

East Windsor Senior Center Events and Activities

MARCH 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 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Shopping - Big Y or Walmart 9:00 - 11:00 TAX ASSISTANCE 9:00 - 12:00 Art with Tex 12:30 Wii Bowling 12:30	Game Day 10:00 - 11:30 Chair Yoga 12:30 p.m.	Shopping at Geisslers 9:00 Men's Group 10:30 - 11:30 Wii Bowling at Windsor 1:00 - 3:00 Wii Zumba 12:30 WHPT Library 1:00 - 2:00	Musical Club - Latitude 41 \$\$\$ & Lunch 9:15 - 2:00 Fitness Class \$\$\$ 10:00 - 11:00 Blood Pressure/Sugar Screening 10:00 a.m. - 12:30 p.m. Senior Club Meeting 1:00 - 3:00	Breakfast at Gathering Ground Windsor Locks \$\$\$ 9:15-11:15 Primary EyeCare Bingo 1:00 PM Jewelry Making w/Janice \$\$\$ 10:30 - 11:30
9 Shopping - Big Y or Walmart 9:00 - 11:00 TAX ASSISTANCE 9:00 - 12:00 Art with Tex 12:30 Wii Bowling 12:30	10 Tea Time with Kristen 10:00 am -11:00 am One-on-One Law Sessions 12:30 p.m. Chair Yoga 12:30 p.m. STAFF MEETING 2:00-3:00	11 Shopping at Geisslers 9:00 Neat Marketplace 12:30 - 1:30 Wii Zumba 12:30	12 Fitness Class \$\$\$ 10:00 - 11:00 Bingo for \$\$ 12:30 - 2:00	13 Lunch @ H&M grinders \$\$\$ 11:30 a.m. - 1:30 p.m. Mobile Foodshare St. Catherine's Church 1:45 - 2:30
16 Shopping - Big Y or Walmart 9:00 - 11:00 TAX ASSISTANCE 9:00 - 12:00 Art with Tex 12:30 Wii Bowling 12:30	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 Aqua Turf \$\$\$ St. Patrick's Day Celebration 10:00 - 4:30 Wii Zumba 12:30	19 Fitness Class \$\$\$ 10:00 - 11:00 Senior Club Meeting 1:00 - 3:00	20 In-House Movie 9:30 - 11:30 Jewelry Making w/Janice \$\$\$ 10:30 - 11:30 Wii Bowling vs Bloomfield at E.W.Senior Center 1:00 - 3:00
23 Shopping - Big Y or Walmart 9:00 - 11:00 TAX ASSISTANCE 9:00 - 12:00 The Book Club 10:30 a.m. <i>The Art Forger by B.A. Shapiro</i> Art with Tex 12:30 Wii Bowling 12:30	24 Chair Yoga 12:30 p.m.	25 Shopping at Geisslers 9:00 Enfield Mall - 10:00 - 2:00 Wii Zumba 12:30 Set up for Monthly Social	26 Birthday Social Entertainment by: Tom Callinan 12:30 p.m.	27 Captain Jimmy's \$\$\$ 11:00-2:00 Mobile Foodshare St. Catherine's Church 1:45 - 2:30
30 Shopping - Big Y or Walmart 9:00 - 11:00 TAX ASSISTANCE 9:00 - 12:00 Art with Tex 12:30 Wii Bowling 12:30	31 Medicare Savings Program Secrets of the Grey Card 10:00 Chair Yoga 12:30 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.