



# 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.org](http://www.southwindsor.org)



December 2019



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## Winter Craft & Specialty Foods Show

Come to our 7th Annual Winter Craft Show at the Community Center, 150 Nevers Road, on **Sunday, December 8 from 9:00 AM to 3:00 PM. Free Admission!** Bake Sale and Raffle!! Over 50 vendors will be here selling handmade crafts and specialty foods. Check off the last minute needed gifts on your list! Hot dogs and salads will be for sale. If there is enough interest, bus transportation will be available. Call the office to schedule a ride by 12/5. This is a fundraiser that supports the Senior Center's Community Service Group which donates to various causes and service projects to benefit our community!

## Speak to the Senator!

Senator Saud Anwar will be at the center on **Wednesday, December 4 from 12:00 noon to 1:30 PM.** He will walk around and talk with people throughout the building and listen to your concerns. No need to register!

## Meet the Mayor!

Join newly re-elected Mayor Andrew Paterna for coffee/tea and snacks. You are invited to bring questions, comments or suggestions and have an informal conversation with the Mayor. He will also talk about ongoing town projects and future plans for South Windsor. **Thursday, December 12 at 10:00 AM.** Free, call to register anytime.

## Holiday Lunch/Entertainment

On **Wednesday, December 18** join us for musical entertainment by the South Windsor High Orchestra at **11:30 AM** (refreshments will be served!) followed by CRT lunch at **12:00 PM.** Menu includes; Stuffed Chicken Breast, Mashed Potatoes, Broccoli Florets, and a Holiday Cookie! **Please register for lunch by 12/6.** \$2.50 suggested donation payable that day.

## The History of Christmas

Christmas as we know it today is a Victorian invention of the 1860's. Probably the most celebrated holiday in the world, our modern Christmas is a product of hundreds of years of both secular and religious traditions from around the globe. Discover the origins of this great time of year! Join us on **Friday, December 13 at 1:00 PM** with Joe the History Guy! Free but call to register anytime.



## Poetry Open Mic

Do you have a fond appreciation for poetry? Do you write your own poetry that you'd love to share with the world? Then this event is for you! We are having a Poetry Open Mic on **Friday, December 20 at 1:00 PM.** Your MC and featured poet is one of our very own, Alexis Mitchell, who has 10 years of experience hosting open mics at Borders in Manchester. Her original poetry has been published in an anthology. She will share her work and open the floor to anyone who wants to share a poem or two of their own, or a piece that inspires them. Come to listen or come to share! Cookies and hot chocolate will be served! **FREE!** Call ext. 3335 to register anytime.



## New Year's "Eve" Party!

It's time to ring in the New Year, and what better way than to do it with us! **Monday, December 30 from 5:00—9:00 PM** we will be throwing a Rockin' New Years Party. **Jennalynn and Brittany K** will be performing! They're an extravagant vocal duo with a wide variety of music to share! Join us for a four-course dinner of appetizers, salad, your choice of chicken piccata or filet of sole with crabmeat stuffing, roasted potatoes and green beans provided by the Country Diner (Enfield), and cheesecake or carrot cake provided by Brookdale for dessert! The cost is just **\$15 for residents, \$20 for non residents.** **Want to reserve a table?** You must have 6-8 people registered and paid to reserve a table and provide those names at time of sign-up. Register and provide your meal choice in the office any time from **8 AM to 4:30 PM.** Transportation is available if enough interest.

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

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CT

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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  
**Program Coordinators:** Susan Gouin ext. 3339  
Victoria Hellberg ext. 3340  
**CARES Coordinator:** Amy Patterson ext. 3311  
**Caseworkers:** Stephen Clapp ext. 3325  
Penny Shea ext. 3314  
**Assistant Director of Adult & Senior Services:**  
Lindsey Ravalese ext. 3319  
**Director of Human Services:**  
Andrea Cofrancesco ext. 3316

**FREE Trip Sign Up Day: Monday, December 2 at 8 AM.** Residents sign up for all FREE trips (call in).

**TRIP Sign up Day: Thursday, December 5 at 8 AM.** Residents sign up for newly advertised trips requiring payment. Sign up for yourself and one other SW resident. Non residents sign up 12/6.

**Super 60's for Men and Women: Thursday, December 12 at 1:00 PM ...Last meeting!**

**Senior Community Café Menu**

**12/2:** Pulled Chicken Sandwich, Sweet Pot. Wedges  
**12/3:** Potato Crumb Fish, Stewed Tomatoes  
**12/4:** Roast Turkey, Cornbread Stuffing, Broccoli  
**12/5:** Penne w/ Meatballs, Garden Salad w/ Ranch  
**12/6:** Sesame Chicken, Mashed Potatoes, Veggies  
**12/9:** Stuffed Pepper, Pasta, Broccoli & Cauliflower  
**12/10:** Turkey Meatballs, Sweet/Sour Sauce, Rice, Veg  
**12/11:** Tuna Fish Salad Sandwich, Potato Salad  
**12/12:** Rosemary Chicken, Oven Roasted Potatoes  
**12/13:** Roast Pork, Baked Potato, Garden Veggies  
**12/16:** Kielbasa, Mashed Potatoes, Caribbean Veg  
**12/17:** Seafood Salad Sandwich, Sweet Pot. Wedges  
**12/18:** Stuffed Chicken, Mashed Potatoes, Broccoli  
**12/19:** Sauerbraten, Parslied Potatoes, Peas & Carrots  
**12/20:** Wholegrain Crust Cheese Pizza, Tossed Salad  
**12/23:** Cheesy Veggie Lasagna, Squash Medley  
**12/24:** Pizza & Salad Lunch provided by Staff  
**12/25: CRT CLOSED FOR THE HOLIDAYS**  
**12/26:** Italian Beef Meatballs, Seashell Pasta, Veggies  
**12/27:** Teriyaki Chicken Strips, Rice, Veggie Blend  
**12/30:** Meatloaf, Spanish Rice, Broccoli Normandy  
**12/31:** Lemon Baked Chix, Egg Noodles, Veggies  
*Monday thru Friday, CRT provides lunch for a 2.50 suggested donation. Lunch is served at 12 noon. Call ext. 3328 by 11:30 AM the day before to reserve.*

## SOCIAL SERVICES: 860-648-6361

Lindsey Ravalese ext. 3319; Penny Shea ext. 3314; Steve Clapp ext. 3325

### 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 this is your opportunity. Call Human Services at 860-648-6361 and ask to speak to a CHOICES certified counselor. All sessions are by appointment and you will be asked to provide an accurate list of your medications so that a counselor can find a plan that best suits your needs. CHOICES counselors provide free and unbiased insurance information. Call 860-648-6361 ext. 3319.

