90’s Luncheon
There will be a special lunch to celebrate everyone who is in their 90’s is on Tuesday, June 20th from 11:00-12:00. Timberlyn East will be providing a free lunch that day at the center. If you have a family member or friend that you would like us to invite, please let us know. We would love to have them join us! Please RSVP with the dining room by June 16th.

Tap Fest
Join us for our 2nd annual (FREE) Tap Fest on Saturday, June 3rd from 11:30 AM– 1:30 PM at the senior center. Featuring the adult dance students of Carolyn Calandro and more! Finger foods and punch will be served at Noon. There will be some special musical guests, a couple of surprise performances and a group Grand Finale. A raffle will conclude the event. For more info, call the center at 528-1881. Hope to see you there!!

Craft Fair
The Senior Center will be hosting a Craft Fair on Saturday, June 17th from 9:00 am to 3:00 pm at the senior center. We are looking for people to donate baked goods to sell that day as we are having a bake sale. All the benefits from the sale will benefit the Claire Teague Senior Center. If you would like to donate any baked good(s), please drop them off at the senior center with Polly or Jenn on the afternoon of Friday, June 16th or before the morning of the craft fair.

TRIAD Picnic
On Wednesday, June 21st from 11:00 am to 1:00 pm, TRIAD will be hosting different agencies at the senior center to present information about biking, walking and driving safety. Bike N’ Board, Fairview Hospital, MA Registry of Motor Vehicles, Berkshire County Sheriff’s Office and the Great Barrington Police Chief will all be present at the event. There will also be a FREE picnic lunch to all that attend. Please sign up for the lunch by calling 528-4118, no later than June 20th. Free safety vest for all who attend!
**“LETTERS TO THE EDITOR”**

I would like to thank all of you for your cards, donations, and shared memories of my father. My father came to Massachusetts for a visit and decided to stay until the winter snows sent him packing back to sunny California. He enjoyed his time and all the friends he made at the senior center, he always asked how everyone was doing. Your generous donations will allow me to purchase a nice flower container for the senior center in his name. Thank you again for all you do for me.

-Polly

**“In Memory Of”**

Please take a moment to remember Tillie Mann when you use the new bridge cherry card tables purchased out of donations from her friends and family. We will miss her!

---

**EXERCISE CLASSES**

**Monday:**
- 9:15 AM- Cross Training with Misha ($3.50)
- 10:15 AM- Awareness Through Movement with Misha (floor) ($3.50)
- 12:45 PM- Beginners Tap Dancing with Carolyn ($5.00)
- 2:00 PM- Intermediate Tap Dancing with Carolyn ($5.00)

**Tuesday:**
- 10:00 AM- Pilates with Kathi ($5.00)
- 3:30 PM- Strength Training with Christine ($3.00)

**Wednesday:**
- 9:30 AM- Easy Does it Yoga with Joanne ($3.00)
- 5:30 PM- Tap Dancing: All Levels ($5.00)

**Thursday:**
- 10:00 AM- Therapeutic Movement/Breathing Class with Suzanne ($3.00)
- 4:00 PM- Misha’s Advanced Class ($10.00)

**Friday:**
- 9:00 AM- Tai Chi with Christine ($3.00)
- 10:00 AM- Chair Exercises with Harriet (Free)
- 12:45 PM- Beginners Tap Dancing ($5.00)
- 2:00 PM- Intermediate Tap Dancing ($5.00)

---

**June**

June 3  Catherine Gray  June 17  Sally Haver
June 8  Roger Gutwillig  June 18  Harold French
June 8  Carolyn Calandro  June 22  David Hodge
June 9  Sue Farnum  June 26  Pat LaBagh
June 9  June Hastedt  June 26  Stanley Debkowski
June 10  Louis Todd  June 28  Edith Leveille
June 12  Margaret McGraw  June 29  June Williamson
June 13  June Bozek  June 30  Elisabeth Pizzichemi
June 16  Gertrude Michelson

**HAPPY BIRTHDAY TO ALL!**
ALL TRIP SIGN UP SHEETS ARE IN THE DINING ROOM BUT YOU STILL NEED TO CALL ELDORADO TOURS TO BOOK YOUR SPOT!

