



# THE SENIOR CONNECTION

A Monthly Publication of programs, events, trips and news  
for South Windsor residents 55+

150 Nevers Road 860-648-6361 [www.southwindsor-ct.gov](http://www.southwindsor-ct.gov)

## December 2023



Like us on Facebook: [Facebook.com/swseniorcenter](https://www.facebook.com/swseniorcenter)  
Follow us on Instagram: [SWSeniorCenter](https://www.instagram.com/SWSeniorCenter)



## Celebrating it's 10th Year! Winter Craft & Specialty Foods Show

Come to our Annual Winter Craft Show at the Community Center, 150 Nevers Road, on **Sunday, December 3 from 9:00 AM to 3:00 PM. Free Admission! Bake Sale and Raffle!!** Over 40 vendors will be here selling handmade crafts and specialty foods. Hot dogs and salads will be for sale. Transportation is available; call to schedule a ride by 11/30. This is a fundraiser that supports the Senior Center's Community Service Group which donates to various causes and projects to benefit our community!

## Holiday Party & Lunch

Join us **Wednesday, December 13 at 11:00 AM** for our annual Holiday Party! We will have appetizers while listening to a performance of holiday music from the SW High School Orchestra. At 12 noon, enjoy a CRT lunch consisting of broccoli and cheese stuffed chicken, mashed sweet potatoes, green beans and dessert. Please call by 12 noon on 12/12 to sign up! Lunch is a suggested donation of \$3.



## Newcomers Group!

Have you heard and read about all the amazing things we offer at the senior center but don't want to come alone? Or maybe you are new to town and don't know many people? This is the group for you! Barbara Konicki, Program Coordinator, will be at this meeting on **Friday, December 15. Held the 3rd Friday of each month at 10:00 AM.** Meet new friends! Newcomers are invited to be our guest at our Crepe Social at 10:30 AM. Please call to register.



## Holiday Concert Benefit

**Saturday, December 16 at 1:00 and 3:00 PM,** we will enjoy a selection of holiday songs performed by Sol Solis Consort, a community orchestra made up of mostly SW residents ranging in age from 6 to 80 years. Dessert reception will follow. Transportation is available if there is enough interest. Call 860-648-6361 ext. 3335 by 12/14 for a ride. No need to register for the performance. Donations will be accepted to benefit our Food and Fuel Bank.

## Early Bird Dinner & Bingo

Join us on **Thursday, December 21 at 4:00 PM** for our monthly Early Bird Dinner. Cost is \$5 (\$10 non-residents) for the dinner. The meal this month will be hearty beef stew, whipped potatoes, roasted butternut squash and oreo cookie parfait for dessert, provided by the Village at Buckland Court. Following dinner, we will play bingo (\$1 per card). Please register for dinner in the office anytime.

## Holiday Sing-a-Long

**Thursday, December 21 at 11:00 AM** join Maggie Carchrie, Music Therapist to sing along to all your holiday favorites! We will enjoy holiday themed snacks. Wear your festive holiday outfit and enter to win a gift card to the Senior Center!



## New Year's Eve Party

Ring in 2024 with us on **Thursday, December 28.** The party begins at **5:00 PM** with appetizers, followed by dinner and dancing with the Armentano Brothers who will take the stage with their electric tunes. Dessert will be served shortly before the party winds down at 9:00 PM. Dinner will consist of salad, your choice of top sirloin of beef, chicken cacciatore, or eggplant rollatini (vegetarian) with green beans, roasted potatoes and dessert. Please call us to inquire about a gluten free option. Table reservations will be taken for groups of 6-8 by one spokesperson once all are registered and paid. **Cost is \$15 for residents, \$20 for nonresidents.** Register and pay in the office anytime!

*The Senior Center will be closed on  
Monday, December 25.*

SOUTH WINDSOR SENIOR CENTER  
CHARLES ENES COMMUNITY CENTER  
150 NEVERS ROAD  
SOUTH WINDSOR, CT 06074

PRSTD STD  
U.S. POSTAGE  
PAID  
PERMIT #5162  
HARTFORD  
CT

Mailing Address  
Goes Here

Visit our Website:  
[www.southwindsor-ct.gov/adult-senior-services](http://www.southwindsor-ct.gov/adult-senior-services)

## Adult and Senior Services Contact Information:

**Main Number: 860-648-6361**

**Transportation:** Cindy Malone ext. 3310  
**Program Sign Ups:** Liz O'Brien ext. 3335  
**Lunch Reservations:** Sharon Bosco ext. 3328  
**Programs:** Barbara Konicki ext. 3339  
Tiffany Lazur ext. 3340  
**CARES Coordinator:** Amy Patterson ext. 3311  
**Caseworkers:** Susan Grundstrom ext. 3314  
Ryan Schieding ext. 3325  
**Assist Director:** Lindsey Willis ext. 3319  
**Human Services Director:** Andrea Cofrancesco  
ext. 3316



## We have a MEDICAL LOANING CLOSET

Wheelchairs, walkers, commodes and other items are available at the Center to borrow for free. Items vary, please call if you need anything AND call if you want to donate anything. Space is limited. Call Ryan to inquire 860-648-6361 ext. 3325.



## Senior Advisory Council

The Senior Advisory Council (SAC) consists of volunteers who represent different groups at the center. They bring back ideas on programs and ways to improve our center and share information with all of you. Meetings are open to the public and are the 2nd Tuesday of each month at 10:00 AM (except July and August). Please reach out to any SAC member to share your thoughts or join us at a meeting. Next meeting is **December 12.**

Daria Plummer, Chair 860-432-8403

Kathie Stroh, Vice Chair

John Habif, Corresponding Secretary

Other members: Toni Baer, Dave Bakulski, Tom Bartomeli, Rob and Barbara Betteker, Carol Butler, Tom Field, Alva Fitch, Estelle Fournier, Gloria Goslin, Hansa Khant, Kathy Longo, Elaine Smith

## Senior Center T-Shirts for Sale

You didn't even know your wardrobe was missing this, but now you know! T-shirts in various colors and sizes are available for just \$13! The front has our name and logo on the left corner, and then on the back it says....wait for it...."Amazing Things Happen Here." We have some on hand, and we can order a specific color and size for you if we do not have it on hand. Stop by today!

## SOCIAL SERVICES: 860-648-6361

Lindsey Willis ext. 3319; Sue Grundstrom ext. 3314; Ryan Schieding ext. 3325

### NEW! Parkinson's Support Group

The Parkinson's Support Group meets the 2nd Thursday of the month at **1:00 PM** at the Senior Center. **Thursday, December 14**, Clinical Social Worker Amanda Brill from Chase Family Movement Disorders Center will discuss non-motor symptoms of Parkinson's and treatment recommendations. New members and care partners are welcome. Registration encouraged, but walk-ins welcome. Free, call 860-648-6361 ext. 3335 to register.

