

# East Windsor Senior Center Events and Activities

# SEPTEMBER 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](http://www.eastwindsorct.com)

<p><b>CENTER CLOSED</b> <b>HAPPY LABOR DAY!</b></p>	<p><b>GAME Day with Kristen</b> <b>10:00 - 11:30</b></p> <p><b>Chair Yoga 12:30</b></p>	<p><b>Shopping at Geisslers 9:00</b></p> <p><b>Mani-Pedi Appts.</b> <b>9:00 - 11:40</b></p> <p><b>Wii Zumba 12:30</b></p> <p><b>WHPT Library 1:00 - 2:00</b></p>	<p><b>Free Blood Pressure and Sugar Screening</b> <b>10:00 - 12:30</b></p> <p><b>Fitness Class 10:00 - 11:00</b></p> <p><b>Senior Club Meeting</b> <b>1:00 - 3:00</b></p>	<p><b>Jewelry Making w/ Janice</b> <b>10:30</b></p> <p><b>Eye Care Presentation</b> <b>12:30 - 1:30</b></p>
<p><b>Shopping - Walmart or Big Y</b> <b>9:00 - 11:00</b></p> <p><b>Art Class 12:30</b></p> <p><b>Wii Bowling 12:30</b></p>	<p><b>One on One Law Sessions</b> <b>12:30</b></p> <p><b>Chair Yoga 12:30</b></p> <p><b>Staff Meeting 2:00 - 3:00</b></p>	<p><b>Shopping at Geisslers 9:00</b> <b>Mani-Pedi Appts.</b> <b>9:00 - 11:40</b></p> <p><b>Wii Bowling Tournament vs Windsor at East Windsor</b> <b>12:30</b></p> <p><b>Wii Zumba 12:30</b></p>	<p><b>Patriot Day</b></p> <p><b>Fitness Class 10:00 - 11:00</b></p> <p><b>In-House Bingo 12:30 - 2:00</b></p>	<p><b>Mobile Food Share at St. Catherine's Parking Lot</b> <b>1:45 - 2:30</b></p>
<p><b>Shopping - Walmart or Big Y</b> <b>9:00 - 11:00</b></p> <p><b>Art Class 12:30</b></p> <p><b>Wii Bowling 12:30</b></p>	<p><b>Foot Care Services</b> <b>9:00 - 1:00</b></p> <p><b>Plant Connection</b> <b>10:00 - 11:30 - Lucky Bamboo</b></p> <p><b>Chair Yoga 12:30</b></p>	<p><b>Mani-Pedi Appts.</b> <b>9:00 - 11:40</b></p> <p><b>Big E - CT Day 9:30 - 7:00</b></p> <p><b>Wii Zumba 12:30</b></p>	<p><b>Shopping at Geisslers 9:00</b></p> <p><b>Fitness Class 10:00 - 11:00</b></p> <p><b>Senior Club Meeting</b> <b>1:00 - 3:00</b></p>	<p><b>Jewelry Making w/ Janice</b> <b>10:30</b></p> <p><b>CT. State House Concert "Fiesta del Norte"</b> <b>10:30 - 1:30</b></p>
<p><b>Shopping - Walmart or Big Y</b> <b>9:00 - 11:00</b></p> <p><b>Book Club 10:30 - Guernsey</b></p> <p><b>Art Class 12:30</b></p> <p><b>Wii Bowling 12:30</b></p>	<p><b>Audubon Society "Memories of Nature"</b> <b>1:00 p.m. - 1:30 p.m.</b></p> <p><b>Focus Group with Kristen</b> <b>10:00 - 11:00</b></p> <p><b>Food for Thought 11:00 - 11:30</b></p> <p><b>Chair Yoga 12:30</b></p>	<p><b>Shopping at Geisslers 9:00</b></p> <p><b>Mani-Pedi Appts.</b> <b>9:00 - 11:40</b></p> <p><b>Wii Zumba 12:30</b></p> <p><b>Set up for Monthly Social</b></p>	<p><b>Monthly Social</b> <b>12:00</b></p> <p><b>Talent show by our own Seniors</b></p>	<p><b>In-House Movie</b> <b>TBD</b> <b>9:30 a.m. - 12:00 p.m.</b></p> <p><b>Mobile Food Share at St. Catherine's Parking Lot</b> <b>1:45 - 2:30</b></p>
<p><b>Shopping - Walmart or Big Y</b> <b>9:00 - 11:00</b></p> <p><b>Art Class 12:30</b></p> <p><b>Wii Bowling 12:30</b></p>	<p><b>Tea Time with Kristen</b> <b>9:30 - 10:30</b></p> <p><b>Chair Yoga 12:30</b></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.

**THE CENTER IS OPEN**

**MONDAY THRU FRIDAY**

**8:00 A.M. - 3:00 P.M.**