### AT RISK LIST

Adult and Senior Services maintains a list of people who would be considered at risk (those with special medical needs or those who live alone and don't have much interaction with others or if their family lives far away) so they can be notified in the event of a shelter operation opening up in town. If you would like to be included on this list, call Lindsey at 860-648-6361 ext. 3319 to be added to the list. The list is updated annually.

### CAREGIVERS SUPPORT GROUP

Join us on **Friday, December 13 at 10:30 AM** for our next meeting. Karla Vince, Community Relations Liaison for the Visiting Nurse and Health Services will speak about Caregiver's Stress. Call Penny at 860-648-6361 ext. 3314 or [Penny.shea@southwindsor.org](mailto:Penny.shea@southwindsor.org) with questions.

### Alzheimers Support Group

The complexity of Alzheimer's Disease and related dementias impacts the family and relationships. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope. Join the Village at Buckland Court for educational discussions and have the opportunity to learn and share with others who understand. **Meetings are held at the Community Center at 12 noon the first Thursday of the month. Next meeting: December 5.** RSVP to The Village: 860-644-7366.



### MOBILE FOODSHARE

**Thursday, December 12 and 26** from 11:30-12 noon at Wapping Church, 1790 Ellington Road. Fresh fruits/vegetables (bring bags). For transportation: 860-648-6361 x3310. Listen to radio for cancellations due to weather.

### CARES Corner

One of our December highlights in CARES is our holiday breakfast at Mitchell's in Vernon. We will enjoy a pizza dinner at Henry's in East Windsor, followed by Holiday Lights Fantasia in Hartford while riding through the park in our warm, cozy town bus. CARES families will be invited to a holiday social with delicious goodies and entertainment. May everyone have a wonderful HOLIDAY SEASON!

**There is space available for residents in our CARES program! Call Andrea to inquire! 860-648-6357**

### ENERGY ASSISTANCE

Applications for the 2019-20 energy assistance program are underway for all heating types. Gross monthly income cannot exceed \$35,116/year (single) and \$45,920 (couples). Assets cannot exceed \$12,000 (renter) and \$15,000 (homeowner). If your assets exceed the limit and your income is low then you may still qualify. Documentation needed: last four weeks of income, bank statements, proof of rent or mortgage and utility bills. For an appointment or more info call 860-648-6361.

### NEW! ALS Support Group

The ALS Association CT Chapter offers a support group for caregivers of people living with ALS. The group will meet on the 4<sup>th</sup> Wednesday of the month at the community center. The date for December is one week earlier due to the holiday. **December 18 from 11-12:30.** RSVP to Michelle at [mgaski@alsact.org](mailto:mgaski@alsact.org), 203-874-5050.

### Series for People with Early-Onset Dementia

A 6-week series is being offered to residents who have been diagnosed with early-onset dementia, which is typically diagnosed prior to age 65. Structured activities will be held on **Tuesdays beginning in January, from 9:30-12:30.** Cost is \$80 for 6 weeks and includes lunch and transportation! If interested in this series for your loved one, please call Andrea at 860-648-6357 to see if this program would be appropriate.

# EXERCISE Classes and FITNESS Programs

Class	Times/Place	Session Dates	Cost
Pickleball	Mon. — Fri 9 AM to 1 PM at 1737 Main St. Beginners only on: Mon/ Wed 9-11	For more information call 860-648-6361 x3339	FREE
Light Aerobics with Linda	Monday & Wednesday 9:00 AM	On-going (no class 12/25)	\$2 per class Drop in
EVE CLASS Light Aerobics with Linda	Monday 6:00PM	On-going	\$2 per class Drop in
*Cardio PLUS Conditioning SS (Advanced) with Amy	Monday & Wednesday 8:30 AM	On-going Silver Sneakers Class (no class 12/25)	\$2 per class or FREE SS
*Circuit SS (intermediate) with Amy	Tuesday & Thursday 9:00 AM	On-going Silver Sneakers Class	\$2 per class or FREE SS
*Classic SS (beginners) with Amy	Tuesday & Thursday 10:00 AM	On-going Silver Sneakers Class	\$2 per class or FREE SS
Qigong with Lorelei	Tuesday 10:00 AM	Dec 3-Jan 28	9 weeks \$40
Chair Yoga with Lorelei	Tuesday or Wed 11:00 AM	Dec 3-Jan 28 (Tuesdays) Dec 4-Jan 29(Wed) (no class 12/25 & 1/1)	9 weeks/\$40 7 weeks/\$35
Nourishing Mat Yoga with Lorelei	Wednesdays 10:00 AM	Dec 4-Jan 29 (no class 12/25 & 1/1)	7 weeks \$35
Chair Yoga with Diana	Wednesday 3:00 PM	Dec 4-Jan 29 (no class 12/25 & 1/1)	7 weeks \$35
Walkers Group (New folks always welcome to join us!)	Tuesdays & Thursdays 8:30 AM	<b>On-going</b> <i>Meet at the pavilion at Nevers Park.</i>	FREE
Gentle Tai Chi	Tuesday 1:00 PM	Dec 3-Jan 28 (no class 12/24)	8 weeks \$40
Chair Volleyball	Wednesday 11:30 AM	On-going (no play 12/25 & 1/1)	FREE
Balancing ACT	Wednesday 1:30 PM	Dec 4-Jan 29 (no class 12/25 & 1/1)	7 Weeks \$35
Country Line Dancing with Niki (intermediate)	Friday 10:00 AM	Dec 6-Jan 31	9 weeks \$40
*Senior Stretch & Flexibility SS w/Erin	Friday 1:30 PM	On-going	\$3 per class or FREE SS

