

EAST WINDSOR SENIOR SERVICES EVENTS & ACTIVITIES

FEBRUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Happy Ground Hog Day!</p>  <p>2-Feb-13</p>			<p>1</p> <p>Foot Care Services 9:00 - 12:00 Jewelry Making Class 11:00 - 12:00 Presentation by Dr. Benjamin, Dermatologist 12:30 - 1:30 Mobile Food Share 1:45 - 2:30</p> 
<p>4</p> <p>Shopping @ Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage and Card Games 10:30 - 12:00 Knit, Tat, and Chat 12:30 Art Classes 12:30</p> <p>Wii Bowling 12:30 - 1:30</p>	<p>5</p> <p>Quadrangle Museums - Springfield 9:30 - 2:00</p>  <p>Chair Yoga 12:30</p>	<p>6</p> <p>Shopping @ Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00</p> <p>Craft Hour with Melissa 10:30 - 11:30 Wii Zumba with Melissa 12:30 - 1:30</p>	<p>7</p> <p>Focus Group 9:30 - 10:30 Tai Chi 10:30 - 11:30 Free Blood Pressure and Sugar Screening 10:00</p> <p>SENIOR CLUB MEETING 1:00 - 3:00</p>	<p>8</p> <p>In House Movie "The Magic of Belle Isle" 9:30 - 12:00</p> <p>"ProAct Presentation" by First Selectman, Denise Menard and Gina Calabro of CCM 12:30 - 1:30</p>
<p>11</p> <p>Shopping @Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage and Card Games 10:30 - 12:00 Knit, Tat, and Chat 12:30 Art Classes 12:30 Tax Preparation 9:00 - 12:00 Wii Bowling 12:30 - 1:30</p>	<p>12</p> <p>Walking Club - Enfield Square 9:15 - 11:45 ONE-ON-ONE LAW SESSIONS 12:30 Ask a Tax Agent 12:30 BINGO @ Windsor Locks Senior Center 12:30 - 2:30 Chair Yoga 12:30</p>	<p>13</p> <p>Shopping @ Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00</p> <p>Wii Tournament vs. Windsor at EWSC 12:30 - 2:30</p> 	<p>14</p> <p>Tai Chi 10:30 - 11:30 Valentine's Day Poem Competition 12:30 - 1:00</p> <p>  Happy Valentine's Day!</p>	<p>15</p> <p>Jewelry Making Class 11:00 - 12:00</p> <p>Tea Party @ Tea Roses Tea Room 10:30 - 2:30 Mobile Food Share 1:45 - 2:30</p>
<p>18</p> <p>CENTER CLOSED PRESIDENT'S DAY</p> 	<p>19</p> <p>Foot Care Services 9:00 - 1:00 In House Health Presentation by David Santoro "Living Well with Cardiac Disease" 11:00 - 12:00</p> <p>Chair Yoga 12:30</p>	<p>20</p> <p>Shopping @ Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Health Education Program "Physical Activity for Seniors" 9:30 - 11:30</p>	<p>21</p> <p>Tai Chi 10:30 - 11:30 Connecticut State Library Brown Bag Lunch "John E. Cook, Conspirator" 11:00 - 2:00 SENIOR CLUB MEETING 1:00 - 3:00 "Heart Health Lecture"</p>	<p>22</p> <p>In House Movie "Where The Red Fern Grows" 9:30 - 12:00 CONNECTICUT FLOWER SHOW 10:30 - 2:30</p> 
<p>25</p> <p>Shopping @Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage and Card Games 10:30 - 12:00 Knit, Tat, and Chat 12:30 Art Classes 12:30 Tax Preparation 9:00 - 12:00 Wii Bowling 12:30 - 1:30</p>	<p>26</p> <p>Mature Driver Safety Screening 9:00 - 2:00</p> <p>BINGO 10:00 - 11:45</p> <p>Chair Yoga 12:30</p>	<p>27</p> <p>Shopping @ Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00</p> <p>Wii Zumba with Melissa 12:30 - 1:30</p> <p>Monthly Social Set-up</p>	<p>28</p> <p>MONTHLY SOCIAL 12:00 "Reviving 5000 Years of Civilization"</p> 	

1/22/2012

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

