

SENIOR SERVICES EVENTS & ACTIVITIES

NOVEMBER 2009

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

monday

tuesday

wednesday

thursday

friday

2

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6

SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00

**ALL TOWN OFFICES
CLOSED FOR ELECTION DAY**

SHOPPING @ GEISSLERS'S 9:00

**FOOT CARE 9:00 - 2:00
FREE BLOOD PRESSURE/BLOOD
SUGAR SCREENING 10:00 - 12:30**

SHOPPING @ BUCKLAND HILLS &
JO-ANNE FABRICS @9:00AM

A.C.T.I.V.E. CLASS 10:30 - 11:15
CAFÉ LUNCH ~ NOON



**A.C.T.I.V.E. CLASS
10:30 - 11:15**
CAFÉ LUNCH ~ NOON

WALKING PROGRAM 9:30
MEET & GREET NEW CLIENT

**MORNING MOVIE & A MUFFIN
"SAVING PRIVATE RYAN"**
10:30- 11:55 part 1

WALKING PROGRAM 12:30
OPEN COMPUTER TIME 12:30 - 2:30

**WAREHOUSE POINT
LIBRARY 1:00 - 2:00**

ORIENTATION 10:30 - 11:30
CAFÉ LUNCH ~ NOON
SENIOR CLUB MEETING 1:00 - 3:00

CAFÉ LUNCH ~ NOON
"SAVING PRIVATE RYAN"
12:45 - 2:10 part 2

9

10

11

12

13

SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00
A.C.T.I.V.E. CLASS

**COMMUNITY CONVERSATIONS
10:30 - 11:30 WITH
CATHY CABRAL, TOWN TREASURER**

**ALL TOWN OFFICES
CLOSED FOR
VETERAN'S DAY**

SHOPPING @ GEISSLERS'S 9:00

SHOPPING @9:00AM
CHRISTMAS TREE SHOPS

10:30 - 11:15
CAFÉ LUNCH ~ NOON
WALKING PROGRAM 12:30

CAFÉ LUNCH ~ NOON
**FREE INSTRUCTIONAL
CHAIR YOGA 1:00 - 2:00**



WALKING PROGRAM 9:30

CAFÉ LUNCH ~ NOON

OPEN COMPUTER TIME 12:30 - 2:30

CAFÉ LUNCH ~ NOON

SCRABBLE CLUB 1:00 - 2:00

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SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00
A.C.T.I.V.E. CLASS

**SPECIAL DIAL-A-RIDE TRIP
10:30 - 11:30 FREE TOUR OF THE
HISTORICAL SOCIETY - LIGHT
REFRESHMENTS WILL BE SERVED**

SHOPPING @ GEISSLERS'S 9:00
A.C.T.I.V.E. CLASS

**MONTHLY SOCIAL AND ANNUAL
SENIOR THANKSGIVING DINNER
LIVE ENTERTAINMENT PROVIDED**

SHOPPING @9:00AM KOHLS/
HOME DEPOT/ENFIELD SQUARE

10:30 - 11:15
CAFÉ LUNCH ~ NOON
WALKING PROGRAM 12:30

CAFÉ LUNCH ~ NOON
**FREE INSTRUCTIONAL
CHAIR YOGA 1:00 - 2:00**

CAFÉ LUNCH ~ NOON
**SET UP FOR MONTHLY SOCIAL
AND THANKSGIVING DINNER
12:30 - 3:00**

**BY DENNIS MILNER
FINAL PAYMENTS DUE FOR
DECEMBER TRIPS/SIGN UPS
FOR JANUARY TRIPS**

CAFÉ LUNCH ~ NOON

OPEN COMPUTER TIME 12:30 - 2:30

12:30 - 3:00

FOR JANUARY TRIPS

Wii FIT 1:00 - 2:00

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SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00
A.C.T.I.V.E. CLASS 10:30 - 11:15

SCRABBLE 10:30 - 11:30

SHOPPING @ GEISSLERS'S 9:00
**NO ACTIVE CLASS DUE
TO HOLIDAY**

**CENTER CLOSED
THANKSGIVING HOLIDAY**

**CENTER CLOSED
THANKSGIVING HOLIDAY**

CAFÉ LUNCH ~ NOON
WALKING PROGRAM 12:30

CAFÉ LUNCH ~ NOON
**FREE INSTRUCTIONAL
CHAIR YOGA 1:00 - 2:00**

CAFÉ LUNCH ~ NOON



30

UPCOMING EVENTS:

In the event of inclement weather, we follow the same schedule as the East Windsor School system. Please listen to WTIC Radio Station 1080AM or Channel 3-WFSB 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.

SHOPPING @ WAL-MART /
BIG Y PLAZA 9:00 - 11:00

12/1 - Community Conversations
Samantha Lee, Tax Collector 10:30

A.C.T.I.V.E. CLASS 10:30 - 11:15

12/10 - Salem Cross Christmas

CAFÉ LUNCH ~ NOON

12/15 - Health Net's Senior Star

WALKING PROGRAM 12:30

Search - 1:00

12/16 - CRT Annual Christmas Holiday Dinner

10/19/2009

PLEASE NOTE - DUE TO BUILDING RENOVATIONS WE WILL BE TEMPORALLY RELOCATING TO THE SCOUT HALL YOUTH CENTER AT 28 ABBE RD. DIRECTIONS ARE POSTED ON OUR WEB SITE AND AVAILABLE AT THE SENIOR CENTER.