

# EAST WINDSOR SENIOR SERVICES EVENTS & ACTIVITIES

# JULY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Cribbage &amp; Card Game 10:30 - 12:00</p> <p>Watercolors with Sue 12:30 - 1:30</p> <p>Wii Bowling 12:30 - 2:00</p>	<p><b>3</b></p> <p>Coffee &amp; Sharing with Sr. Center Team 10:00 - 10:30</p> <p>FOCUS GROUP 10:30 - 11:30</p> <p>Chair Yoga 12:30</p>	<p><b>4</b></p> <p><b>CENTER CLOSED INDEPENDENCE DAY!!</b></p> 	<p><b>5</b></p> <p>Foot Care Services 9:00 - 1:00</p> <p>Free Blood Pressure and Sugar Screening 10:00 a.m.</p> <p>Tai Chi 10:30 - 11:30</p> <p>SENIOR CLUB MEETING 1:00-3:00</p>	<p><b>6</b></p> <p>Foot Care Services 9:00 - 1:00</p> <p>Presentation by CRT "Gatekeeper Program" 11:00 - 12:00</p> <p>Wii Bowling 12:30 - 2:00</p>
<p><b>9</b></p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Cribbage &amp; Card Games 10:30 - 12:00</p> <p>Watercolors with Sue 12:30 - 1:30</p> <p>VNA PRESENTATION Anxiety &amp; Depression 12:30 - 1:30</p>	<p><b>10</b></p> <p>ACTIVE CLASS WLSC 8:30 - 9:30</p> <p>Breakfast at Hot Cakes</p> <p>Connecticut Old State House "America's Most Unpopular War A Discussion of the War of 1812" 9:00 - 2:00</p> <p>One-on-One Law Sessions 12:30 Chair Yoga 12:30</p>	<p><b>11</b></p> <p>Shopping at Geissler's 9:00</p> <p>Warehouse Point Library 1:00 - 2:00</p> <p>Cribbage &amp; Card Games 10:45 - 12:00</p> <p>Wii Fitness with Melissa 12:30 - 1:30</p>	<p><b>12</b></p> <p>ACTIVE CLASS WLSC 8:30 - 9:30</p> <p>Renter's Rebate Program 9:00 - 1:00</p> <p>Tai Chi 10:30 - 11:30</p> <p>Hartford Belle Cruises Cruise down the Connecticut River 12:20 - 3:00</p> 	<p><b>13</b></p> <p>Renter's Rebate Program 9:00 - 1:00</p> <p>Wii Bowling Tournament vs. Vernon at EWSC 12:30 - 2:30</p>
<p><b>16</b></p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Cribbage &amp; Card Games 10:30 - 12:00</p> <p>Watercolors with Sue 12:30 - 1:30</p> <p>Wii Bowling 12:30 - 2:00</p>	<p><b>17</b></p> <p>ACTIVE CLASS WLSC 8:30 - 9:30</p> <p>Coffee &amp; Sharing with Sr. Center Team 10:00 - 10:30</p> <p>Chair Yoga 12:30</p> <p>WL Evening Concert "Simply Swing" 6:30 - 9:00</p>	<p><b>18</b></p> <p>Shopping at Geissler's 9:00</p> <p>Cribbage &amp; Card Games 10:45 - 12:00</p> <p>Craft Hour with Melissa 10:30 - 11:30</p> <p>Wii Fitness with Melissa 12:30 - 1:30</p>	<p><b>19</b></p> <p>ACTIVE CLASS WLSC 8:30 - 9:30</p> <p>Tai Chi 10:30 - 11:30</p> <p>HOMEWATCH BINGO 12:30 - 2:00</p>	<p><b>20</b></p> <p>IN HOUSE MOVIE "Mall Cop" 9:30 - 11:30</p> <p>Dance Party with John Grace 12:30 - 2:00</p>
<p><b>23</b></p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Cribbage &amp; Card Games 10:30 - 12:00</p> <p>Watercolors with Sue 12:30 - 1:30</p> <p>Wii Bowling 12:30 - 2:00</p>	<p><b>24</b></p> <p>ACTIVE CLASS WLSC 8:30 - 9:30</p> <p>Blueberry Picking Gilson Farms 8:30 - 10:30</p>  <p>Chair Yoga 12:30</p>	<p><b>25</b></p> <p>Shopping at Geissler's 9:00</p> <p>Cribbage &amp; Card Games 10:45 - 12:00</p> <p>ROCKCATS GAME 10:30 - 3:30</p>  <p>SET UP FOR MONTHLY SOCIAL</p>	<p><b>26</b></p> <p>ACTIVE CLASS WLSC 8:30 - 9:30</p> <p>MONTHLY SOCIAL</p> <p>LIVE ENTERTAINMENT BY JOHN BANKER</p> 	<p><b>27</b></p> <p>IN HOUSE MOVIE War Horse 9:30 - 12:00</p> <p>Summer Olympics Opening Ceremonies</p> 
<p><b>30</b></p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00</p> <p>Cribbage &amp; Card Games 10:30 - 12:00</p> <p>Watercolors with Sue 12:30 - 1:30</p> <p>Wii Bowling 12:30 - 2:00</p>	<p><b>31</b></p> <p>ACTIVE CLASS WLSC 8:30 - 9:30</p> <p>Food for Thought 11:00 - 11:30</p> <p>Chair Yoga 12:30</p>			

**SENIOR CENTER HOURS - MONDAY THROUGH FRIDAY 8:00 a.m. to 3:00 p.m.**

**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**