BSO Free Friday-morning Rehearsals @ Tanglewood

We have 12 seats available, for each of the following Friday dates below, for $2.00 each. Tickets are first come, first serve. Sign up sheet is on the trip board or call the center at 528-1881 to sign up. Leaving center at 9:15 am & returning around 1:00 pm.

July 7, July 14, July 21, July 28
August 4, August 11, August 25

Yankee Candle & Butterfly Conservatory—Sept 13

Departs Railroad Street in Lee at 8:55 AM. $45.00 per person which includes admission to Magic Wings. You will start at Yankee Candle and then continue down the road to Magic Wings. Both places have flat floors and are easy to walk through. There will be a stop for dinner at the 99 Restaurant before heading home. Call Eldorado Tours at 413-499-4248 to book your spot. Sign up sheet is in the dining room.

*Claire Teague Senior Center Trips*

Red Sox Game

We are taking a trip to Fenway Park for a game on June 25th to watch the Boston Red Sox play the LA Angels. The price for transportation (Yankee Trails) and a ticket is $99. The details on this trip are on a sheet in the dining room along with the sign up sheet. For further questions please contact Maureen Avery (her number is on the sheet). It’s going to be a great trip and we will have lots of fun!

CTSC is working w/ Eldorado Tours

The following JUNE trips are being provided by Eldorado Tours & the sign up sheets are in the dining room:

Holyoke Mall—June 7

Depart Lee* at 10:00 AM. First stop is the Holyoke Mall around 11:00 AM. Afterwards head to the Cracker Barrel for lunch at 2:00 PM. Head back to the Berkshires after lunch. $29.00 per person (not including lunch).

Pequot Museum & Mohegan Sun Casino—June 23

Depart Lee* at 8:15 AM. Price is $39.00 per person for just the casino. $55.00 for the museum and casino. Water and snacks will be provided on the bus. Book your spot early as this one will probably fill fast!

Mystic Aquarium—June 27

Depart Lee* at 7:50 AM. Adults are $69.00, Kids 3-12 are $65.00 and kids under 3 are free. Water and snacks will be provided on the bus. Head back home about 5:00 PM.

*MEETING SPOT IN LEE IS THE PUBLIC PARKING LOT ON RAILROAD STREET*

To book a trip with Eldorado Tours, contact them at 413-499-4248.

Hudson Valley Rib Fest—August 20

Departs Claire Teague Senior Center at 9:00 AM. $49.00 per person (includes entry fee). Movies, games, water and chips on bus included. To book your spot, call Eldorado Tours. Sign up sheet is in the dining room.
**Elder Law Attorney**

Paula Almgren will be making a presentation at the senior center about estate planning on Monday, June 19th at 12:30 pm. Estate planning can help provide for the management and transfer of your property in the event of an unfortunate circumstance. There is no cost to attend the presentation and no sign up is required.

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**Father’s Day Lunch**

On Thursday, June 15th we will have a special Father’s Day lunch. Willie Nininger will be playing music from 11:00 am – 12:00 pm in the dining room. Hope you can join us!

---

Some of **Margareta Thaute’s** watercolors will be on display at the TD Bank on Main Street in Great Barrington during the months of May and June. Margareta attends Vera’s Painting Class on Thursday mornings at the senior center. Hope you get the chance to stop by the bank and check out her work!

---

**Memory Café**

Our next memory café will be on Thursday, June 15th from 2:00 pm – 3:30 pm. This month we will do a “sing a long” of old songs. Please let Polly or Jenn know if you will be attending. Thank you!

---

**Jewelry Class**

Barbara Tinker will be teaching a bead class at the center on Wednesday, June 7th from 9:00 am to 11:00 am. The cost is $15.00 per person. You will make a pair of earrings and a bracelet. If you would like to sign up, please let Polly or Jenn know by Monday, June 5th.

---

**Bird Presentation**

Come join Carolyn Calandro for her presentation about birds. She will be at the senior center on Wednesday, June 14th at 12:00 pm (right after lunch). Hope you can join us!

