



EAST WINDSOR SENIOR SERVICES ACTIVITIES

MARCH 2014

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860) 292-8279

NUTRITION PROGRAM MEALS - ON - WHEELS (860) 292-8279 WEBSITE WWW.EASTWINDSORCT.COM

3	4	5	6	7
<p>Shopping - Big Y or WalMart 9:00 - 11:00 Tax Preparation 9:00 - 12:00 Art Class 12:30 Knit, Tat & Chat 12:30</p> <p>Wii Bowling Practice 12:30</p>	<p>"Care in the Community" Greater Hartford Legal Aid Attorney Denny 10:30 - 11:30 4 Individual Appt's 11:30 - 12:30</p> <p>Chair Yoga 12:30</p>	<p>Shopping at Geissler's</p> <p>ITNNorth Central In-House Presentation Safe, Affordable Transportation 12:30</p> <p>Wii Zumba 12:30</p>	<p>FREE BLOOD PRESSURE - SUGAR SCREENING 10:00</p> <p>Tai Chi 10:15</p> <p>SENIOR CLUB MEETING 1:00-3:00</p>	<p>Foot Care Services 9:00 - 1:00</p> <p>Touchpoints at Chestnut Point Lunch and Learn Event Cardiac Health 11:30 - 1:30</p> <p>Daylight Savings Time Begins on Sunday Change your clocks!!!!</p>
10	11	12	13	14
<p>Shopping - Big Y or WalMart 9:00 - 11:00 Tax Preparation 9:00 - 12:00 Art Class 12:30 Knit, Tat & Chat 12:30 The Book Club "The Travelers Wife"</p> <p>12:30 - 1:30</p>	<p>FOCUS GROUP 10:30-11:30</p> <p>Food for Thought 11:00 - 11:30 ONE-ON-ONE LAW SESSIONS 12:30 Chair Yoga 12:30</p>	<p>Shopping at Geissler's 9:00</p> <p>Crafts with Melissa 11:00 - 12:00</p> <p>File for Life Presentation 12:30 - 2:00</p> <p>Wii Zumba 12:30</p>	<p>Tai Chi 10:15 Movie at the WHPT Library 10:45 "Captain Phillips" In-House Bingo 12:30 - 2:00 Genealogy 12:30 - 2:00</p> <p>Deadline for Limerick Contest Submittal</p>	<p>Wii Bowling Practice 10:00 - 12:00</p> <p>Jewelry Making 10:30 Cut coupons for the Troops 12:30 -1:30</p> <p>Mobile Food Share</p> <p>St. Catherine's Church 1:45 - 2:30</p>
17	18	19	20	21
<p>Shopping - Big Y or WalMart 9:00 - 11:00 Tax Preparation 9:00 - 12:00 Art Class 12:30 Knit, Tat & Chat 12:30 Wii Bowling Practice 12:30 WEAR GREEN!</p> <p>St. Patrick's Day Limerick Contest</p>	<p>Foot Care Services 9:00 - 1:00</p> <p>St Patrick's Day Celebration at the Aqua Turf 10:00 - 4:00</p> <p>Chair Yoga 12:30</p>	<p>Shopping at Geissler's 9:00</p> <p>Wii Bowling Tournament EW vs WINDSOR at Windsor 12:30 - 3:00</p> <p>Wii Zumba 12:30</p>	<p>Tai Chi 10:15 Dollar General 12:30 - 1:30</p>  <p>Spring Equinox First day of Spring!</p> <p>SENIOR CLUB MEETING 1:00 - 3:00</p>	<p>Christmas Tree Shop 9:30 - 11:30</p> <p>In House Movie 12:30 - 2:30 "The Time Traveler's Wife" The Book Club invites all to attend</p>
24	25	26	27	28
<p>Shopping - Big Y or WalMart 9:00 - 11:00 Tax Preparation 9:00 - 12:00 Art Class 12:30</p> <p>Knit, Tat & Chat 12:30 Wii Bowling Practice 12:30</p>	<p>Breakfast at the Whistle Stop and Conversation at Noon Old State House, Hartford The Activism of Isabella Beecher Hooker 9:30 - 1:30</p> <p>Chair Yoga 12:30</p>	<p>Shopping at Geissler's 9:00</p> <p>Warehouse Point Library 1:00 - 2:00</p> <p>Wii Zumba 12:30</p> <p>SET UP FOR MONTHLY SOCIAL</p>	<p>MONTHLY SOCIAL 12:00 LIVE ENTERTAINMENT BY Chris Merwin</p> 	<p>Breakfast at The Country Diner Return to Center to Play Games Checkers, Scrabble, Card Games 9:00 - 11:00</p> <p>Jewelry Making 10:30 Cut coupons for the Troops 12:30 -1:30 Mobile Food Share St. Catherine's Church 1:45 - 2:30</p>
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<p>Shopping - Big Y or WalMart 9:00 - 11:00 Tax Preparation 9:00 - 12:00</p> <p>Art Class 12:30 Knit, Tat & Chat 12:30 Wii Bowling Practice 12:30</p>			<p>March is National Kidney Month</p> <p>Remember to get your annual screening test for kidney disease</p>	

In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 -WNBC 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.