### Bereavement Support

If you are grieving the loss of a loved one and would like to find support from others, please come to our group. A licensed therapist from Intercommunity Health Care will be **at the center on the 1st Friday of each month at 3 PM: December 1**. Everyone deals with loss differently. Let's come together and talk and get tips on how to cope.

### Caregiver Support Group

Please join us **Friday, December 8 at 10:00 AM** for a presentation from ECHN on Home Safety and Fall Prevention. If you would like to join the group or be added to the email distribution list, please contact Sue at 860-648-6359 or via email at [susan.grundstrom@southwindsor-ct.gov](mailto:susan.grundstrom@southwindsor-ct.gov). Hope to see you there!

### Depression and Anxiety

Mental Health is something that impacts us all and rarely do we have all the answers to cope. Sarah Hornberger, Clinical Social Worker from Intercommunity Health Care will be our facilitator for this group focused on education and providing the tools and resources to cope. Meetings will be the **3rd Tuesday of each month at 10:30 AM. December 19** at the Community Center. Free, call to register.

### New Low-Income Discount Rate for Electric Customers

Beginning on December 1, a new electric bill discount will be available to you if you have a financial hardship status on your electric account. Based on your household income or receipt of a public assistance benefit, you may be eligible for a 10% or a 50% discount off your electric bill per month. Your discount will depend on your annual household income for all adults over 18 or receipt of a public assistance benefit for at least one household member. If your income is at or below \$41,553 for a household of 1 or \$54,338 for a household of 2 you would qualify for a 10% discount. If you receive SNAP, SSI, SAGA, Cash Assistance, HUSKY or Qualified Medicare Beneficiary, etc. you qualify for a 50% discount. If you are unsure if you are receiving a discount you may call your case worker to inquire. If you do not have a case worker please call the main number 860-648-6361 and ask to speak to one.

### MEDICARE OPEN ENROLLMENT

Open Enrollment for Medicare ends December 7 with changes effective January 1. If you are looking to switch your Medicare Advantage plan or Medicare Part D plan, call us at 860-648-6361 ext. 3335 and ask to speak to a CHOICES counselor. CHOICES counselors provide free and unbiased insurance information.

### Energy Assistance

Applications for the 2023-24 energy assistance program are underway. Gross monthly income cannot exceed \$41,553/year (single) and \$54,338 (couples). **There is no asset limit.** Documentation needed: last four weeks of income and utility bills as well as proof of rent/mortgage. If you receive cash assistance or SNAP please bring benefit documentation, you will not have to provide proof of income. If you are new to the program DSS requires your Identification and Social Security cards for everyone in the household as well as income and utility bills. For an appointment call 860-648-6361 ext. 3335 or call your worker directly.

### Mobile Food Share

Located at Wapping Church every other Thursday from 11:30 AM to 12 noon. **December 7, 21.** Fresh produce, bring your own bags. Need transportation? Call 860-648-6361 ext. 3310. This is a Food Share program. No income restrictions. Listen to the radio for cancellations due to weather.



# Educational Programs

All Educational Programs are FREE, open to residents and non-residents (unless otherwise noted) and require pre-registration. You may call to register at 860-648-6361 ext. 3335 or you may register ONLINE. It's EASY! Registration for these free events are ANYTIME. You do not need to wait for sign up day. Sign up day is for trips (since space for trips is limited). <https://schedulesplus.com/swindsor>



## Join our Book Club!

Cynde Acanto from Book Club on the Go facilitates our Book Club! Typically the 2nd Monday of the month at 6:00 PM. **Monday, December 11 at 6:00 PM** we will discuss *Winter Street* by Elin Hilderbrand. **Monday, January 8 at 6:00 PM** we will discuss *The Fallen Architect* by Charles Belfoure. Books are available at the SW Library.

## Ways of Listening

David Stein will explore Mozart's great opera *The Marriage of Figaro*, a romantic comedy full of divine music, bawdy humor and rich characters. We will follow the fascinating character of the Countess Rosina as she reforms her philandering husband. The program uses video clips of performances and live demonstrations at the piano to convey the beauty of the music and the Countess' deep humanity. It is non-technical and accessible to anyone with an interest in classical music. **Tuesday, December 12 at 2:00 PM.** Free, please register.



## Charlie Chaplin

Join Joe the History Guy in this captivating presentation on Charlie Chaplin. Considered to be one of the most pivotal stars of the early days of Hollywood, Charlie Chaplin lived an interesting life both in his films and behind the camera. He is most recognized as an icon of the silent film era, often associated with his popular character, the Little Tramp; the man with the toothbrush mustache, bowler and a Big Smile. **Wednesday, December 13 at 10:00 AM.** Free, register anytime. Joe the History Guy is RETIRING! Join us today to say thanks and to wish him well!

## The Biography of Jean Sibelius

As a lifelong fan of classical music, Jack Brin heard on the radio in 1957, while moving into graduate school, the death of Jean Sibelius and took it as a personal loss. Having taken a sabbatical leave years later while teaching math and music appreciation at Western New England College, he was able to pay homage to Sibelius by creating the first ever TV Biography of the composer. Originally made with slides and tape it has now been converted to DVD. **Wednesday, December 20 at 10:30 AM.** Free! Please register.

## Mindfulness & Intuitive Eating

Join Jessica Dorner, Registered Dietitian, for her last presentation on "Healthy Brains & Healthy Bodies." If you missed the other weeks, it is NOT too late! Join us! Participants will get handouts and recipes. **Thursday, December 7 at 11:00 AM.** Free, please register.

## One on One Technology Assistance

Need help with Technology? Volunteers will be here to help you one-on-one with your technology needs. **Tuesdays in December beginning at 3:30 PM.** Please call to schedule an appointment. FREE



## Science Exploration Program

**Friday, December 8 from 3:30 to 5:00 PM** join students from SW High School to embark on a fascinating journey into the world of science. This program is designed to provide seniors with a unique opportunity to delve into the realms of basic science, sparking curiosity and fostering a love for learning. Throughout the event, participants will engage in hands-on experiments and exciting do-it-yourself (DIY) projects, creating an immersive and enjoyable experience. Learn about the importance of science in our daily lives; observe chemical reactions and engage in biology experiments. Don't miss this chance to rejuvenate your curiosity, ignite your passion for learning, and experience the thrill of science like never before. Free. Please register.

## Non Resident Policy

### NEW!

To be eligible to attend programs at The South Windsor Senior Center, out of town residents are required to become members and pay an annual fee. The annual fee will be \$30 beginning January 1, 2024 and is subject to change with advanced notice. A registration form must be completed to become a member and signed on both the front and back.

### In addition:

- Some programs may have a higher fee for non-residents, especially if tax dollars are used to offset costs.
- Some programs may be restricted to residents only, based on space and/or costs.
- South Windsor Residents have first priority for programs and trips; if there is space available after that, out of town residents can be considered.
- The Senior Newsletter is available to non-residents by email, picking up a hard copy at the center, or by accessing it online [www.southwindsor-ct.gov/adult-senior-services](http://www.southwindsor-ct.gov/adult-senior-services) Copies are not mailed to non-residents.