## Annual Exercise Membership

In an effort to make it more affordable for those who attend multiple exercise classes, we offer an “Annual Membership Fee” payable in January, for the cost of \$300 per year. This allows you to take as many classes as you would like throughout the year for any exercise classes *except for drop in classes.*

### Membership rules will be:

- ♦ Payment of \$300 made in January, runs Jan. 1 through Dec. 31.
- ♦ Must still register for ALL classes you wish to attend.
- ♦ Prorated refunds will not be given unless for medical reasons, accompanied by a doctor's note.
- ♦ This service is optional.
- ♦ This is a service we are offering to residents 55 and over

Participants will be asked to complete an Exercise Membership Form

## Beginner Pickleball

Experienced pickleball players will hold lessons at the senior center for beginners. If you are new to the sport and would like some help getting started this is perfect for you! Lessons are on **Mondays at 1:00 PM.** These lessons are for true beginners, not players who would like to improve their game. No need to sign up, just show up in room 214 at the Center by 1:00 PM. FREE! (no class 1/20).

## Want to Try out a Class?

All new enrollees are welcome to try one free class, and if you wish to register after that, you can pay and register for the entire session. **You can join any class in the middle of a session with the class fee being pro-rated.** Classes may be cancelled if we do not get enough enrolled. Sign up for all exercise classes any time Monday-Friday in the front office from 8:00 AM to 4:30 PM.

## Meditation & Mindfulness

This is an on-going class that meets every **Thursday at 2:00 PM.** It combines meditation with the act of being in the moment during activities of daily living. Cost is \$20 for December classes.



## ADVENTURE CLUB

### Winter Hike with Barb

Let's get together for a brisk winter hike at Gay City Park in Hebron, CT. We will **meet at 10 AM at the senior center and carpool on Sunday, December 29.** This hike has its ups and downs but it is not a difficult hike. It is a very scenic park with ponds, bridge, brooks and wildlife. We will hike about 3 to 5 miles. Please bring water and a snack and money for lunch. We will **return approx. 2 PM.**

### Moonlight Walk & Hot Cocoa

Join the South Windsor Walk and Wheels Way for a Moonlight Walk through **Nevers Road Park on Friday, January 10.** Meet under the Rotary Pavilion for a cup of hot chocolate and stay warm by the firepit before embarking on the trails for a 1.5 mile walk through Nevers Road Park. The walk will **begin at 7:30PM.** If there is snow, cross-country skiing and snowshoeing is welcomed. Bring a flashlight, family and friends. For more information please check out their website at [swww.org](http://swww.org). Call the hotline 860-648-6349 for updates on cancellations.

### Winter Walk on the Beach

Hammonasset Beach State Park is the state's largest shoreline park and one of the most popular attractions in the state with two miles of beach front on Long Island Sound. Join us on **Saturday, January 18** for a winter walk on the beach. We will be meeting our friends from Plainville Senior Center. After the walk we will venture out to lunch. **Bus leaves the center at 9:30 AM and returns approx. 3 PM.** Cost is \$5 for transportation. Bring money for lunch and dress warm!

## Veterans Corner

### Questions about Veterans Benefits?

**Stop in anytime on Thursday, December 5** from 8 - 9:30 AM to talk with reps from the American Legion. No need to sign up, just show up!

### Veteran's Coffee Hour!

Hang out with other veterans, meet new friends and connect with old! The 3rd Thursday of the month at 9 AM. **December 19.** No need to register! Coffee and goodies will be available.



## VOLUNTEER CORNER

### Community Service Group

The next meeting will be **Wednesday, December 18, at 12:30 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! Call Andrea for info: 860-648-6357. ***NEIGHBORS HELPING NEIGHBORS***

### A Fond Fairwell to Super Sixties

The Super Sixties Club is announcing dissolution as of December 12, 2019. This group was founded in 1981 as a hunting and fishing club for gentleman over 59 years old. Through the years they evolved as a community service group. While they had opened their membership to both men and women of all ages, time caught up with them. They are donating funds remaining in their treasury to the South Windsor Food Bank in accordance with their by-laws. ***Thank you to all current and past Super 60's for your support of our programs, commitment to the community and willingness to bring people together for camaraderie and good deeds!***

### Reading in the Schools

For NINE years in a row, volunteers and members of the Senior Advisory Council have been reading to students in all elementary schools! We can use volunteers to read at Orchard Hill School on **Thursday, December 19** at 9:45 AM. This is a 20-minute commitment with high rewards! Please call Andrea at 860-648-6357 if you are available or wish to be on the email list to be notified of future dates!

### Volunteers Needed for FISH

FISH (Friends In Service Here) is seeking volunteers for their transportation and telephone rosters. Volunteers only serve one weekday a month – either providing transportation to doctor's appointments or recording appointment requests. The needs are real, the rewards are many. Call Phyllis Oswald, personnel chairperson at 860-644-2910. Your interest and support are vital if we are to continue to help those in need.

***The Senior Advisory Council meets the second Tuesday of each month at 10:00 AM. Have suggestions for improving the senior center? Contact any member!***

## Health and Wellness



### DIABETES SUPPORT GROUP

Join us **Friday, December 6 from 10:30-12.** Laura Estan, Certified Diabetic Educator will be facilitating the group. Contact Penny at 860-648-6361 X3314 with questions.