---

**NEW- Acupuncture**

On June 12th and June 19th we will have Group Acupuncture classes led by Alan Rivenson from 10:30 am-11:30 am here at the center. The focus will be on the hands and feet. You need to wear comfortable clothing to the classes. There is NO CHARGE however sign up is required and the sheet is located in the dining room.

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Thank you to the following for participating in our Mini Health Fair:

Berkshire Health Systems

Elder Services

Berkshire VNA

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MANY THANKS to Timberlyn East for the FREE lunches on May 2nd and May 16th.

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We would like to thank Hospice of Western & Central Massachusetts for lunch and for the presentation to the center on May 24th.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><em>Coffee Hour every day at 8:30 AM</em></td>
<td>For more information or to schedule appointments call: 413-528-1881</td>
<td></td>
<td>9:30 Vera’s Painting Class</td>
<td>9:00 Tai Chi</td>
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<td>10:00 News &amp; Views</td>
<td>10:00 Harriet’s Chair Exercise</td>
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<td>10:00 Dominos</td>
<td>11:30 LUNCH- Chicken Salad</td>
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<td>10:00 Therapeutic Breathing</td>
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<td>11:30 LUNCH- Beef Stroganoff</td>
<td>12:45 Beginner Tap</td>
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<td>12:00 Bridge</td>
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<td>12:00 Crafty Hands</td>
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<td>1:00 Art Class-Eunice Agar</td>
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<td>9:00-12:00 Genealogy by Appt.</td>
<td>8:45 Women &amp; Men’s Discussion Grp</td>
<td>9:30 Easy Does it Yoga</td>
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<td>9:15 Cross Training</td>
<td>9-12 BARRINGTON AUDIOLOGY By Appt.</td>
<td>11:30 LUNCH- Chicken Almondine</td>
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<td>10:15 Awareness through Movement</td>
<td>10:00 Bingo with a Kick &amp; Crossword</td>
<td>12:30 Pitch</td>
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<td>10:30 SHINE by Appt.</td>
<td>10:00 Jo’s Simple Hand Crafts</td>
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<td>11:30 LUNCH- Stuffed Pepper Casserole</td>
<td>10:00 Pilates with Kathi</td>
<td>4:00 Decorative Arts</td>
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<td>12:15 Movie: Sister Act</td>
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<td>12:00 BIRD PRESENTATION</td>
<td>9:30 Vera’s Painting Class</td>
<td>9:00 Tai Chi</td>
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<td>9:00-12:00 Foot Nurse by Appt.</td>
<td>10:00 Bingo with a Kick &amp; Crossword</td>
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<td>10:00 News &amp; Views</td>
<td>10:00 Harriet’s Chair Exercise</td>
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<td>12:00 Bridge</td>
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<td>10:30 Acupuncture</td>
<td>11:30 LUNCH- Chicken Parmesan</td>
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<td>12:00 Crafty Hands</td>
<td>12:45 Beginner Tap</td>
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<td>11:30 LUNCH- Tuna Salad</td>
<td>12:00 Bridge</td>
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<td>1:00 Art Class-Eunice Agar</td>
<td>2:00 Intermediate Tap</td>
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<tr>
<td>12:30 Out to Lunch Bunch- Marketplace</td>
<td>12:15 Computer Class by Appt.</td>
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<td>4:00 Misha’s Advanced Exercise</td>
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<td>12:45 Beginner Tap</td>
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<td>Cafe</td>
<td>12:30 Beginner Piano</td>
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<td>2:00 Intermediate Tap</td>
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<td>5:30 – 7:30 Grief Support Group</td>
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<td>11:00 90’s LUNCHCON/FREE LUNCH</td>
<td>9:30 Vera’s Painting Class</td>
<td>9:00 Tai Chi</td>
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<td>10:00 Jo’s Simple Hand Crafts</td>
<td>12:30 Pitch</td>
<td>10:00 Therapeutic Breathing</td>
<td>11:30 LUNCH- Goulash</td>
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<td>10:30 Acupuncture</td>
<td>10:00 Pilates with Kathi</td>
<td>1:00-2:30 Caregiver Support Group</td>
<td>12:00 Dominos</td>
<td>12:00 Bridge</td>
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<td>11:30 LUNCH- Sage Stuffed Chicken</td>
<td>11:30 LUNCH- Stuffed Shells</td>
<td>4:00 Decorative Arts</td>
<td>13:00 LUNCH- Chef Salad</td>
<td>12:45 Beginner Tap</td>
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<td>12:00 Crafty Hands</td>
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<td>12:30 Bingo</td>
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<td>12:00 Dominos</td>
<td>12:00 Bridge</td>
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<td>11:30 LUNCH- Stuffed Shells</td>
<td>12:30 Ice Cream and Bingo</td>
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<td>13:00 LUNCH- Chef Salad</td>
<td>12:45 Beginner Tap</td>
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<td>12:00 Bridge</td>
<td>2:00 Intermediate Tap</td>
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<td>12:15 Computer Class by Appt.</td>
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**June 2017**

