

SENIOR SERVICES EVENTS & ACTIVITIES

JANUARY 2010

SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261

NUTRITION PROGRAM ON-SITE CAFÉ 292-8279 NUTRITION PROGRAM MEALS - ON - WHEELS 292-8279

| monday | tuesday | wednesday | thursday | friday |
|--|--|--|--|---|
| UP COMING EVENTS: | | | | |
| 2/3 & 2/10 ~ FREE NUTRITION AND WEIGHT MANAGEMENT CLASS | 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 CLOSSES EARLY DUE TO UNFAVORABLE ROAD CONDITIONS, IT MAY BE NECESSARY TO CLOSE THE SENIOR CENTER EARLY. | | | NEW YEARS DAY ALL TOWN OFFICES CLOSED |
| 2/9 ~ COMMUNITY CONVER. WITH CAROL MADORE, TAX ASSESSOR | | | |  |
| 2/18 ~ CT. FLOWER SHOW HARTFORD, CT | | | | |
| 4 | 5 | 6 | 7 | 8 |
| SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 NEW A.C.T.I.V.E. EXERCISE WINTER SESSION 10:30 - 11:15 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 | MEET AND GREET THE SENIOR CENTER TRANSPORTATION COORDINATOR, TERESA HILL 10:30- 12:00 CAFÉ LUNCH ~ NOON Wii BOWLING 12:30 - 2:30 | SHOPPING @ GEISSLERS'S 9:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 CAFÉ LUNCH ~ NOON WAREHOUSE POINT LIBRARY 1:00 - 2:00 FREE CHAIR YOGA 1:00 - 2:00 | FREE BLOOD PRESSURE/SUGAR SCREENING 10:00 - 12:30 WALKING PROGRAM 9:30 EAST WINDSOR SENIOR PHOTO IDENTIFICATION/ARCHIVES CAFÉ LUNCH ~ NOON SENIOR CLUB MEETING 1:00 - 3:00 | SPECIAL DIAL-A-RIDE LUNCHEON TO DAWN MARIE'S AT BASSDALE PLAZA 11:30 - 1:00 CAFÉ LUNCH ~ NOON SCRABBLE CLUB 1:00 - 2:00 |
| 11 | 12 | 13 | 14 | 15 |
| SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 | SPECIAL DIAL-A-RIDE TRIP WALGREENS PHARMACY 10:00 - 11:30 EAST WINDSOR SENIOR PHOTO IDENTIFICATION/ARCHIVES CAFÉ LUNCH ~ NOON Wii BOWLING 12:30 - 2:30 | SHOPPING @ GEISSLERS'S 9:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 CAFÉ LUNCH ~ NOON FREE CHAIR YOGA 1:00 - 2:00 | FOOT CARE 9:00 - 2:00 WALKING PROGRAM 9:30 CAFÉ LUNCH ~ NOON FILE OF LIFE OUTREACH ASSISTANCE WITH A REPRESENTATIVE FROM THE EW AMBULANCE ASSOC. 12:30 | SHOPPING @ BUCKLAND HILLS & JO-ANNE FABRICS @9:00AM CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00 |
| 18 | 19 | 20 | 21 | 22 |
| MARTIN LUTHER KING, JR. DAY ALL TOWN OFFICES CLOSED  | SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 EAST WINDSOR SENIOR PHOTO IDENTIFICATION/ARCHIVES CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 Wii BOWLING 12:30 - 2:30 | 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 FREE CHAIR YOGA 1:00 - 2:00 | WALKING PROGRAM 9:30 COFFEE HOUR WITH LAURA, DIRECTOR OF THE EAST WINDSOR SENIOR CENTER 10:30 - 11:30 CAFÉ LUNCH ~ NOON SENIOR CLUB MEETING 1:00 - 3:00 | SPECIAL DIAL-A-RIDE TRIP SHOPPING AT BURLINGTON COAT FACTORY AND LUNCH AT THE CRACKER BARREL 10:00 - 1:00 CAFÉ LUNCH ~ NOON SCRABBLE CLUB 1:00 - 2:00 |
| 25 | 26 | 27 | 28 | 29 |
| SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30 | MEET AND GREAT WITH THE SENIOR CENTER DIRECTOR, LAURA CLYNCH 10:30 - 12:00 CAFÉ LUNCH ~ NOON Wii BOWLING 12:30 - 2:30 | 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 CHAIR YOGA 1:00 - 2:00 SOCIAL SET UP 2:00 - 3:00 | MONTHLY SOCIAL 12:00 - 2:00 LIVE ENTERTAINMENT PROVIDED BRIAN GILLIE FINAL PAYMENTS DUE FOR FEB. TRIPS/ SIGNUPS MARCH TRIPS | SHOPPING @CHRISTMAS TREE SHOPS 9:00AM CAFÉ LUNCH ~ NOON  |