### 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 Steve Clapp to inquire. X3325



### EAR INSPECTIONS AND WAX REMOVAL

Christine DiRienzo, doctor of audiology from Advanced Hearing Healthcare will be at the center to do ear inspections and wax removal. Call 860-648-6361, ext. 3335 for an appointment or put your name on the wait list. **Free**

**ELDER WELLNESS ~ Free**  
**Thursdays, December 5, 12, 19, 26**  
**9:00 to 11:00 AM**

Have your blood pressure and blood sugar checked; ask general questions about your health. No appointment needed.

**FOOT CARE ~\$29.00**  
**Monday, December 2 by appointment**  
**Call 860-648-6361 ext. 3335**

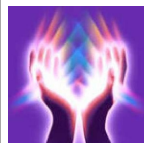
**HEARING CLINIC ~ Free**  
**Quarterly: Next date is January 8 at 1 PM**

Barbara B. Feehan, Audiologist from Feehan Hearing Center in South Windsor will be providing complimentary hearing screenings and hearing aid cleaning and service. Call for an appointment.

**ELDER WELLNESS AT HOUSING SITE**  
Blood pressure and blood sugar screening  
**Flax Hill Community Hall: Dec. 17 from 9:15-9:45**

**THANK YOU to Conroy Orthodontics, Ellington Dental, Grillo Dental, and South Windsor Dental for their generous donation of dental supplies for our food bank!**

## Reiki and Massages



### Therapeutic Touch REIKI

Denise Cassella, Reiki Master, is offering her services on **Tuesdays, December 3 and 17 from 10 AM to 2 PM** by appointment. Cost is \$30 for 30 minutes on 12/3. On 12/17 we have a one-time special of 15 minutes for only \$10. Call to schedule an appointment.

### Shiatsu Massage Therapy

Janet Fall, LMT will be offering Shiatsu Massage sessions, **Tuesday, December 10 and 24 from 10 AM to 2 PM.** Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment.

### Therapeutic Massage

Melissa Almquist, LMT, is offering therapeutic massages on **Mondays from 10:00 AM to 2:00 PM and Thursdays 11:30 AM to 2:00 PM** by appointment. Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment. (no appts. 12/5).



## Fun and Games



**Bingo ~ Mondays at 1:00** (call for transportation)

**Poker ~ Mondays at 1:00**

**Setback ~ Mon at 1:00 & Wed at 6:00** (*no hot dogs until Victoria returns!*)

**Bridge ~ Mondays and Fridays at 9:00**

**Adult Coloring ~ Tuesdays at 9:00**

**Billiards in Teen Center ~ Tuesdays at 10:00**

**Samba ~ Tuesdays at 12:30**

***Want to play Samba? Players can teach you!***

**Cribbage ~ Tuesdays at 6:00**

**Knitters Group ~ Wednesdays at 10:30**

**Duplicate Bridge ~ Wednesdays at 12:30**

**Hand, Knee & Foot ~ Wednesdays at 12:30**

**Evening Bingo ~ December 5 and 19 at 6:30 PM** (call for transportation)...***no hot dogs until Victoria returns!***

**Ceramics ~ drop-in program Thursdays at 9:00**

**Mahjong (American) ~ Thursdays at 10:00**

**Mexican Train Dominoes ~ Fridays at 12:45**

***Is there a game you would like to see offered at the Center? Or would you like to learn a new game? Call Susan or Victoria, program coordinators, with your suggestions! 860-648-6361***

## Classes/Educational Programs

### Benefits of CBD Oil

Join us for an informational presentation about the benefits, uses and costs of CBD oil. Learn the difference between medical marijuana and Cannabis Oil. Reveka Fernandex, Manager of Your CBD Store in Manchester, will be here to answer your questions. **Tuesday, December 10 at 1:00 PM.** Call anytime to register. Free

### Abstract Micrographs: Nature at Unnatural Magnifications

**Thursday, December 12 at 1:00 PM.** In this seminar led by Jeff Holcombe, you will explore the inside world of living things, rocks, and crystals as seen under a microscope. By design, there is a science in the art, and art in the science. Inside, many great mysteries arise that are not predicted by the outsides. **FREE.** Call ext. 3335 to register anytime.

### Historical Hartford Series

**FREE!** Call ext. 3335 any time to register!

Daniel Sterner is back in December to share his extensive knowledge of historical Hartford with us. **Tuesday, December 3 at 1:00 PM: Great Theaters of Hartford**—from historic stage venues to classic movie palaces.

**Tuesday, December 17 at 1:00 PM: Hartford Public High School**—the buildings and neighborhood of one of the city's oldest institutions.

### AARP Safe Driver Course

Learn defensive driving techniques, safety strategies, new traffic laws and rules of the road. **Monday, December 16 from 8 AM to 12 PM. Cost: \$15/AARP members, \$20/non-members, payable day of the course!** Call to register anytime.

### ART CLASS



Join professional artist Christine MacClintic for a fun, collaborative painting class. **Fridays, December 20 and 27 from 9:30-11:30** for a painting of a “whimsical snowman gazing at the moon” on a 16x20 canvas. You will be guided step by step. Beginners to intermediate, all supplies provided. **\$20/residents; \$30/non residents. Residents register 12/5; non residents 12/6.**

### Movie at the Center

#### Buttons: A Christmas Tale (2019)

A musical fairy tale set in the early 1900s. During a time of robber barons and rising industry, two orphan children's lives change forever when they meet two unexpected visitors who turn the tide of events. **Thursday, December 19 at 1:00 PM. Rated PG. Runtime: 1 hour and 55 minutes.** Call ext. 3335 to register.

*Kettle corn and mint hot chocolate is served!*

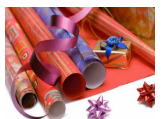
## Donations Needed

### Mugs NEEDED! Saving Resources, Saving Money!



At a recent Senior Advisory Council meeting, a suggestion was made that we can help the environment by reducing waste. One way of doing this is to eliminate the amount of plastic and paper goods we use for our programs. Starting out small, we are going to be eliminating the use of Styrofoam cups we use for coffee and tea. We will still offer both coffee and tea, but please bring your own mug, or you can use one of ours. They will be put in our dishwasher daily. If you have any mugs in your kitchen that you would like to donate, please bring them in. We hope to start this by January, or sooner if we get enough mugs.

