

SENIOR SERVICES EVENTS & ACTIVITIES

AUGUST 2010

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	3	4	5	6
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 SILVER SCREEN CLASSICS AT THE ENFIELD MOVIE THEATRE 12:30 - 2:45	COMMUNITY PUZZLE TIME 10:30 - 11:30 CAFÉ LUNCH ~ NOON FREE INSTRUCTIONAL CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 SPECIAL DIAL-A-RIDE TRIP TO BUCKLAND HILLS THEATRE & HOMETOWN BUFFET 9:30 - 1:30 CAFÉ LUNCH ~ NOON WAREHOUSE POINT LIBRARY 1:00 - 2:00	WALKING PROGRAM 9:30 - 11:00 FOOT CARE SERVICES 9:00 - 2:30 FREE BLOOD PRESSURE/SUGAR SCREENING 10:00 - 12:30 CAFÉ LUNCH ~ NOON NAT'L LEMON MERINGUE PIE DAY SENIOR CLUB MEETING 1:00 - 3:00	SHOPPING @CHRISTMAS TREE SHOPS 9:00AM Wii OPEN BOWLING 10:30 - 12:00 CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00 SCRABBLE CLUB 1:00 - 2:00
9	10	11	12	13
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 OPEN COMPUTER TIME 12:30 - 2:00	FILE OF LIFE OUTREACH ASSISTANCE WITH A REPRESENTATIVE FROM THE EW AMBULANCE ASSOCIATION 10:30 - 11:30 CAFÉ LUNCH ~ NOON FREE CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 CAFÉ LUNCH ~ NOON Wii LEAGUE BOWLING 12:30 - 2:00	WALKING PROGRAM 9:30 - 11:00 CAFÉ LUNCH ~ NOON ANNUAL AMERICAN RED CROSS BLOOD DRIVE 1:00 - 5:45	Wii OPEN BOWLING 10:30 - 12:00 CAFÉ LUNCH ~ NOON ANNUAL SOCK HOP AT SCOUT HALL 1:00 - 3:00 Wii FIT 1:00 - 2:00 SCRABBLE CLUB 1:00 - 2:00
16	17	18	19	20
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 OPEN COMPUTER TIME 12:30 - 2:00	MEET AND GREET THE SENIOR CENTER TRANSPORTATION COORDINATOR, TERESA HILL 10:30 - 12:00 CAFÉ LUNCH ~ NOON FREE CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 CAFÉ LUNCH ~ NOON Wii LEAGUE BOWLING 12:30 - 2:00	WALKING PROGRAM 9:30 - 11:00 CAFÉ LUNCH ~ NOON SPECIAL DIAL-A-RIDE LUNCHEON TO THE USS CHOWDER POT RESTAURANT 11:00 - 1:00	SHOPPING@ENFIELD SQUARE/ HOME DEPOT/KOHL'S 9:00AM Wii OPEN BOWLING 10:30 - 12:00 CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00 SCRABBLE CLUB 1:00 - 2:00
23	24	25	26	27
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 OPEN COMPUTER TIME 12:30 - 2:00	COFFEE HOUR WITH LAURA, DIRECTOR OF THE EAST WINDSOR SENIOR CENTER 10:30 - 11:30 CAFÉ LUNCH ~ NOON NATIONAL ZUCCHINI DAY COMMUNITY PUZZLE TIME 12:30 FREE CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 Wii LEAGUE BOWLING 10:30 - 12:00 CAFÉ LUNCH ~ NOON SET UP FOR MONTHLY SOCIAL 1:00 - 3:00	MONTHLY SOCIAL & ANNUAL SUMMER PICNIC 12:00 - 2:00 LIVE ENTERTAINMENT PROVIDED BY SIGNS OF THE TIME FINAL PAYMENTS DUE FOR SEPTEMBER TRIPS / SIGNUPS FOR OCTOBER TRIPS WILL BE OUT	Wii OPEN BOWLING 10:30 - 12:00 SPECIAL DIAL-A-RIDE TO TARGET FOR SHOPPING AND LUNCH AT BUFFALO WILD WINGS IN WINDSOR 9:00 - 1:30 CAFÉ LUNCH ~ NOON
30	31			
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 OPEN COMPUTER TIME 12:30 - 2:00	COMMUNITY PUZZLE TIME 10:30 - 11:30 CAFÉ LUNCH ~ NOON SPECIAL DIAL-A-RIDE TRIP TO A.C.MOORE / CRAFTING EVENT 12:30 - 2:30 FREE CHAIR YOGA 1:00 - 2:00	7.20.10		UPCOMING EVENTS: FREE BEGINNERS BRIDGE CLASS RESUMING IN SEPTEMBER ACTIVE CLASS RESUMING IN SEPTEMBER 9/22 - BIG E 10/5 & 10/6 - AARP DRIVING CLASS 10/19 - FOXWOODS 10/26 - ANNUAL FLU CLINIC