*The monthly senior newsletter will reflect any additional fees or restrictions on programs and trips.*

## Drug Discount Program

The state has launched a new Drug Discount Program for CT Residents! It is easy to register on line and takes about 1 minute. There is no age restriction, no income limits and it is free to enroll. You must have an email address so a card can be emailed to you. If you do not have email, call 1-800-913-4146 for assistance. They can then use the card at pharmacies for as much as 80% savings. This is not to be used with insurance, but instead of. [www.Arrayrxcard.com](http://www.Arrayrxcard.com).



## Arts & Crafts



### Bottle Art with Mary

Paint a beautiful winter scene on a glass bottle provided (or bring your own empty glass bottle if you'd prefer). We will supply everything needed to create this unique work of art, including fairy lights to enjoy your masterpiece on a whole new level when the lights are off! All levels welcome. We hope you can join us on **Wednesday, December 6 at 1:00 PM**. Cost is **\$15** (\$20 for non-residents). Register and pay in the office anytime.

### Painting with Christine

Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, December 22 and 29 from 9:30-11:30 AM**. Cost is **\$20** (\$25 non-residents) and includes all supplies. Register in the office anytime.



### Evening Painting Class

Join Artist Sandy Poirier on **Monday, December 11 at 6:00 PM** for the Holiday Polar Bear painting class on an 11x14 canvas. No experience needed. Cost is **\$20** (\$25 for non-residents) and all supplies are included. Pay in the office anytime. Priority will be given to residents.

### Holiday Treats with Tiff

Tiffany will be showing you how to make fun holiday treats on **Tuesday, December 12 at 10:30 AM**. You will make Clothespin Rudolph Treats, Reese's Christmas Trees and Pretzel Wreaths with Chocolate. Cost is \$8 and includes instruction, ingredients and treats you can bring home! These are perfect to make for your grandkids, friends or even your mailman to share some holiday cheer! Register in the office anytime.

### Glass Etching with Liz

Join our very own Liz O'Brien on **Wednesday, December 13 at 2:00 PM** where she will instruct you on glass etching technique. You will be etching 2 stemless wine glasses using your choice of stencils from various designs and patterns. Cost is **\$5** for residents, \$10 for non residents. Register in the office anytime.

### Christmas Cushions Craft

Decorate your home this Holiday season with your own hand painted cushion cover on **Tuesday, December 19 from 10:30 AM—12:00 PM**. No experience necessary. Cost is **\$20** and will cover all materials and instruction. Register and pay in the office anytime.

## Trips~ Sign up begins Thurs. Dec. 7 at 8:00 AM

(non-residents beginning 12/14 as space allows)  
*All programs requiring payment must be signed up  
for in person; You may call to sign up for free programs.*

**NEW POLICY FOR DINEOUTS:** You may only sign up for ONE dine out on sign up day. If you would like to sign up for a second, you may call the next day to sign up if space is available.  
**REMEMBER:** Please park in the upper lot when going on a trip. The bus will pick you up in the upper lot.

### Extreme Shopping: Old Mill Pond Village

Travel to Old Mill Pond Village in Granby on **Thursday, December 14**. Here you will find a variety of stores to fill all your shopping needs. Stores range from Gift Shop to Christmas Shop to home décor, pottery, jewelry and more! Following our shopping trip we will stop at @ The Barn for lunch. Bring money for lunch, separate checks will be accommodated. **The senior bus will depart the center at 9:30 AM and return approx. 2:30 PM.**

### Dineout: Coracora

Head to Coracora in West Hartford on **Sunday, December 17** for lunch. Coracora is an authentic family-run Peruvian restaurant with an award winning chef who won't disappoint. Everything is made in house and without artificial preservatives. The bus will depart the center at 11:30 AM and return approx. 2:00 PM. Separate checks will be accommodated.

### Dineout: Elizabeth's Bar and Restaurant

Join us for lunch on **Tuesday, December 26** at Elizabeth's Bar and Grill in Rocky Hill. You are sure to find whatever you are in the mood for with over 90 options from pizza, steak, seafood, pasta, burgers, salads, sandwiches and more. **The bus will depart the center at 11:45 and return approx. 2:45 PM.** Separate checks will be accommodated.

### Holiday House Tour

Our Senior Bus will be bringing you on the SW Historical Society's Holiday House Tour on Main Street on **Friday, December 15**. The bus will bring you to each of the five homes on the tour, plus the Wood Library's gingerbread festival, followed by the Community Chorus's holiday carols at First Church. The bus will leave the center at 5:30 PM and return approximately 8:30 PM. Cost for the tour is \$38 and includes the bus.

### Holiday House Tour Tickets Available

Volunteers from the Historical Society will be here to sell tickets to their house tour on the following days: Monday, 12/4 from 10-12; Wednesday, 12/6 from 10-12; Thursday, 12/7 from 8-10; Tuesday, 12/12 from 9-11; Wednesday, 12/13 from 10:30-12:30. Cost is \$35.

## Adventures Await

*Sign up for our hikes in the office anytime! You must pay the fee at time of sign up.*

### Valley Falls Hike & Vernon Diner

Join Debbie and Arlene for a late Fall hike at Valley Falls in Vernon for 3 miles on mainly flat trails. Enjoy the scenery and wildlife around the pond. The bus will leave the center at **9:30 AM on Monday, December 11 and return approximately 2:00 PM**. Please bring water, snacks, and money for lunch. After the hike we will head to Vernon Diner for lunch. **Cost is \$5 for transportation.**

### Reservoir 6 Hike

Join Jay to hike the 3.6-mile loop around West Hartford Reservoir 6 on **Tuesday, January 9 at 9:30 AM**. The bus will leave the Center at 9:30 AM and return approximately at 2:00 PM. Please bring water, snacks, trekking poles, money for lunch, and dress in layers. Cost is \$5 for transportation.

### The Trail at Evergreen Walk!

The trail at Evergreen Walk is officially open and ready for you to explore! Enjoy views of the fall foliage while you explore the scenic 2.7-mile route. You can grab a Trail Passport from the Evergreen Walk management office to keep track of different landmarks and enjoy a nature scavenger hunt as you explore and learn about the local ecosystem of the wetlands right here in South Windsor. Submit your completed passports at the management office to be entered to win a \$250 gift card of your choice from L.L. Bean, New Balance, Eddie Bauer or Nike Well Collective!

