

# SENIOR SERVICES EVENTS & ACTIVITIES

# NOVEMBER 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
<p>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15</p> <p><b>SPECIAL DIAL-A-RIDE TRIP TO THE TRAVLER RESTAURANT AND FALL FOLIAGE RIDE 10:15 - 2:00</b></p>	<p><b>SPRING VILLAGE DAY</b> 10:00 - 1:45 <b>MEET &amp; GREET W/ TERESEA HILL, TRANS. CORD. 10:00 - 11:00</b> <b>FILE OF LIFE 10:30 - 11:30</b> <b>MARGARET HALE, ITN</b> <b>NORTH CENTRAL 11:15 - 11:45</b> <b>MELISSA'S CRAFTS 12:45 - 1:45</b></p>	<p>SHOPPING AT GEISSLER'S PLAZA 9:00 - 10:30  <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15</p> <p><b>WAREHOUSE POINT LIBRARY 1:00 - 2:00</b></p>	<p><b>FOOT CARE 9:00 - 2:00</b> <b>FREE BLOOD PRESSURE/BLOOD SUGAR SCREENING 10:00 - 12:30</b></p> <p><b>SENIOR CLUB 1:00 - 3:00</b></p>	<p><b>SPECIAL DROP IN DAY</b> 9:00 - 2:00</p> <p><b>SENIOR CARDIO CIRCUIT FITNESS CLASS 11:00 - 11:45</b></p>
<p>8</p> <p>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15 WALKING PROGRAM 12:30 <b>SPECIAL SILVER SCREEN CLASSIC MOVIE IN ENFIELD 12:30</b></p>	<p>9</p> <p><b>FOOD FOR THOUGHT WITH JANET 10:30 - 11:30</b></p> <p><b>NEW ELDER LAW PROGRAM: ATTORNEYS KRANER &amp; HESS 1:00 - 2:00</b></p>	<p>10</p> <p>SHOPPING @ GEISSLER'S 9:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15 <b>VA AID &amp; ATTENDANCE SEMINAR WITH COMFORT KEEPERS &amp; WEATHERBY &amp; ASSOC. PC 1:00 - 2:00</b></p>	<p>11</p> <p><b>ALL TOWN OFFICES CLOSED FOR VETERAN'S DAY</b></p> 	<p>12</p> <p>SHOPPING @9:00AM CHRISTMAS TREE SHOPS</p> <p><b>SENIOR CARDIO CIRCUIT FITNESS CLASS 11:00 - 11:45</b></p>
<p>15</p> <p>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15 WALKING PROGRAM 12:30 <b>NEW PROGRAM - KNIT, TAT, &amp; CHAT 12:30</b></p>	<p>16</p> <p><b>SPECIAL DIAL-A-RIDE TRIP TO THE AQUA TURF SALUTE TO THE ARMED FORCES 10:00 - 3:45</b></p> <p><b>SPECIAL DROP IN DAY 9:00 - 2:00</b></p>	<p>17</p> <p>SHOPPING @ GEISSLER'S 9:00 <b>A.C.T.I.V.E. CLASS</b> 10:30 - 11:15</p> <p><b>SET UP FOR MONTHLY SOCIAL AND THANKSGIVING DINNER 12:30 - 3:00</b></p>	<p>18</p> <p><b>MONTHLY SOCIAL AND ANNUAL SENIOR THANKSGIVING DINNER LIVE ENTERTAINMENT PROVIDED BY DENNIS MILNER</b> <b>FINAL PAYMENTS DUE FOR DECEMBER TRIPS/SIGN UPS FOR JANUARY TRIPS</b></p>	<p>19</p> <p><b>SHOPPING AT THE NEW ALDI'S SUPERMARKET IN ENFIELD &amp; OCEAN STATE JOB LOT 9:00 - 11:30</b></p> <p><b>SENIOR CARDIO CIRCUIT FITNESS CLASS 11:00 - 11:45</b></p>
<p>22</p> <p>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b> <b>KNIT, TAT, &amp; CHAT 12:30</b> WALKING PROGRAM 12:30</p>	<p>23</p> <p><b>MORNING MOVIE &amp; MUFFIN JULIE &amp; JULIA 9:30 - 11:35</b> <b>UCONN SEMINAR - 1:00 - 2:00</b> <b>UNDERSTANDING PRESCRIPTION AND OVER-THE-COUNTER LABELS</b></p>	<p>24</p> <p>SHOPPING @ GEISSLER'S 9:00 <b>NO ACTIVE CLASS DUE TO HOLIDAY</b> <b>SPECIAL DROP IN DAY 9:00 - 2:00</b></p>	<p>25</p> <p><b>CENTER CLOSED THANKSGIVING HOLIDAY</b></p> 	<p>26</p> <p><b>CENTER CLOSED THANKSGIVING HOLIDAY</b></p>
<p>29</p> <p>SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 <b>A.C.T.I.V.E. CLASS 10:30 - 11:15</b> <b>KNIT, TAT, &amp; CHAT 12:30</b> WALKING PROGRAM 12:30</p>	<p>30</p> <p><b>SPECIAL DIAL-A-RIDE TRIP TO AC MOORE IN MANCHESTER FOR A FREE SCRAP BOOKING CLASS 12:30 - 2:30</b></p>	<p>LUNCH IS SERVED DAILY FROM 12:00 - 12:30 FREE CHAIR YOGA EVERY TUESDAY 3:15 - 4:15 OPEN COMPUTER TIME DAILY FROM 9:00 - 2:00 OPEN Wii PLAYING TIME DAILY FROM 10:00 - 2:00 THE CENTER IS OPEN DAILY FROM 9:00 - 2:00 FOR DROP IN VISITORS</p>	<p><b>UPCOMING EVENTS</b> 12/1 ~ SALEM CROSS CHRISTMAS 12/3 ~ GOVERNOR'S MANSION TOUR 12/9 ~ WRIGHT'S FARM 12/14 ~ AC MOORE - HOLIDAY CARDS 10.21.10</p>	

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.