

East Windsor Senior Center Events and Activities

FEBRUARY 2015

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860) 292-8279

NUTRITION PROGRAM MEALS - ON- WHEELS (860) 292-8279 WEBSITE: www.eastwindsorct.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shopping - Walmart or Big Y 9:00 a.m. - 11:00 a.m. Wii Bowling 12:30 p.m. - 2:00 p.m. Art with Tex 12:30 p.m.	3 Game Day 10:00 - 11:30 Chair Yoga 12:30 p.m.	4 Shopping at Geisslers 9:00 a.m. Lunch at Windsor 75 & Trash Museum \$\$\$ 9:30 -2:00 Wii Zumba 12:30 p.m. Warehouse Point Library 1:00 p.m. - 2:00 p.m.	5 Free Blood Pressure and Sugar Screening 10:00 a.m. Fitness Class \$\$\$ 10:00 - 11:00 Senior Club Meeting 1:00 - 3:00	6 Big Y In-Store presentation with Big Y Dietician 9:45 a.m. - 11:30 a.m. Jewelry Making with Janice \$\$\$ 10:30 a.m. - 11:30 a.m.
9 Shopping - Walmart or Big Y 9:00 a.m. - 11:00 a.m. TAX ASSISTANCE 9:00-12:00 Wii Bowling 12:30 p.m. - 2:00 p.m. Art with Tex 12:30 p.m.	10 Trinity on Main \$\$\$ Valentine's Day Dinner and Show 10:30 a.m. - 2:45 p.m. Chair Yoga 12:30 One-on-One Law Sessions 12:30 STAFF MEETING 2:00 - 3:00	11 Shopping at Geisslers 9:00 a.m. Wii Zumba 12:30 p.m.	12 Fitness Class \$\$\$ 10:00 - 11:00 In-House Bingo 12:30 - 2:00	13 St. Francis Presentation Hoffman Heart 12:30 p.m. Mobile Food Share St. Catherine's Parking Lot 1:45 p.m. - 2:30 p.m.
16 Senior Center CLOSED PRESIDENT'S DAY	17 Foot Care \$\$\$ 9:00 - 1:00 Focus Group 10:00 - 11:00 Food for Thought 11:00 - 11:30 Chair Yoga 12:30 p.m.	18 Shopping at Geisslers 9:00 a.m. Healthy Minds, Healthy Hearts Touchpoints iCare Presentation 12:30 p.m. Wii Zumba 12:30 p.m.	19 Fitness Class \$\$\$ 10:00 - 11:00 Hibachi Grill - W. Hartford \$\$\$ 10:30 a.m. - 1:30 p.m. Senior Club Meeting 1:00 - 3:00	20 34th Annual Flower & Garden Show \$\$\$ 9:30 - 2:00 In-House Movie <i>500 Days of Summer</i> 10:00 a.m. - 11:45 a.m. Jewelry Making with Janice \$\$\$ 10:30 a.m. - 11:30 a.m.
23 Shopping - Walmart or Big Y 9:00 a.m. - 11:00 a.m. TAX ASSISTANCE 9:00-12:00 The Book Club 10:30 a.m. The Storied Life of A.J. Fikry by <i>Gabrielle Zevin</i> Wii Bowling 12:30 - 2:00 Art with Tex 12:30 p.m.	24 Hot Cakes 9:30 a.m. - 11:30 a.m. Chair Yoga 12:30 p.m.	25 Shopping at Geisslers 9:00 a.m. Wii Zumba 12:30 p.m.	26 Monthly Social Entertainment by: Silver Wolf 12:00 p.m.	27 Air Museum & Lunch at Stir the Pot \$\$\$ 9:30 - 2:00 Mobile Food Share St. Catherine's Parking Lot 1:45 p.m. - 2:30 p.m.

In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 - WNBC for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.

THE CENTER IS OPEN

MONDAY THRU FRIDAY

8:00 A.M. - 3:00 P.M.