### Looking for Donations of Holiday Wrapping Paper and Gift Bags



Our Community Service Group hopes to be able to provide a gift wrapping service at our craft show scheduled for December 8. If you have any partial rolls or brand new rolls of holiday wrapping paper, gift bags, tissue paper and bows, please drop them off in the office! Thank you!



### Gift Cards Wanted

Our adopt-a-child program provides gifts for children in South Windsor who come from low income households. We are looking for gift cards in \$25 increments to places such as Target, Walmart, Kohl's, Game Stop, Bath and Body, Itunes, Amazon, etc. If you wish to donate, please drop them off in the office. **THANK YOU!**



## Special Events

Call to sign up for the below trips beginning  
Monday, December 2 (non residents 12/6).

First come, first serve.

### Dine Out: Skyline

Come with us to the Skyline for lunch on **Wednesday, December 11!** Located near Bradley International Airport, Skyline has served as a mainstay Italian restaurant in Windsor Locks, CT since 1939. Separate checks accommodated and we'll be ordering off the regular menu. The bus will **depart the Center at 11:30 AM** and will return **approx. 2:30 PM.**

### Extreme Shopping: IKEA

Our bus will head to IKEA in New Haven on **Thursday, December 19.** There will be time to have a bite at the IKEA Restaurant! The bus will depart the Center at **11 AM** and will return **approximately 4:00 PM.**

## A Note About Reminder Calls

It has been part of our routine to make reminder calls as a courtesy to those attending our trips. Although it is great to touch base, we have found that most of the people we call already know the details of the trip and do not need reminding, such as of the pick up time and location. Moving forward, we cannot guarantee that a reminder call will be made for every trip. We ask that when you sign up for a trip, please mark your calendar. If you need to cancel or have any trip specific questions, please call us. Thank you!

## When a Program Needs to be Cancelled

As we enter the winter months, it is more likely that some of our trips or programs may need to be cancelled due to weather or illness. As a way to ensure that you are notified ASAP of a cancellation, especially for programs with a large attendance, we may use an automated call system via MySeniorCenter, the computer program we use for all program sign ups. The call will be from a Massachusetts number: 617-440-3507.

## 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.



## Welcome Committee

**Thursday, December 5 from 10:00 to 11:00 AM** tour the center with volunteers from the Senior Advisory Council. Drop in anytime!

## Men's Morning Group

This is a group of men who play pool and other games in the teen center, chat, take trips and enjoy each other's company. The next meeting will be Thursday, December 12 at 9:00 AM. For more info: Jeff Clark [jc59birch@outlook.com](mailto:jc59birch@outlook.com) or 336-258-0680.



## Birthday Lunch

Celebrate all **December** birthdays on **Thursday, December 19 at 12 noon.** Cake is donated by Geissler's. Sign up the day before.

## Triad for Senior Safety



## Cops, Coffee and Conversation

**Thursday, December 19** the Chief of Police Scott Custer and other S.Windsor officers will be available for veterans, seniors and community members who want to talk to an officer, express concerns, and get feedback. Info on frauds will also be available. **Drop in anytime from 9 to 11 AM.** Free, no need to register.

## Triad Tip of the Month

Be mindful of safety in your holiday decorations (for example: lights on dry Christmas trees, tipping candles on a Menorah). Make sure that ashes from a fireplace are completely cooled before disposing of them in a safe and appropriate manner. Watch for multiple and/or tangled cords which can cause tripping or dangling cords which can be a hazard. Avoid the use of multiple extension cords. Ensure that indoor and outdoor lights and decorations are used for their intended purpose only. Make sure presents are not visible through windows and doors, or in your car.



# Special Programs

## What are Henna Tattoos!?

Henna has been used as temporary body art for over 5000 years and is a time-honored tradition among various cultures and religions of the world. The henna plant leaves contain a pigment called lawsone which combines with proteins to cause staining. Because of this staining quality, henna has been used throughout the ages to dye hair and create body art designs. The intricate designs can symbolize passages of life and can also be applied simply for their beauty. Learn about the history and uses of henna on **Monday, December 2 at 10 AM** with Jamilah (Jennifer) Zebarth, who learned the art of henna 13 years ago and enjoys sharing this art form with others. Twenty people will have the option of having a henna design on their hand or arm (will be done by lottery). Jamilah uses essential oils in her natural henna making the application look AND smell wonderful. Cost is \$5. Sign up anytime!

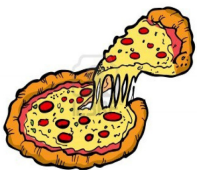
## Card Gift Tag Making

**Friday, December 6 at 10 AM** make all-occasion or seasonal cards and/or gift tags using stamps and scrapbooking techniques. Liz and Barbara will be on hand with all supplies and can guide you as needed or you can bring your own supplies and enjoy the company of others while you work on a variety of cards and gift tags. **Call anytime to register for this free, drop in program.**

## Holiday BINGO!

Let's get in the holiday spirit with a special holiday BINGO **Monday, December 23!** BINGO starts at **1:00 PM**. Pick a gift-wrapped prize if you win! During intermission enjoy a 30 minute performance by Carolers from Opera House Players while you snack on gingerbread. Cost for BINGO is .50 cents per card. No need to register, just show up!

## Pizza Party Lunch!



Join us on **Tuesday, December 24 at 11:30 AM** for a pizza party! Since CRT is closed, we will order pizza from a local place, toss up a salad and offer a surprise dessert! Call to register for lunch by noon the day before or sign up at the lunch desk. \$2.50 payable that day.