# Stay Fit, Stay Well!

Class	Times	Session Dates	Cost
Pickleball	Mon. — Fri at 8:00 AM at Ellsworth	For more info on play at Ellsworth or Rye Street Park, call volunteer coordinator Dick Lane at 860-614-3348	<b>FREE</b>
Beginner Pickleball	Mon & Wed from 8:30-10:30 at Ellsworth		
Pickleball	Mon & Fri at 11:30 at the Senior Center	On-going	<b>FREE</b>
Pickleball	Periodic Saturdays at the Senior Center	Sign up is on Team Reach...Call the Center for info on Team Reach	<b>FREE</b>
Pickleball Lessons	Tuesdays at 10:30 AM	Residents only. Call to register	<b>FREE</b>
Lite Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	Nov 6—Dec 28 No class 12/25	<b>\$28 for 14 classes</b>
Cardio Drumming with Tiffany	Monday at 2:30 PM In person Only	Nov 6—Dec 18	<b>\$14 for 7 classes</b>
Stretch & Strength with Barbara	Tuesday 9:00 AM In person only	Dec 5— 26	<b>\$8 for 4 classes</b>
Walkers Group New folks always welcome!	Tuesday & Thursday 8:30 AM	On-going <u>Meet at the parking lot beyond the pavilion to the right at Nevers Park.</u>	<b>FREE</b>
Chair Yoga with Diana	Wednesday and Friday 10:00AM In person and on Zoom	Nov 1—Dec 29	<b>\$32 for 16 classes</b>
Chair Volleyball	Wednesday 11:30 AM & Thursday 1:00 PM	On-going	<b>FREE</b>
Beginner Tai Chi	Wednesday 1:00 PM	Nov 1—Dec 27	<b>\$18 for 9 classes</b>
Tai Chi (Intermediate) With Marivic	Wednesday 2:00 PM In person only		<b>\$18 for 9 classes</b>
Silver Sneakers with Rose	Cancelled Indefinitely		
Silver Sneakers with Krissy	Wednesdays at 8:30 AM In person Only	Nov 1—Dec 27 <i>Free with Silver Sneakers</i>	<b>Free OR \$3 per class</b>
All Levels Yoga with Anne	Thursdays at 10:00 AM	Nov 2—Dec 28	<b>\$16 for 8 classes</b>
Gentle Yoga with Noreen	Saturdays at 9:00 AM	Nov 4—Dec 30	<b>\$18 for 9 classes</b>
Strength & Vitality With Aislyss	Saturdays at 10:30 AM	Nov 4—Dec 30	<b>\$16 for 8 classes</b>

**\*\* Silver Sneakers with Rose on Tuesdays and Thursday at 5:15 PM has been cancelled indefinitely. Please stay tuned for future updates.**

## Pickleball Lessons

Lessons are available on Tuesdays in December from 10:30 AM to 12 Noon. This is free and open to residents only. Call to register.



## Join Our Fitness Center:

It's easy to be a member of our Fitness Center! You must be 55 or older and a SW resident registered at the center. A doctor must complete a medical clearance form for you. Once completed, make an appointment for orientation with Tiffany who will review the equipment and design a program based on your health. 860-648-6399.

**Cost:** \$30/3 months, \$50/6 months, \$75/1 year or FREE with Renew Active or Silver Sneakers!

**Fitness Center Hours:** Monday through Friday, 8 AM—7:30 PM, Saturday 8 AM—12:00 PM.

**\*\* We are only accepting residents for new memberships at this time.**

## Personal Training Services

Christine Adams, Master Motivator and Personal Trainer will be in the Fitness Center Mondays from 8 to 11 AM and Tuesdays from 4:00 to 7:00 PM. Christine specializes in weight loss, strength training, corrective exercise, nutrition and women's metabolism. No additional charge and no appointment needed.

## 31 Day Healthy Holiday Challenge

We challenge you to stay healthy through the holidays with a 31 day challenge! Each day will have one healthy task for you to complete. The tasks encompass physical health, mental health and nutrition! Don't think you can complete one task every day? No problem, just do what you can! Stop in the office and pick up the challenge work sheet. You will check off next to each day you completed the event. Return the sheet to Tiffany by January 5, 2024 and be entered to win a special prize!



## Coming In January

### Setback Lessons/Refresher

Join our amazing volunteers Gloria and Helen as they teach you the game of Setback, or give you a refresher! This four-week session will be on **Saturdays at 10:00 AM beginning January 6**. Free, call to register.

### Reiki

Sharda Geer will be doing 10 minute Reiki sessions for \$10 on **Wednesday, January 10 from 1:00 PM to 3:00 PM**. Sharda is certified in Energy Healing, Spiritual Life Coaching and Reiki. Call anytime to sign up for your appointment. \$10 is payable to Sharda at the time of your visit.

### Safe Driver's Class

Sign up to take AARP's Safe Driver Class on **Wednesday, January 10 from 1:00—5:00 PM**. You could get a percentage off your insurance premium just for taking the class! Cost is \$20 for AARP members/\$25 nonmembers, payable that day. Call to sign up.

### Pasta Dinner Fundraiser & Bingo

**Wednesday, January 10 at 4:00 PM** join us for a fundraiser dinner for the Triad for Senior Safety. Pasta, meatballs, salad and dessert will be served for \$9. Following, we will play bingo (\$1 per card) with guest bingo callers Tom Field and Sgt. Ron Littell. We will also sell raffle tickets to win amazing prizes! Register in the office anytime.

### Understanding the People Part of Your Estate Plan

Attorney Colleen Masse will be here on **Thursday, January 11 at 10:00 AM** to discuss this fiduciary role. When you make an estate plan, you name a POA agent, an executor, a health care agent, and maybe a trustee. Whether you have been named one of these roles for someone else or you are thinking about who you should name in these roles for yourself, there's a lot to know! Is a POA agent and an executor the same thing? What are the differences between each role? Who should you choose? Can multiple people be named in each role? Learn the answers at this presentation. Free, please register.

## Senior Cinema

### The Martian

When astronauts blast off from the planet Mars, they leave behind Mark Watney (Matt Damon), presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive on the hostile planet. Meanwhile, back on Earth, members of NASA and a team of international scientists work tirelessly to bring him home, while his crewmates hatch their own plan for a daring rescue mission. Pizza will be served, **cost is \$5. Saturday, December 9 at 10:30 AM**. Register and pay in the office anytime. Rated PG-13.

### Wonder

Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them and prove you can't blend in when you were born to stand out. Popcorn will be served. **Friday, December 15 at 1:30 PM**. Free, call to register anytime. Rated PG.

### Christmas with the Kranks

Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit. Christmas treats will be served. **Tuesday, December 19 at 1:30**. Free, call to register anytime. Rated PG.



## Saturday Programs



### Quilting 101

Come over to our quilting class on **Saturday mornings 9:00 AM—12:00 PM**. Shirley will be here to give instruction to all levels of quilters. Choose a project you want to make or work on something you already have started and just need a little help completing or a dedicated time to work on. Free, call to register anytime. **No class on 12/2.**



### Chair Volleyball

Play chair volleyball **Saturdays, December 9, 23 and 30 from 10:00-11:45 AM**. No experience necessary, all ages and abilities are welcome. No need to sign up, just come! *Please note this is a friendly game, no spiking, stealing or fierce competition.* Let's have some fun!

