

East Windsor Senior Center Events and Activities

September 2016

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
			1 Blood Pressure & Blood Sugar Screening 11:00-12:30 Coloring 10:00-11:30 Senior Club Meeting 12:30-3:00	2 Shopping at Savers Lunch at Evergreen Walk 9:45-2:00 
5 Labor Day Office Closed 	6 Game Day 10:00-11:30  Chair Yoga 12:30 \$\$\$	7 Shopping-Geissler's 9:00 Walking Club 12:30-2:00 (Enfield Mall) Wii Zumba 12:30 WHPT Library 1:00-2:00	8 BINGO for \$\$ 12:30-2:00 	9 Apple Picking at Johnny Apple Seed 10:30-12:00  Mobile Food Share St. Catherine's Church 1:45-2:30
12 Shopping-Big Y or Walmart 9:00-10:30 Fitness 10:30-11:30 \$\$\$ Art with Tex 12:30 Wii Bowling 12:30	13 Tea Time 10:00-11:00  1:1 Law Sessions 12:30 Chair Yoga 12:30 \$\$\$	14 Shopping-Geissler's 9:00 Crafts with Melissa 10:30 Wii Zumba 12:30	15 Sit & Stitch 10:00-11:30 SNAP Presentation 10:30-11:30 "Whole Grains" Senior Club Meeting 12:30-3:00	16 Lunch and Learn Presented by: Blair Manor 12:00 
19 Shopping-Big Y or Walmart 9:00-10:30 Fitness 10:30-11:30 \$\$\$ Art with Tex 12:30 Wii Bowling 12:30	20 Foot Care 9:00-1:00 \$\$\$ Focus Group 10:00-11:00 Food for Thought 11:00-11:30 Chair Yoga 12:30 \$\$\$	21 Shopping-Geissler's 9:00 Big E CT Day 10:00-7:00 Wii Zumba 12:30 Set up for Monthly Social	22 MONTHLY SOCIAL 12:00 Featuring: Willie & Jan Band 	23 Muffins and a Movie "Miracles from Heaven" 10:00-12:00 Mobile Food Share St. Catherine's Church 1:45 - 2:30
26 Shopping-Big Y or Walmart 9:00-10:30 Book Club 10:30 Fitness 10:30-11:30 \$\$\$ Art with Tex 12:30 Wii Bowling 12:30	27  Chair Yoga 12:30 \$\$\$	28 Shopping-Geissler's 9:00 Walking Club 12:30-2:00 (Buckland Mall) Wii Zumba 12:30	29 Senior Center Fall Potluck 12:30-2:00 	30 BINGO \$\$\$ 12:30-2:00 

8/23/2016

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.