

SENIOR SERVICES EVENTS & ACTIVITIES

FEBRUARY 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

1	2	3	4	5
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15	TAX RELIEF PUBLIC HEARING 10:30 - 12:00 CAFÉ LUNCH ~ NOON MEET AND GREET THE SENIOR CENTER TRANSPORTATION COORDINATOR, TERESA HILL 12:30 - 2:00	SHOPPING @ GEISSLERS'S 9:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 CAFÉ LUNCH ~ NOON FREE NUTRITION/WEIGHT MANAGEMENT CLASS 12:30 - 2:30 WAREHOUSE POINT LIBRARY 1:00 - 2:00	FOOT CARE 9:00 - 2:00 WALKING PROGRAM 9:30 FREE BLOOD PRESSURE/BLOOD SUGAR SCREENING 10:00 - 12:30 CAFÉ LUNCH ~ NOON SENIOR CLUB MEETING 1:00 - 3:00	Wii BOWLING 10:00 - 12:00 SCRABBLE CLUB 10:00 - 11:00 CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00
8	9	10	11	12
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 TAX ASSISTANCE 9:00 - 12:00 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 OPEN COMPUTER TIME 12:30 - 2:30	COMMUNITY CONVERSATIONS W/ CAROL MADORE, TAX ASSESSOR TOWN OF EAST WINDSOR 10:30 - 11:30 CAFÉ LUNCH ~ NOON FREE INSTRUCTIONAL CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 FIRST FREE SESSION OF BEGINNERS BRIDGE CLASS 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 CAFÉ LUNCH ~ NOON FREE NUTRITION/WEIGHT MANAGEMENT CLASS 12:30 - 2:30	SHOPPING @ GEISSLERS'S 9:00 EXTRA FOOT CARE 9:00 - 2:00 WALKING PROGRAM 9:30 TAX ASSISTANCE 9:00 - 12:00 SPECIAL VALENTINE'S LUNCHEON SEE REVERSE SIDE FOR MENU CAFÉ LUNCH ~ NOON	SCRABBLE CLUB 10:00 - 11:00 Wii BOWLING 10:00 - 12:00 CRT CLOSED/NO LUNCH SERVED SPECIAL DIAL-A-RIDE TRIP TO CABELLA'S AND LUNCH AT HOMETOWN BUFFET 10:00 - 1:30 Wii FIT 1:00 - 2:00
15	16	17	18	19
ALL TOWN OFFICES CLOSED IN OBSERVANCE OF PRESIDENT'S DAY	VIEWING OF THE NOV. 18th BOARD OF FINANCE MEETING 9:30 - 11:40 CAFÉ LUNCH ~ NOON FREE INSTRUCTIONAL CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 FREE BEGINNERS BRIDGE CLASS 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 CAFÉ LUNCH ~ NOON	SPECIAL DIAL-A-RIDE TRIP TO THE CT FLOWER & GARDEN SHOW 9:30 - 1:30 AT THE XL CENTER TAX ASSISTANCE 9:00 - 12:00 WALKING PROGRAM 9:30 CAFÉ LUNCH ~ NOON SENIOR CLUB MEETING 1:00 - 3:00	SCRABBLE CLUB 10:00 - 11:00 Wii BOWLING 10:00 - 12:00 CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00
22	23	24	25	26
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 TAX ASSISTANCE 9:00 - 12:00 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 OPEN COMPUTER TIME 12:30 - 2:30	MEET AND GREET WITH THE SENIOR CENTER DIRECTOR, LAURA CLYNCH 10:30 - 12:00 CAFÉ LUNCH ~ NOON FREE INSTRUCTIONAL CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 FREE BRIDGE CLASS 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 SPECIAL LUNCHEON 12:00 - 12:30 "DO A RANDOM ACT OF KINDNESS" SEE REVERSE SIDE FOR MENU SET UP FOR SOCIAL 12:30 - 3:00	MONTHLY SOCIAL 12:00 - 2:00 LIVE ENTERTAINMENT PROVIDED JOHN BANKER & COMPANY FINAL PAYMENTS DUE FOR MARCH TRIPS/SIGN UPS FOR APRIL TRIPS * E.W. EDUCATION FOUNDATION * SPELLING BEE FUNDRAISER 6:00	SCRABBLE CLUB 10:00 - 11:00 Wii BOWLING 10:00 - 12:00 SPECIAL DIAL-A-RIDE TRIP TO SOPHIA'S RESTAURANT 11:30 - 1:30 CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00

UPCOMING EVENTS:

3/9 ~ Community Conversations with Tim Howes, Sup. of EW Schools
3/11 ~ Viewing of the Dec. 1st Board of Selectman meeting
3/16 ~ Foxwoods

3/17 ~ Special St. Patrick's Day Luncheon
3/18 ~ Coffee Hour with Laura, Director of the EW Senior Center

Please come out and support the Senior "Spelling Bee Stingers II" at the 2nd Annual East Windsor Education Spelling Bee Fundraiser. This event will be held on Thursday, February 25 at 6:00pm at La Notte Restaurant located at 17 Thompson Rd. It promises to be a fun filled evening for all. Although there is no charge for attending the show, donations may be made to the EW Education Foundation. 1/25/10

SENIOR CENTER STORM CLOSING POLICY: In the event of inclement weather, we follow the same schedule as the East Windsor School System