# The Silver Scoop Express

Senior Network of North Baltimore
The Harry & Jeanette Weinberg Senior Center
5828 York Road - Baltimore, MD 21212

“Water is the driving force of all Nature! - Leonardo da Vinci
“The future belongs to those who believe in the beauty of dreams” - Eleanor Roosevelt

Website:
- GEDCO.org
- 410-323-7131

SNNB STAFF:
- TED GROSS, DIRECTOR OF SENIOR SERVICES & CHIEF PROGRAM OFFICER
- GWEN LLOYD-SNNB PROGRAM DIRECTOR

April/May 2017 Highlights

- Mon/Fri’s @ 9am – Spring into Shape! Join the best Line Dance Class on the East Coast with instructor A.J. Dease ...he’ll keep you stepping!
- Mon’s @11:45am & 12:45pm – Intermediate & Beginning Tai-Chi, low impact balanced exercises that will help relax you, please join us!
- Tues -10am, “Bridge Club, brush up on your skills & join us 4 lunch!
- Tues @ 10am, Shape-Up! Walking Group starting again, join us!
- Tues @ 11am (All Are Welcome) - Bible Study with Govan’s (Pastor Tom)
- Tue – 6/27 @ 9am – Estate Planning Clinic—call us for an appointment!
- Wed’s @ 12pm -Zumba Gold, Katie’s Back 4/5/17, Meet us in Sharp Hall!
- Thurs @11:15am - “Sparkle’s Sip & Paint”.. New beginners Art Class!
- Thurs—4/13 @ 12:30pm, Great People, Great Book Club, join Lenetta!
- Friday—4/21 @12-2pm, Meet Tim Hall, Aladdin Productions, Award Winning Comedy Magician— Food/Show-Cost-$7.50, Show Only $3.75
- Sat—4/22-8am-2:30pm, 26th Annual Law Day 4 Seniors-District Court of MD, 5800 Wabash Ave, Call 410-396-5278 for more info!
- Friday –5/05 – Pre-Mothers Day Shopping Spree, Luncheon, and Entertainment by The Lyric Opera, “This Land Is Your Land” — Cost -$7.50
- Fri-5/26 @ 12:30 – Out-2-Lunch @ Starlight Diner-501 E. Belvedere Ave CENTER WILL BE CLOSED ON GOOD-FRIDAY APRIL 14, 2017

Gertrude’s Fine Chesapeake Cuisine
10 Art Museum Drive -Baltimore, Maryland 21218
Call 410.889.3399 for reservations
Please support Senior Network’s Annual Fundraiser, Thursday April 6, 2017—5pm-9pm.

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“Happy Birthday to All who were born in the month of April, and May, have a Great Spring Season! “Stay SNNB Strong! “-Gwen!
### April/May 2017—Friday Lunches!

#### Classes at SNNB

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>9:00-10:00am</td>
<td><strong>Line Dancing</strong> 3/27/2017—5/26/2017</td>
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<td>$40 ($45) Both Classes $60.00</td>
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<td>9:15-10:15am</td>
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<td><strong>Senior Fitness</strong> Debbie Bena R.N. (Waiting-List)</td>
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<td>$1.00 per class for Senior Fitness – Waiting List!</td>
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<tr>
<td>10:00-11:00am</td>
<td><strong>Strength Training Practice</strong> (ends at 10:45am (membership &amp; donations encouraged) - CLOSED—OUT)</td>
<td><strong>Bridge Club</strong> Knitting Walking-Club</td>
<td><strong>Weight Management &amp; Life Balance</strong> Debbie Bena R.N. - Closed—Out)</td>
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<td>$25 ($30)</td>
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<td>10:45—11:30am</td>
<td><strong>Gentle Yoga Practice</strong> (donations encouraged) - WAITING LIST)</td>
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<td>Donations Encouraged</td>
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<td>11:00—1:00pm</td>
<td><strong>EATING - TOGETHER</strong></td>
<td><strong>EATING- TOGETHER</strong></td>
<td><strong>Sparkles’ Sip &amp; Paint Class</strong> 11:15am</td>
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<td>Donations Encouraged</td>
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<td>11:45—1:45pm</td>
<td><strong>Tai Chi Intermediate</strong> 2/27-5/1/2017</td>
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<td>$45 ($50)</td>
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<td>12:00—12:45pm</td>
<td><strong>Zumba Gold</strong> 04/5—06/21/2017 12 classes</td>
<td><strong>Bridge Club On-Going</strong></td>
<td><strong>Book Club</strong> 12:30-1:30pm</td>
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<td>$48 ($55)</td>
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<tr>
<td>12:00—2:30 pm</td>
<td><strong>KEEP CALM AND TAI CHI ON</strong></td>
<td></td>
<td><strong>Bridge Clinic On-Going</strong></td>
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<td>Donations Encouraged</td>
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<td>12:45—1:45pm</td>
<td><strong>Tai Chi Beg</strong> 2/27-5/1/2017</td>
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<td>$45 ($50)</td>
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- **4/21/17-12-2pm** - Tim Hall’s Magic Show in Sharp Hall -($7.50 lunch & show)-pizza, salad, desserts & drinks, (Show only—Cost-$3.75)
- **5/5/17-12:2pm** - Shop & Sing in Sharp Hall with The Lyric Opera! Purchase gently used clothes, hats, jewelry and more! Lunch -$7.50
- **5/26-12:30pm** - Out-2-Lunch @ Starlight Diner (Belvedere Square)
THE GOVAN’S CENTER FOR RETIRED PERSONS, INC.
Senior Network of North Baltimore
5828 York Rd., Baltimore, MD 21212
Phone: 410-323-7131
Fax: 410-323-3576

Name (Date of Expiration)
Address Line 1
Address Line 2
City, State ZIP

EMAIL ADDRESSES:
TGROSS@GEDCO.ORG
GLLOYD@GEDCO.ORG

About Senior Network
We are a non-profit senior center located in a building attached to
Govans Presbyterian Church at 5828 York Rd., about 2 blocks south of
Northern Parkway, below the Senator Theater. Use the driveway at
5820 York Road. To enter our parking lot from Bellona Ave., use the
driveway just south of the Govans Presbyterian Church
cemetery. Look for the Senior Network sign above the ramp.

The newsletter subscription fee is $10.00 for 12 monthly issues.
Our hours are from 9 a.m. - 2 p.m. Monday-Friday. Senior Network is
funded under Title III of the Older Americans Act through the
Baltimore City Health Department Office on Aging & CARE Services,
The Harry and Jeanette Weinberg Foundation, Good Samaritan
Hospital and donations from the general community.

Time to renew? Membership dues $20.00. The date beside your name is the
date that our records indicate that your subscription will expire. Please check it
for accuracy, and renew if necessary!

CARES FOOD PANTRY
needs peanut butter,
jelly, soup, beans (black
pinto & other protein
beans), canned fruit,
canned tuna, pasta,
cereal and rice.

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