### Pickleball Play

Pickleball will be played on **Saturdays, December 16, 23, 30 from 8-12**. Sign up on Team Reach. Priority is given to residents.

### Fitness Center

The Fitness Center is **OPEN** on **Saturdays** between **8:00 AM—12:00 PM**.



## LGBTQ Moveable Senior Center

Save the Date!

### Creative Happy Hour

Join us, an LGBTQ+ Moveable Senior Center, along with members of the Glastonbury Senior Center, for a Creative Happy Hour featuring a Fluid Painting class, non-alcoholic cocktails and hors d'oeuvres. Program is limited to 20 participants. Cost is **\$12** and includes all supplies to create an 11x17 one-of-a-kind canvas, beverages and hors d'oeuvres. This will be held at the Glastonbury Senior Center on **February 22 from 4:00—6:00 PM**. Register and pay in the office.

## More Programs

### Cards, Games & More

**Bingo** ~ Mondays at 10:30 AM and Thursdays 12/7 at 6:30 PM and 12/21 at 5:00 PM (hotdogs on 12/7)

**Poker** ~ Mondays at 1:00 PM

**Setback** ~ Mondays at 1:00 PM

Evening Setback will resume in the Spring

**Samba** ~ Tuesdays at 12:30 PM

**Ping-Pong** ~ Wednesdays at 9:30 AM

**Knitters Group** ~ Wednesdays 9 AM to 11:30

**Mahjong** ~ Thursdays at 1:00 PM

**Hand, Knee & Foot** ~ Wed. at 12:30 PM

**Duplicate Bridge** ~ Wed. at 12:45 PM

**Pool in Teen Center** ~ Mon thru Fri from 8-12 noon

**Bridge** ~ Fridays at 9:30 AM

**Mexican Train** ~ Fridays at 12:30 PM

**Cribbage** ~ Fridays at 1:00 PM

**Ceramics** ~ Fridays, 1-3 PM (drop in, free)



### Ping-Pong Anyone?

Come on down to the teen center on **Wednesdays at 9:30 AM**. No registration needed.

### Mahjong Lessons

Maureen and June will be at the center on **Thursdays at 1:00 PM** to teach you the game or review the game with you! Please call to register if you would like lessons. Additionally, you can just come to play at that time if you know how to!

### Special Bingo

Let's play bingo on **Friday, December 29 at 10:30 AM**. No need to register, just come! \$1 a card.



### Inclement Weather Policy

If South Windsor schools are closed, all of our programs are cancelled. If schools have a delay, all of our programs scheduled prior to 9 AM are cancelled; All of our classes that start at 9 AM are ON. When schools release early, our programs are canceled in the afternoon beginning at 12:30 PM.



**Hot Dog Bingo: 1st Thursday of the month between 5:45—6:15 PM!** Join us for a meal of a drink, chips and hotdog for \$3 or just a hotdog for \$2. Chips are .50 and drinks are \$1. Bingo follows for \$1 a card. Come and join in on the fun! No need to register!

## More Programs

### Holiday Decorating Extravaganza!

Help us deck the halls on **Friday, December 1 at 9:00 AM**. We will pull out all our holiday decorations and come together to light up the senior center for this special holiday season. Not only will we be decorating but we will be snacking on Christmas Cookies, egg nog and other holiday favorites! Wear your senior center shirts and be entered to win a prize!! We want to see them all!

### Show Us Your Snazzy Senior Center Shirts!

The orders are in and we want to see you in your Senior Center Tees! We want as many of you to wear your shirts on **Friday, December 1**. If you wear it into the center on that day you will be entered to win a prize! We currently have extra shirts, stop in the office for yours today! Only \$13!



### Breakfast Sandwiches

Our “Made to Order” egg sandwiches are available on your choice of a bagel or roll with your choice of bacon or sausage, and cheese! Coffee, juice, and fruit will accompany. Cost is \$5 in advance, \$8 walk-ins. Come anytime **between 9:00 and 10:30 AM on Wednesday, December 6 or Wednesday, January 3 (or both!)**

### Savory Crepe Social

Come one, come all for our very first crepe social! You won't want to miss this. Enjoy some sweet and savory crepes with old friends and new on **Friday, December 15 at 10:30 AM**. Cost is **\$3**. Register and pay in the office anytime!

### Build Your Own Breakfast

Since you love the Made to Order Breakfast Sandwiches so much we wanted to offer you another special breakfast...build your own! You will be given a menu upon arrival where you will choose from items including French toast or a breakfast sandwich. Come and check it out! Cost is \$5 in advance, or \$8 at the door. **Tuesday, December 19 from 9:00—10:30 AM**. Register in the office anytime!

### Accepting Donations

Did you get a gift or gift card for the holidays you can't use? Well, we can! We are always looking for brand-new items and gift cards to be used for raffles, bingo prizes, etc. and we will happily take them off your hands. And shhhh....we promise not to tell where you got them from! Drop them off in the Senior Center anytime Monday through Friday and let the staff know they are for our raffles and prizes! Call Andrea with questions!

## Health Services

*All Health Services below are open to residents only.*

### ELDER WELLNESS

The Visiting Nurse and Health Services of CT is offering a free ONCE a MONTH clinic to check blood pressure, blood sugar and talk to you about your general health. 2nd Wednesday of each month: **December 13** starting at 10:00 AM.

**Call to schedule an appointment:**  
**860-648-6361 ext. 3335**. Free.

### FOOT CARE ~\$45

Routine toenail cutting by appointment.

Call 860-648-6361 ext. 3335 for the next available appointment.

**Please note:** The cost of Footcare Services has gone up as a result of a new company offering this service. If you feel you have a financial hardship and can't afford the service, please reach out to one of our caseworkers at 860-648-6361 ext. 3335.

### Hearing Clinic ~ Free

**Next Date January 10, 2024**

Dr. Gail Brown, Audiologist from HearingLife will provide complimentary hearing screenings and hearing aid cleaning and service. This is NOT wax removal. Call 860-648-6361 ext. 3335 for appt.

### Therapeutic Massage:

**\$30/30 min.**

**Tuesdays and Wednesdays with Melissa.** Call to make an appointment. All reminders will be done through an automated system.



### Hair Cuts at the Center

**Tuesday, December 5 and Wednesday, December 20 with Pat and Tuesday, December 19 with Alyssa from Hairborn.** Haircuts are **\$20** payable at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 for an appointment.

## Lunch Program

Lunch is served Monday—Friday at 12 noon, provided by Community Renewal Team (CRT) for a \$3 suggested donation (or whatever you can afford). Call by noon the day before: 860-648-6361 ext. 3328.

### Special Lunches: \$3

CRT is closed so we are making lunch!

Friday, December 1—Grilled cheese, tomato soup  
Friday, December 22—Hot dogs, baked beans, chips  
Dessert will be available for both lunches, of course!

### Birthday Lunch



Celebrate December birthdays on Wednesday, December 27. Cake donated by Geissler's; gift for the birthday folks by Riverside Health and Rehab. Sign up for lunch by noon the day before: 860-648-6361 ext.