**Senior Center Gift Certificates are available in any denomination! Stop in the office today!**



## Dinner with a Medium

**Monday, December 16 at 4:00 PM**

Have you ever wanted to see a medium but never have a chance? Well, now is your time as we welcome Karen Kilmartin to our center! Karen is a spiritual psychic medium, best known for her down-to-earth attitude and compassion. She is Clairvoyant, Clairaudient, Clairsentient. All Karen's messages are based on validation from Heaven. Whether you are in need of messages from loved ones in heaven, or you want information about your present and future, Karen's accuracy rate is uncanny. Karen is a humanitarian that believes that her gifts should be used for the greater good. This program is a an educational and enlightening experience in a group setting, not individual appointments. Dinner will consist of chicken cordon bleu made by JEMS, rice pilaf, vegetables and dessert! Cost is just \$15 before 12/11, or after \$20. ***We are almost at capacity, sign up now!***

## Reflective Address Signs!

- South Windsor Emergency Services responded to 8,433 calls to 911 in 2018.
- Over 25,000 people live, work and play in more than 16,000 buildings and structures through the town.
- Surviving an emergency depends directly on first responders quickly finding your location accurately and efficiently.

The Town of South Windsor is offering residents an opportunity to purchase a reflective address marker that fully complies with the Town Addressing Ordinance for the price of \$20.00. The placards are metal and coated with a reflective material with the address numbers clearly displayed. They will have pre-drilled mounting holes and can be easily attached to mailbox posts. **If you are interested, please fill out a form (available in the Human Services office or at Town Hall in Public Works).** For info, please call Public Works at 860-644-2511 ext. 344.

## Fitness & Wellness Workshops

### Strength & Conditioning Workshop Part II

**Friday, December 13 at 1PM**, join Physical Therapist Olu Olaphinsin, DPT, CSCS, CDN, for Part II of his strength and conditioning workshop. Learn different techniques to keep yourself fit and tone. Sponsored by Access Physical Therapy. Free, call to register anytime.

### Surviving The Winter Blues Four-week workshop starting in January!

It's that time year again! Darkness, cold and that 4-letter word - SNOW! In this 4 week experiential series, learn a variety of different self-care techniques to put a spring in your step this winter! Presented by Radiant Journey LLC's Jennifer Hirschberg-Wise, OTR/L, CLT-TBD Series starts Friday, January 3 at 11 AM and runs until Friday, January 24. Call anytime to register. FREE

### Tai Ji Quan Movement for Better Balance

TJQ is back! This exercise class incorporates Tai Chi movements for better balance and strength to decrease the risk for falls in older adults. The class meets twice a week for 24 weeks and is FREE, sponsored by a grant from the Dartmouth Centers for Health and Aging. Classes will be held **Tuesdays & Fridays at 2 PM starting January 7**. Registration includes a free fall risk assessment for eligibility. If you are interested in taking this class and can commit to 2 sessions per week, please **call Susan at 860-648-6398** to schedule an appointment for an assessment.

### Transportation Services



This service is for residents age 60 years or older; or who are under age 60 and on Social Security Disability. Our service is curb to curb. Passengers must be able to reach the bus independently. Our bus goes to medical appointments, grocery stores, banks, library, post office, the mall and other shopping venues and the senior center. There is no charge for this service. For a complete brochure, please call **860-648-6361 Ext. 3310**.

## Fit For Life Fitness Center

### *We Have State of the Art Equipment* Cardio:

Treadmills, NuStep Machines, Elliptical Trainers,  
Recumbent Bike

### Resistance Training:

Lat Press, Shoulder Press, Bicep/Tricep Extension,  
Medicine Balls  
Seated Leg Extension/Leg Curl  
Incline Weight Bench  
Dumbbells

### To Join Fit For Life Fitness Center you must:

- Be 55 years of age or older
  - Have a medical clearance form signed by your doctor
    - Register at the front desk
- Make an appointment for orientation with Susan Gouin, Certified Medical Exercise Specialist. **She will teach you how to use the equipment and design a program based on your health.**  
Call 860-648-6361 ext. 3339.

**Cost for Residents:** \$30 for 3 months, \$50 for 6 months, \$75 for 1 year

**Cost for Non-Residents:** \$50 for 3 months, \$75 for 6 months, \$100 for 1 year

### **We need volunteers in the fitness center!**

If you are interested in volunteering to sit at the desk for 2 hours per week and receive **FREE** fitness membership, please call Susan at 860-648-6398.



## New Trips: Residents Register 12/5; Nonresidents 12/6

### Windham Textile & History Museum



Come with us to the Windham Textile & History Museum in Willimantic on **Friday, January 10**. We will be given a guided tour of the museum featuring: *Thread Mill Square* where you will see how people lived in CT textile mill towns in the 1890s at the height of the Industrial Revolution, *Dunham Hall Library* which was the first “public” library in Willimantic, and remained in operation until about 1940, and *Dugan Mill*. **Cost is \$5 for transportation, and \$5 payable at the door.** Bring money for lunch at Olympic Family Restaurant; “Since 1999, they have been serving up some of the finest and freshest seafood east of the river”. The bus will **depart from the Center at 10:15 AM** and will return **approximately 3:30 PM**.

### *Barefoot in the Park*

### At Clove Creek Dinner Theater

We’re going to The Clove Creek Dinner Theater in Hudson Valley, Fishkill, NY on **Thursday, February 20** with Friendship Tours! Clove Creek is an intimate dinner theater setting for professional live productions in the heart of the Hudson Valley. High quality meals feature locally grown ingredients and prepared by chef graduates of The Culinary Institute of America. We will see *Barefoot in the Park*, a show based on Neil Simon’s 1963 play that focuses on newlyweds Corie & Paul and their adventures living in a miniscule sixth floor walk-up apartment in Greenwich Village. Delicious lunch included (please provide meal choice with registration). Choose Sliced NY Strip Loin, Pan Roasted Chicken Breast with Brie & Baby Spinach, Panko & Herb Crusted Cod, or Vegetarian Napoleon. All served with Mixed Greens Salad, Vegetable & Potato. **Cost is \$113**. The bus will **depart from Geissler’s at 8:45 AM** and will return approx. 5:30 PM.

