet</p> <p>12:30 Blood Pressure Screen</p>	<p>10</p> <p>9:00 Cribbage At Afton-Lakeland School</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15</p> <p>9:30 Beginning Bridge</p> <p>11:30 Chicken Barbecue</p> <p>12:30 500/cards</p>	<p>16</p> <p>12:30 Women’s Texas Hold’Em</p>	<p>17</p> <p>9:30 “BAM” With Heather From Bread Art “Sweet & Easy”</p>	<p>18</p> <p>10:00 Bingo</p>	<p>19</p>
<p>20</p> <p>Happy Father’s Day</p> 	<p>21</p> <p>11:30 Senior Meeting</p> <p>12:30 Mexican Train Dominoes</p>	<p>22</p> <p>9:30 Beginning Bridge</p> <p>11:00 “Make A Rag Doll” at Bayport Library During Storytime</p>	<p>23</p> <p>8:30 Women & Men’s Waffle Breakfast With Chief Eastman & City Manager Mitch Berg</p>	<p>24</p> <p>1-4 Dancing At Withrow Ballroom With Old Time Music With Julie Lee</p>	<p>25</p> <p>9:30 9 Man Golf</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>9:30 Beginning Bridge</p> <p>5:30 Seasons Of Norway By Carol Hartman</p>	<p>30</p>	<p>Sprinkle some rosemary on your entrees and side dishes. The carnosic acid found in this spice has been shown to reduce stroke risk. Carnosic acid appears to set off a process that shields brain cells from, free-radical damage which can worsen stroke effects. Rosemary is not the only mind spice, add a teaspoon of cinnamon to your am yogurt or coffee. Or sprinkle basil and oregano on a sandwich, or stir a teaspoon of rosemary into your tea. It will add up to good health.</p>		