**MONDAY**
- 9:00-12:00 Genealogy by Appt.
- 9:15 Cross Training
- 10:15 Awareness through Movement
- 10:30 SHINE by Appt.
- 11:30 LUNCH- Stuffed Pepper Casserole
- 12:15 Movie: Sister Act
- 12:45 Beginner Tap
- 2:00 Intermediate Tap
- 5:30 – 7:30 Grief Support Group

**TUESDAY**
- 8:45 Women & Men’s Discussion Grp
- 9-12 BARRINGTON AUDIOLOGY By Appt.
- 10:00 Bingo with a Kick & Crossword
- 10:00 Jo’s Simple Hand Crafts
- 10:00 Pilates with Kathi
- 11:30 LUNCH- Meatloaf & Potatoes
- 12:00 Bridge
- 12:15 Computer Class by Appt.
- 12:30 Bingo/ Beginner Piano
- 3:30 Strength Training

**WEDNESDAY**
- 9:30 Easy Does it Yoga
- 11:30 LUNCH- Chicken Almondine
- 12:30 Pitch
- 4:00 Decorative Arts

**THURSDAY**
- 9:30 Vera’s Painting Class
- 10:00 News & Views and Dominos
- 10:00 Therapeutic Breathing
- 11:30 LUNCH- Beef Stroganoff
- 12:00 Bridge
- 12:00 Crafty Hands
- 1:00 Art Class-Eunice Agar
- 4:00 Misha’s Advanced Exercise

**FRIDAY**
- 9:00 Tai Chi
- 10:00 Harriet’s Chair Exercise
- 11:30 LUNCH- Chicken Salad
- 12:00 Bridge
- 12:45 Beginner Tap
- 2:00 Intermediate Tap
## Elder Services of Berkshire County - Nutrition Program