3328. \$3 donation.

*Please note: we are now offering gluten free bread/rolls with meals in substitute of any bread product. Please let staff know in advance if you would like that option.*

#### CRT Lunch Menu:

Friday 12/1—Special Lunch, see above  
Monday 12/4—Hot Dog  
Tuesday 12/5—Stuffed Cabbage  
Wednesday 12/6—Cracker Crumb Cod  
Thursday 12/7—Grilled Chicken & Cheddar Hero  
Friday 12/8—Roasted Pork Loin  
Monday 12/11—Veggie Quiche  
Tuesday 12/12—Chef Salad  
Wednesday 12/13—Holiday Lunch—Broccoli n' Cheese Stuffed Chicken Breast  
Thursday 12/14—Stuffed Pepper  
Friday 12/15—Crab Cake  
Monday 12/18—Italian Sausage with Peppers  
Tuesday 12/19—Chicken Marsala  
Wednesday 12/20—Kielbasa  
Thursday 12/21—Sugar and Spice Day! Swedish Meatballs  
Friday 12/22—Special Lunch, see above  
Monday 12/25—Closed  
Tuesday 12/26—Veggie Soup & Ham Wrap  
Wednesday 12/27—Cheesy Vegetable Lasagna  
Thursday 12/28—Oven Baked Chicken  
Friday 12/29—National Gingerbread Day—Glazed Baked Ham



## Veterans Corner

### Veterans Benefits Questions

Stop in anytime Thursday, December 7 from 10:30-12 noon to talk with reps from the American Legion. Learn about benefits and ask questions.

### Veteran's Social Hour!

Join us for our veterans chat! Representatives from the American Legion will be at the center on Thursday, December 21 at 9:00 AM. No need to register, join us!



## Volunteer Corner

### Community Service Group

Thursday, December 21 at 1:00 PM

This is a group of adults who work on a variety of projects to assist people and groups of all ages in town and surrounding communities by being involved, raising funds and giving of their time to enhance the lives of others! Contact Andrea at 860-648-6357 or [andrea.cofrancesco@southwindsor-ct.gov](mailto:andrea.cofrancesco@southwindsor-ct.gov) for more info.

### Neighbors Helping Neighbors

## Register On-Line with Schedules Plus

We are currently offering online registration for FREE programs.

Use this link:

<https://schedulesplus.com/swindsor>

- Don't put www. in the website link
- Don't use your area code in your phone #
- Pick up an instructional "how to" packet in the office!
- If you need in person help or instruction call Tiffany at 860-648-6399



**New Trips: Residents sign up 12/7 beginning at 8:00 AM.  
Non residents 12/14 UNLESS OTHERWISE NOTED**



### Bright Nights at Forest Park

Who doesn't love looking at Christmas Lights during the holiday season? We don't know! That is why we will be taking you to Springfield, MA to Bright Nights at Forest Park, one of the largest light displays in the Northeast and one of the top 100 attractions in North America, on **Tuesday, December 19**. The bus will drive through the expansive light display as you oooh and aaah at it's beauty and charm. **The bus will depart the center at 5:15 PM and stop for dinner at Sophia's then head to Bright Nights. Approximate return time is 9:00 PM. Cost is \$10.** Bring money for dinner.

### UCONN Women's Basketball Game

See the UCONN Women's Basketball team take on the Providence Friars on **Wednesday, January 10** at the XL Center in Hartford. **The senior bus will depart the center at 5:30 PM** and head to the game. Bring money for concessions to eat during the game. The bus will return at approx. 9:00 PM. **Cost is \$20pp.**

### Highlights of Nova Scotia and Prince Edwards Island

Tours of Distinction will be taking you on a trip to Nova Scotia and Prince Edward Island **June 27—July 4**. Day 1 will see you traveling to the coast of Maine with a stop in Boothbay Harbor. On Day 2 you will board the Fundy Rose to travel to Digby, Nova Scotia with a lot of free time left for you to explore. The next day, you will head out along the Eastern Coast of Nova Scotia with sightseeing stops in Lunenburg and Peggy's Cove. On Day 4 you will take a Halifax City Tour with a stop at the historic Citadel Fortress and experience a Halifax Harbor Cruise. Day 5 will have you heading to Prince Edward Island with a lobster dinner in Charlottetown and time for you to explore the town. The next day you get to see the home of Anne of Green Gables and Prince Edward Island National Seashore. On Day 7, you get to cross the Confederation Bridge to the city of Fredericton and along the scenic Saint John River Valley. On your final day, you will stop in Bar Harbor and catch the guided trolley ride to Acadia National Park and spend some free time in this beautiful coastal town before heading home. **Cost is \$2,583pp double/\$3,146pp single. \$250 is due at registration.** Cost includes transportation, accommodations, 12 meals, all noted highlights, Tour Director, baggage handling, all gratuities and travel protection. See flyer for more information.

### West Virginia Railroad Adventure

Travel with Tours of Distinction **September 20—25** down to Harpers Ferry, West Virginia via motorcoach where we will climb aboard a Railroad Adventure. This tour will bring us from Harpers Ferry southbound to the Trough to Sycamore Bridge and back via the Potomac Eagle Railroad. On day 3 we will not only stop at the Green Bank Science Center and Observatory but journey on the Cass Scenic Railroad. On day 4 you will see the Bunker at Greenbriar Inn, America's best kept and most interesting secret, as well as Beckley Coal Mine. The next day calls for a visit to Adaland Mansion, right off the National Register of Historic Places. This night we will have dinner in Gettysburg, PA at the historic Dobbin House Restaurant. Our final day will include a stop at the Gettysburg Visitor Center and Gettysburg Battlefield. **A deposit of \$150 is due at registration. Cost is \$2,283 pp Double and \$2,966 pp Single** and includes trip insurance, transportation, 5 nights accommodations, 12 meals, all highlight stops, baggage handling, Tour Director and gratuities for Tour Director and Driver. See flyer for more info!

### Trip Meeting

Tyler from Tours of Distinction will be here on **Monday, January 8 at 10:00 AM** to explain in detail the Highlights of Nova Scotia and PEI trip as well as the West Virginia Railroad Adventure. He will answer all your questions and give great insight to these fantastic trips! No need to register!

