

EAST WINDSOR SENIOR SERVICES EVENTS & ACTIVITIES

AUGUST 2012



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Shopping at Geissler's 9:00</p> <p>Old State House Conversations at Noon "The Creation of Constitution Plaza" Brown Bag Lunch/Farmer's Market 11:00 - 2:00</p>	<p>2</p> <p>ACTIVE CLASS WLSC 8:30 - 9:30 Foot Care Services 9:00 - 1:00 Free Blood Pressure and Sugar Screening 10:00 a.m.</p> <p>SENIOR CLUB MEETING 1:00-3:00</p>	<p>3</p> <p>Foot Care Services 9:00 - 1:00 E.Htfd Farmer's Market 9:30 - 11:00 Presentation Benefits of Good Footwear 12:30 - 1:30 Mobile Food Share at St. Catherine's Parking Lot 1:45 - 2:30</p>
<p>6</p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Acrylic Painting with Tex 12:30 - 1:30</p> <p>Wii Bowling 12:30 - 2:00</p>	<p>7</p> <p>Coffee & Sharing with Sr. Center Team 10:00 - 10:30 Focus Group 10:30 - 11:30 Chair Yoga 12:30 WL Free Concert - Savage Brothers 5:30 - 9:00</p> 	<p>8</p> <p>Shopping at Geissler's 9:00</p> <p>Presentation by Dick Sherman of American Heritage River Commission 12:30 - 1:30 Wii Fitness with Melissa 12:30 - 1:30</p>	<p>9</p> <p>Tai Chi 10:30 - 11:30</p> <p>Mature Driver Safety Program 9:00 - 2:00</p>	<p>10</p> <p>Tour of EEB Greenhouses & Lunch at Yukon Jacks Grill 8:30 - 2:00</p> 
<p>13</p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Acrylic Painting with Tex 12:30 - 1:30</p> <p>Wii Bowling 12:30 - 2:00</p>	<p>14</p> <p>Aqua Turf "Worldwide Music Fest" 10:00 - 4:00</p> <p>One-on-One Law Sessions 12:30</p> <p>Chair Yoga 12:30</p>	<p>15</p> <p>Shopping at Geissler's 9:00</p> <p>Elizabeth Park History Tour 9:00 - 12:00</p> <p>Wii Fitness with Melissa 12:30 - 1:30</p>	<p>16</p> <p>Tai Chi 10:30 - 11:30</p> <p>Mature Driver Safety Program 9:00 - 2:00</p>	<p>17</p> <p>Zoo at Forest Park Lunch at HuKeLau 9:00 - 2:30</p>  <p>Mobile Food Share at St. Catherine's Parking Lot 1:45 - 2:30</p>
<p>20</p> <p>Holiday Hill Senior Outing in Cheshire 8:30 - 4:30</p>  <p>Acrylic Painting with Tex 12:30 - 1:30 Wii Bowling 12:30 - 1:30</p>	<p>21</p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Coffee & Sharing with Sr. Center Team 10:00 - 10:30</p> <p>Chair Yoga 12:30</p>	<p>22</p> <p>Shopping at Geissler's 9:00</p> <p>Melissa's Craft Hour 10:30 - 11:30</p> <p>Wii Fitness with Melissa 12:30 - 1:30 SET UP FOR MONTHLY SOCIAL</p>	<p>23</p> <p>MONTHLY SOCIAL LIVE ENTERTAINMENT BY Center Stage</p> 	<p>24</p> <p>E.Htfd Farmer's Market 10:00 - 11:30 Tai Chi 10:30 - 11:30 Sock Hop at Scout Hall 1:00 - 3:00</p> 
<p>27</p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Acrylic Painting with Tex 12:30 - 1:30</p> <p>Wii Bowling 12:30 - 1:30</p>	<p>28</p> <p>State Capitol Tour - Hartford and lunch at the 1877 Club 9:00 - 2:00</p>  <p>Chair Yoga 12:30</p>	<p>29</p> <p>Shopping at Geissler's 9:00</p> <p>Food For Thought 11:00 - 11:30</p> <p>Wii Fitness with Melissa 12:30 - 1:30</p>	<p>30</p> <p>Presentation by James Houlberg, CPA 11:00 - 12:00</p> <p>IN HOUSE BINGO 12:30 - 2:00</p>	<p>31</p> <p>In House Movie "The Decendants" 9:30 - 12:00 Mobile Food Share at St. Catherine's Parking Lot 1:45 - 2:30</p>

Reminder - VJ Day September 2

SENIOR CENTER HOURS - MONDAY THROUGH FRIDAY 8:00 a.m. to 3:00 p.m.

**SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ 292-8279
NUTRITION PROGRAM MEALS - ON - WHEELS 292-8279 WEBSITE WWW.EASTWINDSORCT.COM**

