

SENIOR SERVICES EVENTS & ACTIVITIES SEPTEMBER 2010

SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261 NUTRITION PROGRAM 292-8279

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

monday	tuesday	wednesday	thursday	friday
UPCOMING EVENTS:				
		1	2	3
10/3 ~ BERLIN FAIR	10/19 ~ FOXWOODS	GROCERY SHOPPING @ GEISSLERS 9:00AM	FOOT CARE 9:00 - 2:00	SHOPPING AT KOHLS HOME DEPOT & ENFIELD SQUARE 9:00 - 1:30
	10/21 ~ TRAVLER RESTAURANT& FALL FOLIAGE DRIVE	SPECIAL SENIOR DAY DROP IN 9:00 - 2:00	FREE BLOOD PRESSURE/BLOOD SUGAR SCREENING 10:00	Wii LEAGUE BOWLING 10:00 - 12:00
10/5-10/6 ~ AARP DRIVING CLASS		WAREHOUSE POINT LIBRARY 9:00 - 10:00	SENIOR CLUB MEETING 1:00	
10/14 ~ SCIENCE CENTER	10/26 ~ ANNUAL FLU CLINIC			
 6	7	8	9	10
NATIONAL PIZZA DAY 9:00 - 2:00 SPECIAL EVENTS ALL DAY - SHOWING "MYSTIC PIZZA" 10:00 - 11:45 SPECIAL DESSERTS TO FOLLOW LUNCH	SHOPPING AT GEISSLER'S PLAZA 9:00 - 10:30	MALL WALKERS & SHOPPERS 10:00 - 12:00	SHOPPING AT JO-ANN FABRICS AND BUCKLAND HILLS MALL 9:00 - 1:15	
ALL TOWN OFFICES CLOSED IN OBSERVANCE OF LABOR DAY	SPECIAL SENIOR DAY DROP IN 9:00 - 2:00	NATIONAL TEDDY BEAR DAY SPECIAL SENIOR DAY 9:00 - 2:00 NEW ACTIVITY ~ CRAFT HOUR 1:00 - 2:00	NEW SENIOR CARDIO CIRCUIT FITNESS CLASS 11:00 - 11:45 Wii LEAGUE BOWLING 10:00 - 12:00	
13	14	15	16	17
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00AM ~ NEW A.C.T.I.V.E. EXERCISE FALL SESSION 10:30 - 11:15 NATIONAL GRANDPARENTS DAY SPECIAL EVENT PLANNED	SPECIAL DIAL-A-RIDE TRIP TO SAVERS STORE AND LUNCH AT SHADY GLEN RESTAURANT 10:00 - 1:30	SHOPPING AT GEISSLER'S PLAZA 9:00 - 10:30 SPECIAL SENIOR DAY DROP IN 9:00 - 2:00 A.C.T.I.V.E. CLASS 10:30 - 11:15	MEET AND GREET TERESA HILL, TRANSPORTATION COORDINATOR 10:30 - 12:00 NATIONAL PLAY DOH DAY SPECIAL SENIOR DAY DROP IN 9:00 - 2:00 SENIOR CLUB MEETING 1:00	SHOPPING 9:00 - 11:15 AT THE CHRISTMAS TREE SHOPS NEW SENIOR CARDIO CIRCUIT FITNESS CLASS 11:00 - 11:45 Wii LEAGUE BOWLING 10:00 - 12:00
20	21	22	23	24
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 A.M. - 11:00 A.M. A.C.T.I.V.E. CLASS 10:30 - 11:15 WALKING PROGRAM 12:30 SPECIAL SILVER SCREEN CLASSIC MOVIE IN ENFIELD 12:30 - 2:30	SHOPPING AT GEISSLER'S PLAZA 9:00 - 10:30 SPECIAL SENIOR DAY DROP IN 9:00 - 2:00 FILE OF LIFE OUTREACH ASSIST. WITH A REP FROM THE EW AMBULANCE 10:30 - 11:30	SPECIAL DIAL-A-RIDE TRIP TO THE BIG E 10:00 - 6:00 A.C.T.I.V.E. CLASS 10:30 - 11:15	MONTHLY SOCIAL LIVE ENTERTAINMENT PROVIDED BY BOB MEL 12:00 - 2:00 FINAL PAYMENTS DUE FOR OCTOBER TRIPS/SIGN UPS FOR NOVEMBER TRIPS	SHOPPING 9:00 - 11:15 AT OCEAN STATE JOB LOT SPECIAL GAME DAY OPEN GAME TIME 9:00 - 2:00 NEW SENIOR CARDIO CIRCUIT FITNESS CLASS 11:00 - 11:45
27	28	29	30	
SHOPPING @ WAL-MART / BIG Y PLAZA 9:00 - 11:00 A.C.T.I.V.E. CLASS 10:30 - 11:15 WALKING PROGRAM 12:30	NATIONAL GOOD NEIGHBOR DAY: BRING YOUR NEIGHBOR TO THE SENIOR CENTER FOR SPECIAL EVENTS ENERGY CONSERVATION BINGO PRESENTED BY CL&P 10:30 - 11:30	SHOPPING @GEISSLERS 9:00 - 10:30 A.C.T.I.V.E. CLASS 10:30 - 11:15 SPECIAL SENIOR DAY 9:00 - 2:00 GUEST SPEAKER: 1:00 - 2:00 FREE CHARTER OAK PASS	SPECIAL SENIOR DAY DROP IN 9:00 - 2:00 NEW ACTIVITY: CRAFT HOUR 1:00 - 2:00	 8.25.10

**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