### Old Trips...

**Limited space, Sign up anytime!**  
**France Magnifique— 2/11 to 2/22/2024**


**Magical Rhine & Moselle River Cruise— 9/12 to 9/20/2024**

**Fliers available on website or call Tiffany at 860-648-6399 for more information.**

**Community Renewal Team December 2023 Congregate Menu    11/7/23   \* Menu is subject to change**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			Lunch is served Monday through Friday at 12:00 PM. Please call by 12 Noon the day before to sign up. 860-648-6361 ext. 3328		South Windsor Senior Center 150 Nevers Road South Windsor, CT 06074			1	CRT is Closed Senior Center Staff prepares lunch today! Grilled cheese Tomato soup Dessert \$3 charge
4	Orange Juice All-Beef Hot Dog / Bun Ketchup/ Must / Relish Baked Beans Coleslaw Fruited Yogurt Cup	5	Stuffed Cabbage w/ Tomato Sauce Rice Broccoli Florets Wheat Dinner Roll Fresh Fruit	6	Cracker Crumb Cod Tartar Sauce Mashed Potatoes Parslied Carrots 100 % Wh Wheat Brd Fresh Fruit	7	Grape Juice Grilled Chicken & Cheddar Hero ( Grilled Chicken Breast / Cheddar Cheese / Green Leaf Lettuce / Tomato/ Honey Must on Hero ) / Macaroni Salad / Jello Cup	8	Roasted Pork Loin w/ Mango Sauce Rice Pilaf California Blend Veggies Wheat Bread Fresh Fruit
11	100 % Fruit Punch Juice Veggie Quiche Lyonnaise Potatoes Vegetable Medley Garlic Knot Lemon Pudding w/ Topping	12	Chef Salad ( Grilled Chicken Brst /Lettuce/ Grape Toms/ Ham/ Swiss Cheese / Hard Boiled Egg / Carrots/ Ranch Dr) / Bread Stk / Fresh Fruit	13	<u>CRT Holiday Season Meal</u>  Grape Juice Broccoli 'n Cheese Stuffed Chicken Breast / Holiday Mashed Sweet Potatoes Green Beans Wheat Dinner Roll / Ice Cream Cup	14	Stuffed Pepper w/ Sauce Rice Prince Edward Vegetables 100 % Whole Wh Bread Fresh Fruit	15	Crab Cake w/ Tartar Sauce Tater Tots / Ketchup California Blend Vegetables Wheat Bread Fresh Fruit
18	Italian Sausage w/ Peppers on a Hoagie Roll Capri Blend Vegetables Potato Wedges Ketchup Fresh Fruit	19	Orange Juice Chicken Marsala Mashed Potatoes Broccoli Normandy Wheat Bread Cookie	20	Kielbasa / Mustard Carmelized Onions Paprika Seasoned Diced Pots Prince Edward Veggies Dinner Roll Fresh Fruit	21	<u>Sugar and Spice Day</u> 100 % Fruit Punch Juice Swedish Meatballs / Garlic Smashed Potatoes /Peas & Diced Carrots / 100 % Wh Br Frosted Carrot Cake	22	CRT Closed Senior Center Staff prepares lunch! Hot dog Baked Beans Dessert \$3 charge
25	CRT Closed In Observance of the Holiday  Happy Holidays !!	26	Veg Soup / Ham & Cheddar / Lettuce / Tom / Horseradish Mustd/ Mayo / on Wheat Wrap / Saltines / Rice Pudding w Topping	27	Cheesy Vegetable Lasagna w/ Alfredo Sauce Italian Vegetable Blend Bread Stick Fresh Fruit	28	Oven Baked Chicken Macaroni & Cheese Stewed Tomatoes Cornbread Fresh Fruit	29	<u>National Gingerbread Day</u> 100 % Fruit Punch Juice Glazed Baked Ham / Mustard Cut-Up Sweet Potatoes / Vegetable Medley / Dinner Roll / Gingerbread