**SENIORS 60 YEARS OF AGE OR OLDER** - Suggested Donation - $2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

<table>
<thead>
<tr>
<th>MONDAY</th>
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<td></td>
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<td>Beef Stroganoff&lt;br&gt;Egg Noodles&lt;br&gt;Peas &amp; Carrots&lt;br&gt;Dinner Roll&lt;br&gt;Pineapple tidbits</td>
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<tr>
<td>Stuffed Pepper Casserole&lt;br&gt;Broccoli&lt;br&gt;Wax Beans&lt;br&gt;Italian Bread&lt;br&gt;Diced Peaches</td>
<td><strong>FREE</strong>&lt;br&gt;Timberlyn East Lunch&lt;br&gt;Meatloaf &amp; Mashed Potatoes</td>
<td>Chicken Almondine&lt;br&gt;Brown Rice Pilaf&lt;br&gt;Mixed Vegetables&lt;br&gt;Oat Nut Bread&lt;br&gt;Tropical Fruit Salad</td>
<td>Skillet Frittata w/Cheese Sauce&lt;br&gt;Roasted Potatoes&lt;br&gt;Beets&lt;br&gt;Rye Bread&lt;br&gt;Banana</td>
<td>Macaroni &amp; Cheese&lt;br&gt;Stewed Tomatoes&lt;br&gt;Peas and Pearl Onions&lt;br&gt;100% Whole Wheat&lt;br&gt;Snack Loaf**</td>
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<td>Tuna Salad&lt;br&gt;Carrot Raisin Salad&lt;br&gt;Tossed Salad&lt;br&gt;Hot Dog Roll&lt;br&gt;Apple</td>
<td>Chicken Parmesan&lt;br&gt;Penne w/ Sauce&lt;br&gt;Broccoli&lt;br&gt;Italian Bread&lt;br&gt;Fruited Yogurt**</td>
<td>Calico Beans and Sausage&lt;br&gt;Brown Rice&lt;br&gt;Mixed Greens&lt;br&gt;12 Grain Bread&lt;br&gt;Spiced Apples</td>
<td>Roast Turkey w/ Gravy&lt;br&gt;Sweet Potatoes&lt;br&gt;Brussels Sprouts&lt;br&gt;w/Cheese sauce&lt;br&gt;Dinner Roll&lt;br&gt;Chocolate Chip Cookie**</td>
<td>BBQ Beef Patty&lt;br&gt;Roasted Potatoes&lt;br&gt;Carrots&lt;br&gt;Hamburg Bun&lt;br&gt;Mixed Fruit</td>
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<td>Sage Stuffed Chicken w/Gravy&lt;br&gt;Mashed Potatoes&lt;br&gt;Winter Squash&lt;br&gt;Oat Nut Bread&lt;br&gt;Applesauce</td>
<td><strong>FREE</strong>&lt;br&gt;Timberlyn East Lunch&lt;br&gt;Stuffed Shells, Salad, Garlic Bread</td>
<td>TRIAD Picnic</td>
<td>Chef Salad*&lt;br&gt;3 Bean Salad&lt;br&gt;Coleslaw&lt;br&gt;100% Whole Wheat&lt;br&gt;Ice Cream Cup**</td>
<td>Goulash&lt;br&gt;Spinach&lt;br&gt;Wax Beans&lt;br&gt;Italian Bread&lt;br&gt;Pineapple&lt;br&gt;Tossed Salad (cong)</td>
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<td>Stuffed Shells&lt;br&gt;w/Meat Sauce&lt;br&gt;Carrots&lt;br&gt;Green Beans&lt;br&gt;100% Whole Wheat Bread&lt;br&gt;Pineapple tidbits&lt;br&gt;Tossed Salad (cong)</td>
<td>Meatloaf w/Gravy&lt;br&gt;Mashed Potatoes&lt;br&gt;12 Grain Bread&lt;br&gt;Diced Peaches</td>
<td>Beef Stew&lt;br&gt;Roasted Potatoes&lt;br&gt;Peas&lt;br&gt;Broccoli&lt;br&gt;Biscuits&lt;br&gt;Applesauce</td>
<td>Hot Dog&lt;br&gt;Sauerkraut&lt;br&gt;Baked Beans&lt;br&gt;Hot Dog Roll&lt;br&gt;Watermelon</td>
<td>Chicken Piccata&lt;br&gt;Rice Pilaf&lt;br&gt;Mixed Vegetables&lt;br&gt;Dinner Roll&lt;br&gt;Diced Pears</td>
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**Dietary Information:** All meals include 1% Milk 100 calories

*High Sodium  **Modifications for restricted sugar available

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**HOME DELIVERED MEALS:** If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.
Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.


ANTS AUGUST BARBECUE BASEBALL BEACH BEES BICYCLE BLUE SKY BOATING BREEZE CAMPING FISHING FLIES FLOWERS GARDENING GOLF GREEN GRASS HAT HIKING HOLIDAYS HOT ICE CREAM JULY JUNE MOSQUITOES NO SCHOOL PICNIC ROLLER BLADES SANDALS SKATEBOARD SOCCER SOLSTICE SPRINKLERS SUNBURN SUNGLASSES SUNSCREEN SUNSHINE SUNDAY SWEAT SWIMMING WASPS U V RAYS WATER FIGHTS WATERMELON

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Please return your completed word search to Jenn at the Senior Center. Thank you!

Name: __________________________________________