*Please register by Friday, January 10.*

**Have a trip question?**

**Call Kathy Longo at  
860-648-6361 ext. 3340**

### Check out where South Windsor Seniors are going in 2020!

**February 23:** Home & Garden Show at Mohegan Sun  
**March 17:** St. Patrick’s Day at the Aquaturf  
**March 31:** Mattatuck Museum—Rose Hill Exhibit  
**April 14:** Richie Mitnick at the Aquaturf  
**April 18:** MGM & *9 to 5* at The Majestic Theater  
**April 25:** West Point Dress Parade  
**May 3:** *The Great Gatsby*, Ivoryton Playhouse  
**May 10:** Annual Albany Tulip Festival  
**May 14:** *Dancing Dream* ABBA Tribute at the Aquaturf  
**June 1:** *Father Misgivings* at Crestview Country Club  
**June 7:** *Native Gardens*, Ivoryton Playhouse  
**June 16:** New York Aquarium & Coney Island  
**June 17:** Strawberry Festival, Summit View Pavilion  
**July 14:** Celebrate Italia! At The Aquaturf  
**July 23:** *Buddy Holly & Friends*, The Majestic Theater  
**August 3—August 4:** Long Island & The Hamptons  
**August 9:** *Ring of Fire*, Ivoryton Playhouse  
**August 11:** Block Island  
**August 13:** The Edwards Twins at The Aquaturf  
**August 18:** Plymouth 400th Anniversary  
**August 18:** Katz N’ Jammerz Band at The Aquaturf  
**August 31:** *On Golden Pond*, Newport Playhouse  
**September 3:** Endless Summer at Amarantes Sea Cliff  
**September 7-9:** Acadia National Park & Bar Harbor  
**September 9:** Buffet, BINGO, Music at High Meadows  
**September 15:** Mark Verselli at The Aquaturf  
**September 16:** New York Botanical Gardens  
**September 19:** Lake George  
**October 4:** *Ghost the Musical*, Ivoryton Playhouse  
**October 19:** Oktoberfest at The Aquaturf  
**October 25:** The Berkshire Scenic Railway  
**November 12:** Bob Hope Tribute, Grand Oak Villa  
**November 12:** *Kinky Boots*, Westchester Broadway  
**November 17:** Elvis Tribute at The Aquaturf  
**December 15:** Holiday Winter Wishes at The Aquaturf

*.....& More to come!*

*Keep an eye out for more details in  
upcoming newsletters. Registration  
for these trips has not begun.*

**Trips Subject to Change**



## Previously Advertised

Registration has begun, space is limited so please sign up ASAP!

### An Actor's Carol

Come with us on **Sunday, December 22** to the Ivoryton Playhouse! Burned-out actor Hugh Pendleton, not-so-fresh from playing Scrooge one too many times in the backwater community theatre where his once promising career has met its unglamorous end, is surprised to encounter three spirits of his own in this quirky and compelling ode to the holiday classic. **Cost is \$35.** Bring money for dinner at Scotch Plains Tavern in Essex. Bus departs the Center at **12:30 PM**; returns approx. **7:30 PM**.

### *Her Life—Martha Washington*

**Wood Memorial Library. Wednesday, March 25.** This is an intimate look into the life of Martha Washington. This portrayal/lecture includes Martha's happy childhood, her courtship, her children, grandchildren, friends, and heartaches. She married one of VA's wealthiest men, became wealthy widow at age 26, outlived her four children, and her second marriage made her a public figure and she was considered the first **FIRST LADY OF AMERICA**. **Cost: \$15.** Reception following. The bus will **depart the Center at 1:30 PM** and will return approx. **4:00 PM**.

### *Lizzie Borden and the 40 Whacks*

**Wood Memorial Library. Wednesday, April 29.** On a scorching hot day in Fall River, in August of 1892, a heinous crime occurred. Spinster Lizzie Borden was accused, tried, and acquitted for the vicious ax murders of her father and stepmother. The true unsolved mystery has fascinated people for over 100 years. During the mock trial portion of this show, the audience is invited to participate by questioning Lizzie and deciding her guilt or innocence. **Cost is \$15.** Reception following. The bus will **depart the Center at 1:30 PM**; returns approx. **4 PM**.

The Wood is holding tickets for us, and they will be released, so please sign up early!

### Discover Switzerland, Austria & Bavaria

**May 1-10, 2020.** Flyers are available online and at the Senior Center. Call Kathy to check availability and pricing: x3340

### *Queen Esther & Penn Dutch Country*

**June 16-18, 2020!** Our travels will take us to the Pennsylvania Dutch Country. Appalachian Brewing Company; The Cork Factory Hotel; Private wine, cheese and paint party; Kitchen Kettle Village; Sight & Sound Theater for their brand new production of *Queen Esther*; Miller's Smorgasbord; Mount Hope Estate and Winery. Total cost is \$599 pp double, \$549 pp triple, and \$759 pp single. \$100 deposit due at the time of registration. Final payment due May 12. *Please submit a Reservation and Travel Protection Form with your deposit.* The bus will depart from Geissler's at 7:00 AM on 6/16 and will return approximately 8:00 PM on 6/18.