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses  
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
<div>December 2023</div> <div></div>			<div>TRIPS</div> <div>HoHoHo Holidays with Jimmy Mazz</div> <div>Tuesday, December 5 at 10:30 AM</div> <div>Aqua Turf Club</div> <div>Tuesday, December 12 at 10:00 AM</div> <div>Extreme Shopping: Old Mill Pond Village</div> <div>Thursday, December 14 at 9:30 AM</div> <div>Bright Nights at Forest Park</div> <div>Tuesday, December 19 at 5:15 PM</div> <div>Dineout to Coracora</div> <div>Sunday, December 17 at 11:30 AM</div> <div>Dineout to Elizabeth's Bar and Restaurant</div> <div>Tuesday, December 26 at 11:45 AM</div>			<div>Special Programs</div> <div>Winter Craft and Specialty Foods Show</div> <div>Sunday 12/3 9:00 AM-3:00 PM</div> <div>Pickleball</div> <div>Ellsworth Mon—Fri 8:30 AM</div>			<div>Every Day Programs</div> <div>Pool</div> <div>Monday—Friday 8:00—12:00 PM</div> <div>Coffee Available</div> <div>Mon– Fri 9:00 AM to 11:00 AM</div>			<div>Show Us Your Snazzy Senior Center Shirts!</div> <div>Holiday Decorating Extravaganza</div> <div>Bridge</div> <div>(H) Chair Yoga</div> <div>Pickleball</div> <div>Special Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>Bereavement Support Group</div> <div>All Day</div> <div>9:00 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>3:00 PM</div> <div>1</div>			<div>Fitness Center Open</div> <div>Gentle Yoga &amp; Vitality</div> <div>8:00 AM-12:00 PM</div> <div>9:00 AM</div> <div>10:30 AM</div> <div>2</div>		
<div>Fitness Center</div> <div>Personal Trainer</div> <div>(H)Lite Aerobics</div> <div>Bingo</div> <div>Pickleball</div> <div>Lunch</div> <div>Poker</div> <div>Setback</div> <div>Cardio Drumming</div> <div>8-11:00 AM</div> <div>8:30 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:30 PM</div> <div>4</div>			<div>Haircuts and Massage</div> <div>Walkers (meet at Nevers)</div> <div>Stretch &amp; Strength</div> <div>Pickleball Lessons</div> <div>Lunch</div> <div>Samba</div> <div>Tech Assistance</div> <div>Fitness Center</div> <div>Personal Trainer</div> <div>By Appt.</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>9:00 AM</div> <div>10:30 AM</div> <div>10:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>By Appt</div> <div>4-7:00 PM</div> <div>PM</div> <div>5</div>			<div>Silver Sneakers</div> <div>Breakfast Sandwiches</div> <div>Knitters Group</div> <div>Ping– Pong</div> <div>(H) Chair Yoga</div> <div>Chair Volleyball</div> <div>Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Bottle Art with Mary</div> <div>Intermediate Tai Chi</div> <div>8:30 AM</div> <div>9-10:30 AM</div> <div>9:00 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:00 PM</div> <div>6</div>			<div>Sign up Day</div> <div>Walkers (meet at Nevers)</div> <div>Lite Aerobics</div> <div>All Levels Yoga</div> <div>Veteran’s Benefits</div> <div>Intuitive Eating</div> <div>Lunch</div> <div>Chair Volleyball</div> <div>Mahjong and Lessons</div> <div>Hotdogs &amp; Bingo</div> <div>8:00 AM</div> <div>8:30 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:00 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>5:45/6:30 PM</div> <div>7</div>			<div>Bridge</div> <div>(H) Chair Yoga</div> <div>Caregivers Support Group</div> <div>Pickleball</div> <div>Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>Science Exploration</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>3:30 PM</div> <div>8</div>			<div>Fitness Center Open</div> <div>Gentle Yoga</div> <div>Quilting</div> <div>Chair Volleyball</div> <div>Silver Strength &amp; Vitality</div> <div>Movie: The Martian</div> <div>8:00 AM-12:00 PM</div> <div>9:00 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>10:30 AM</div> <div>9</div>		
<div>Fitness Center</div> <div>Personal Trainer</div> <div>(H)Lite Aerobics</div> <div>Bingo</div> <div>Pickleball</div> <div>Lunch</div> <div>Poker</div> <div>Setback</div> <div>Cardio Drumming</div> <div>8-11:00 AM</div> <div>8:30 AM</div> <div>9:30 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:30 PM</div> <div>11</div>			<div>Massage &amp; Footcare</div> <div>Walkers (meet at Nevers)</div> <div>Stretch &amp; Strength</div> <div>Senior Advisory Council</div> <div>Holiday Treats with Tiff</div> <div>Pickleball Lessons</div> <div>Lunch</div> <div>Samba</div> <div>Ways of Listening</div> <div>Tech Assistance</div> <div>Fitness Center Personal Trainer</div> <div>By Appt.</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>10:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>2:00 PM</div> <div>By Appt</div> <div>4-7:00 PM</div> <div>12</div>			<div>Elder Wellness and Massage</div> <div>Silver Sneakers</div> <div>Knitters Group</div> <div>Ping-Pong</div> <div>(H) Chair Yoga</div> <div>Joe The History Guy: Charlie Chaplin</div> <div>Chair Volleyball</div> <div>Holiday Party</div> <div>Holiday Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Intermediate Tai Chi</div> <div>Glass Etching with Liz</div> <div>By Appt.</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>11:00 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>2:00 PM</div> <div>2:00 PM</div> <div>13</div>			<div>Walkers (meet at Nevers)</div> <div>Lite Aerobics</div> <div>All Levels Yoga</div> <div>Lunch</div> <div>Chair Volleyball</div> <div>Parkinson’s Support Group</div> <div>Mahjong and Lessons</div> <div>8:30 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>14</div>			<div>Bridge</div> <div>(H) Chair Yoga</div> <div>Newcomers Group</div> <div>Savory Crepe Social</div> <div>Pickleball</div> <div>Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>Movie: Wonder</div> <div>Holiday House Tour</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:30 PM</div> <div>5:30 PM</div> <div>15</div>			<div>Fitness Center Open</div> <div>Pickleball</div> <div>Gentle Yoga</div> <div>Quilting</div> <div>Silver Strength &amp; Vitality</div> <div>Holiday Concert Benefit</div> <div>8:00AM-12:00 PM</div> <div>8-12:00 PM</div> <div>9:00 AM</div> <div>9:00 AM</div> <div>10:30 AM</div> <div>1:00 PM and 3:00 PM</div> <div>16</div>		
<div>Footcare</div> <div>Fitness Center</div> <div>Personal Trainer</div> <div>(H)Lite Aerobics</div> <div>Bingo</div> <div>Pickleball</div> <div>Lunch</div> <div>Poker</div> <div>Setback</div> <div>Cardio Drumming</div> <div>By Appt.</div> <div>8-11:00 AM</div> <div>8:30 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:30 PM</div> <div>18</div>			<div>Massage and Haircuts</div> <div>Walkers (meet at Nevers)</div> <div>Stretch &amp; Strength</div> <div>Build Your Own Breakfast</div> <div>Depression and Anxiety Group</div> <div>Christmas Cushions Craft</div> <div>Pickleball Lessons</div> <div>Lunch</div> <div>Samba</div> <div>Movie: Christmas with the Kranks</div> <div>Tech Assistance</div> <div>Fitness Center Personal Trainer</div> <div>By Appt.</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>9-10:30 AM</div> <div>10:30 AM</div> <div>10:30 AM</div> <div>10:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:30 PM</div> <div>By Appt</div> <div>4-7:00 PM</div> <div>19</div>			<div>Haircuts</div> <div>Silver Sneakers</div> <div>Knitters Group</div> <div>Ping-Pong</div> <div>(H) Chair Yoga</div> <div>The Biography of Sibelius</div> <div>Chair Volleyball</div> <div>Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Intermediate Tai Chi</div> <div>By Appt.</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>2:00 PM</div> <div>20</div>			<div>Walkers (meet at Nevers)</div> <div>Lite Aerobics</div> <div>Veteran’s Social Hour</div> <div>All Levels Yoga</div> <div>Sing-A-Long</div> <div>Lunch</div> <div>Chair Volleyball</div> <div>Mahjong and Lessons</div> <div>Community Service Group</div> <div>Early Bird Dinner and Bingo</div> <div>Bingo</div> <div>8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>11:00AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>4:00 PM</div> <div>5:00 PM</div> <div>21</div>			<div>Bridge</div> <div>Painting with Christine</div> <div>(H) Chair Yoga</div> <div>Pickleball</div> <div>Special Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>9:30 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>22</div>			<div>Fitness Center Open</div> <div>Pickleball</div> <div>Gentle Yoga</div> <div>Quilting</div> <div>Chair Volleyball</div> <div>Silver Strength &amp; Vitality</div> <div>8:00 AM—12:00 PM</div> <div>8-12:00 PM</div> <div>9:00 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>23</div>		
<div>Closed for the Holiday</div> <div>25</div>			<div>Walkers (meet at Nevers)</div> <div>Stretch &amp; Strength</div> <div>Pickleball Lessons</div> <div>Lunch</div> <div>Samba</div> <div>Tech Assistance</div> <div>Fitness Center Personal Trainer</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>By Appt</div> <div>4-7:00 PM</div> <div>26</div>			<div>Massages</div> <div>Silver Sneakers</div> <div>Knitters Group</div> <div>Ping-Pong</div> <div>(H) Chair Yoga</div> <div>Chair Volleyball</div> <div>Birthday Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Intermediate Tai Chi</div> <div>By Appt.</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>9:30 AM</div> <div>10:00AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>2:00 PM</div> <div>27</div>			<div>Walkers (meet at Nevers)</div> <div>(H) Lite Aerobics</div> <div>All Levels Yoga</div> <div>Lunch</div> <div>Chair Volleyball</div> <div>Mahjong and Lessons</div> <div>New Year’s Eve Party</div> <div>8:30 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>5:00 PM</div> <div>28</div>			<div>Bridge</div> <div>Painting with Christine</div> <div>(H) Chair Yoga</div> <div>Special Bingo</div> <div>Pickleball</div> <div>Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>9:30 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>29</div>			<div>Fitness Center Open</div> <div>Pickleball</div> <div>Gentle Yoga</div> <div>Quilting</div> <div>Chair Volleyball</div> <div>Silver Strength &amp; Vitality</div> <div>8:00 AM—12:00 PM</div> <div>8-12:00 PM</div> <div>9:00 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>30</div>		



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