



# SENIOR SERVICES EVENTS & ACTIVITIES

# MAY 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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30	<b>NEW ACTIVITY:</b> <b>COMMUNITY PUZZLE TIME</b> 10:30 - 11:30 CAFÉ LUNCH ~ NOON <b>FREE INSTRUCTIONAL</b> CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 <b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b> CAFÉ LUNCH ~ NOON <b>WAREHOUSE POINT</b> LIBRARY 1:00 - 2:00 Wii LEAGUE BOWLING 12:30 - 2:00	WALKING PROGRAM 9:30 - 11:00 <b>DIAL-A-RIDE TRIP TO THE XL CENTER</b> RINGLING BROS CIRCUS 9:30 - 1:00 <b>FREE BLOOD PRESSURE/SUGAR</b> SCREENING 10:00 - 12:30 SENIOR CLUB MEETING 1:00 - 3:00	Wii OPEN BOWLING 10:30 - 12:00  CAFÉ LUNCH ~ NOON  <b>SET UP FOR SPECIAL LUNCHEON ON</b> <b>MONDAY, MAY 10TH</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b> CAFÉ LUNCH ~ NOON <b>MOTHER'S DAY LUNCHEON 12:00</b> WALKING PROGRAM 12:30	CAFÉ LUNCH ~ NOON <b>SPECIAL HEALTHCARE REFORM</b> <b>INFORMATIONAL WORKSHOP</b> 12:30 - 1:30 <b>FREE INSTRUCTIONAL</b> CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 <b>FOOT CARE SERVICES 9:00 - 2:30</b> <b>BY APPOINTMENT ONLY</b> <b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b> CAFÉ LUNCH ~ NOON Wii LEAGUE BOWLING 12:30	WALKING PROGRAM 9:30 - 11:00 <b>FREE VISION SCREENINGS &amp;</b> <b>EYE CARE PRESENTATION BY</b> <b>PRIMARY EYE CARE CENTER</b> 9:30 - 11:00 CAFÉ LUNCH ~ NOON	Wii OPEN BOWLING 10:30 - 12:00 <b>DIAL-A-RIDE TRIP TO LOTS &amp; MORE/</b> <b>LUNCH AT THE RED ONION 10:30 - 1:00</b> CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00 <b>SCRABBLE CLUB 1:00 - 2:00</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30	<b>SPECIAL MOTOR COACH TRIP</b> <b>TO FOXWOODS CASINO</b> 8:00 - 5:30 CAFÉ LUNCH ~ NOON <b>FREE INSTRUCTIONAL</b> CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 <b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b> CAFÉ LUNCH ~ NOON <b>TOWN OF EAST WINDSOR</b> <b>PROCLAMATION,</b> <b>"BETTY ALLEMEN DAY"</b>	WALKING PROGRAM 9:30 - 11:00 <b>COFFEE HOUR WITH LAURA,</b> <b>DIRECTOR OF THE EAST WINDSOR</b> <b>SENIOR CENTER 10:30 - 11:30</b> CAFÉ LUNCH ~ NOON 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 <b>SCRABBLE CLUB 1:00 - 2:00</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15 CAFÉ LUNCH ~ NOON WALKING PROGRAM 12:30	CAFÉ LUNCH ~ NOON <b>HEALTH NET'S Wii BOWLING</b> <b>SPRING COMPETITION AT THE</b> <b>W.L. SENIOR CENTER 1:00 - 3:00</b> <b>FREE INSTRUCTIONAL</b> CHAIR YOGA 1:00 - 2:00	SHOPPING @ GEISSLERS'S 9:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15 CAFÉ LUNCH ~ NOON <b>SET UP FOR MONTHLY</b> <b>SOCIAL 1:00 - 3:00</b>	<b>BETTY ALLEMEN'S 100th</b> <b>BIRTHDAY CELEBRATION</b> <b>MONTHLY SOCIAL 12:00 - 2:00</b> <b>LIVE ENTERTAINMENT PROVIDED</b> <b>BY CHUCK OAKS</b> <b>FINAL PAYMENTS DUE FOR JUNE</b> <b>TRIPS &amp; SIGN-UPS FOR JULY TRIPS</b>	CAFÉ LUNCH ~ NOON Wii FIT 1:00 - 2:00 <b>SCRABBLE CLUB 1:00 - 2:00</b>
<b>31</b>				
<b>CENTER CLOSED</b> <b>IN OBSERVANCE OF</b> <b>MEMORIAL DAY</b>				



## MAY IS OLDER AMERICANS MONTH