### Cruise Through the Panama Canal

**November 29—December 12, 2020. with Tours of Distinction!** Your Itinerary at a glance: Transfer to the New York City Pier and embark on the Encore. Spend two days at sea and enjoy all the fun and relaxation the Encore offers. Your fourth day will be spent at **Puerto Plata, Dominican Republic**. Enjoy your fifth day at sea. On day 6, walk around **Willemstad, Curacao**—you'll think you travelled back in time to Old Amsterdam. Day 7 is spent in **Oranjestad, Aruba** where incredibly white sands and cobalt blue seas make the small island a popular destination. Admire the stunning bays of **Santa Marta, Colombia** on Day 8. Your 9th day will be spent in **Cartagena, Colombia**, an old walled city that reflects a turbulent history of conquistadors and pirates. On Day 10, travel like the jetsetters do as you sail through the Caribbean entrance of the Panama Canal, a maritime marvel. Sail into **Colon, Panama** and take in the view of the Atlantic Ocean entrance to the famous Panama Canal. Day 11 will be spent in **Puerto Limon, Costa Rica** known for its multi-cultural community and a festive annual carnival celebration. Take advantage of national parks and reserves in all directions. Your final days will be spent at sea before you disembark in Miami for your flight home. *Optional Tour Excursions Available!*

**Inside Stateroom: \$2,865 pp dbl/\$4,125 pp single**

**Balcony Stateroom: \$3,905 pp dbl/6,050 pp single**

- \$500 deposit due at the time of registration

*Please submit a Reservation and Travel Protection Form*

- 2nd deposit: \$1,000 due April 25

- Final payment due: August 17

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
FREE Trip Sign Up Day 8:00 AM Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM What Are Henna Tattoos?! 10:00 AM Lunch 12:00 PM BINGO, Setback, Poker 1:00 PM Beginner Pickleball 1:00 PM Light aerobics 6:00 PM		Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Classic SS, Qigong, Billiards, Reiki 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Historical Hartford, Gentle Tai Chi 1:00 PM Chinese Calligraphy 2:30 PM Cribbage 6:00 PM		Local Shop./Errands, Cardio SS 8:30 AM Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Les Miserables, Chair Volleyball 11:30 AM Lunch, Speak to the Senator! 12:00 PM Dup. Bridge, Hand Knee & Foot 12:30 PM Balancing Act 1:00 PM Chair Yoga 3:00 PM Setback 6:00 PM		Trip Sign Up Day, Welcome Comm. 8:00 AM Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM Classic SS, Mahjong 10:00 AM Blue Christmas at Log Cabin 10:30 AM Lunch 12:00 PM Mindfulness and Meditation 2:00 PM Evening BINGO 6:30 PM		Walmart, Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local Shopping 9:30 AM Christmas Town Festival 9:45 AM Country Line Dancing 10:00 AM Drop-In Card Making 10:00 AM Diabetes Support Group 10:30 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM SS Stretch & Flex 1:30 PM Weight Watchers 2:00 PM	
9		10		11		12		13	
Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM Lunch 12:00 PM BINGO, Setback, Poker 1:00 PM Beginner Pickleball 1:00 PM Light aerobics 6:00 PM		Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Classic SS, Qigong, Billiards, Shiatsu 10:00 AM Holiday Winter Wishes 10:15 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Benefits of CBD Oil, Gentle Tai Chi 1:00 PM Chinese Calligraphy 2:30 PM Cribbage 6:00 PM		Local Shop./Errands, Cardio SS 8:30 AM Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Weekday Dine Out, Chair Volleyball 11:30 AM Lunch 12:00 PM Dup. Bridge, Hand Knee & Foot 12:30 PM Balancing Act 1:00 PM Chair Yoga 3:00 PM Setback 6:00 PM		Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM Men’s Morning Group 9:00 AM Classic SS, Mahjong 10:00 AM Meet the Mayor! 10:00 AM Lunch 12:00 PM Super 60’s for Men and Women 1:00 PM Abstract Micrographs 1:00 PM Mindfulness and Meditation 2:00 PM		Walmart/Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local Shopping 9:30 AM Country Line Dancing 10:00 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM Stength and Conditioning Wkshp 1:00 PM Joe the History Guy 1:00 PM SS Stretch & Flex 1:30 PM Weight Watchers 2:00 PM	
16		17		18		19		20	
AARP Safe Driver 8:00 AM Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM Lunch 12:00 PM BINGO, Setback, Poker 1:00 PM Beginner Pickleball 1:00 PM Dinner with a Medium 4:00 PM Light aerobics 6:00 PM		Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Classic SS Qigong, Billiards, Reiki 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Historical Hartford, Gentle Tai Chi 1:00 PM Cribbage 6:00 PM		Local Shop./Errands, Cardio SS 8:30 AM Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Holiday Lunch, Chair Volleyball 11:30 AM Dup. Bridge, Hand Knee & Foot 12:30 PM Balancing Act 1:00 PM Chair Yoga 3:00 PM Setback 6:00 PM		Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit S 9:00 AM Veteran’s Coffee Hour 9:00 AM Cops, Coffee, Conversation 9:00 AM Classic SS, Mahjong 10:00 AM Extreme Shopping: IKEA 11:00 AM Birthday Lunch 12:00 PM Movie: Buttons A Christmas Tale 1:00 PM Mindfulness and Meditation 2:00 PM Evening BINGO 6:30 PM		Walmart/Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local Shopping, Art Class 9:30 AM Country Line Dancing 10:00 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM Poetry Open Mic 1:00 PM SS Stretch & Flex 1:30 PM Weight Watchers 2:00 PM	
Happy Hanukkah!  23		Happy Hanukkah!  24		Happy Hanukkah!  25		Happy Hanukkah!  26		Happy Hanukkah!  27	
Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM Lunch 12:00 PM Holiday BINGO! 1:00 PM Setback, Poker 1:00 PM Beginner Pickleball 1:00 PM Light aerobics 6:00 PM		Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Classic SS Qigong, Billiards, Shiatsu 10:00 AM Chair Yoga 11:00 AM Pizza Party! 11:30 AM Samba 12:30 PM Gentle Tai Chi 1:00 PM Cribbage 6:00 PM		Office is closed, Merry Christmas! 		Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM Mahjong, Classic SS 10:00 AM Lunch 12:00 PM Mindfulness and Meditation 2:00 PM		Walmart/Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local shopping, Art Class 9:30 AM Country Line Dancing 10:00 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM SS Stretch & Flex 1:30 PM Weight Watchers 2:00 PM	
30		31		Weekend Events/Trips Sunday, December 8—Winter Craft Show Sunday, December 22— Ivoryton Playhouse Sunday, December 29— Winter Hike		 <h1>December 2019</h1> 			