



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



January 2020



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

1980

Celebrating 40 Years

2020

Early Bird Dinner and Entertainment

Join us on **Friday, January 24 at 4:00 PM** for an Early Bird Dinner of tossed salad, homemade beef stew, bread and dessert. After dinner, by popular demand, we will welcome back Ashly Cruz who will perform her International Cabaret Show. She has performed this show all over the world, blending Broadway, French, Spanish, and popular songs performed cabaret style. **Sign up in the office anytime. Cost is \$5 before 1/20, or \$8 after.**

Chinese New Year Celebration

Join us on **Friday, January 31 at 1:00 PM** to celebrate the Chinese New Year; 2020 is the Year of the Rat! We'll be enjoying delicious food from Sun Sun Chinese cuisine, followed by a program on the Chinese New Year and Customs presented by BC Chang and a live dance performance by Lorelei Chang. **Cost is \$10 for residents, \$15 for non-residents. Register in the office anytime.**

Inside this Issue!

- Annual Exercise Membership
- Smoothie of the Week!
- 30-Day Fitness Challenge
- CARES Program has SPACE!
 - Snowshoeing
 - Food Resources
 - Meet the Mayor
 - Get Organized!
- Keeping Your Brain Healthy
- And so much more!

Surviving The Winter Blues Four-week workshop

It's that time of 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**

Start the New Year off Right! 30 Day/30 Minute Fitness Challenge

It's a new year, so take a new challenge! Join the Fitness Center and register for our 30 Day/30 Minute Fitness Challenge. The challenge is with yourself. All current fitness members and all new members are encouraged to register. You have nothing to lose, only to gain! Everyone who registers and completes the challenge will be eligible for a Grand Prize Raffle ticket. You will also receive a small complementary gift for completing your challenge. More details are posted in the Fitness Center. Free with Fitness Center Membership. Call Susan at 860-648-6398 to Register. **Take the plunge and Sign-Up!**

New 6-Week Workshop! Live Well with Chronic Pain

You will learn:

- ♦ Relaxation and better breathing techniques
- ♦ How to deal with difficult emotions
- ♦ Easy movement exercises
- ♦ How to make healthy eating choices
- ♦ How to get better sleep
- ♦ Communication, problem solving, and decision-making skills

Live Well is an evidence based self-management workshop originally developed at Stanford University. Workshop runs for 6 consecutive weeks on **Thursdays from January 23 to February 27, from 1:00 PM to 3:30 PM.** Free. Call ext. 3335 to register anytime!

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

**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: Thursday, January 2 at 8 AM. Residents sign up for all FREE trips (call in).

TRIP Sign up Day: Thursday, January 2 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 1/3.

Senior Advisory Council Meeting: Tuesday, January 14 at 10:00 AM.

Senior Community Café Menu

1/1: CRT CLOSED FOR THE HOLIDAY

1/2: Stuffed Pepper, Pasta, Waxed Beans

1/3: Hot Dog, Baked Beans, Tossed Salad

1/6: Swedish Meatballs, Pasta, Peas & Carrots

1/7: Breaded Fish Filet, Potato Puffs, California Veg

1/8: Roast Pork, Sweet Potatoes, Caribbean Veg

1/9: Baked Cheese Lasagna, Tossed Salad Greens

1/10: Cheese Pizza, Tossed Salad

1/13: Hot Dog, Baked Beans, Cabbage Coleslaw

1/14: Pasta & Meatballs, Garden Salad, Mixed Veg

1/15: Beef Liver, Mashed Potatoes, Broccoli

1/16: Roast Turkey, Stuffing, Capri blend Veg

1/17: Tuna Salad, Potato Wedges, Vegetable Soup

1/21: Macaroni & Cheese, Stewed Tomatoes, Salad

1/22: Cheeseburger, Vegetable Soup, Potato Salad

1/23: Chicken Parmigiana, Rigatoni, Brussel Sprouts

1/24: Pot Roast, Parslied Potatoes, Sliced Carrots

1/27: Cheese Ravioli, Salad, Caribbean Blend Veg

1/28: Chili with Beans, Baked Potato, Green Beans

1/29: Roast Pork, Brown & White Rice, Broccoli

1/30: Potato Crumb Fish, Potatoes, Broccoli Cuts

1/31 Beef Stew w/Vegetables, Peas & Carrots, Salad
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

DIABETES SUPPORT GROUP

Join us **Friday, January 3 from 10:30-12**. Laura Estan, Certified Diabetic Educator will be facilitating the group. Contact Penny at 860-648-6361 X3314 with questions.

CAREGIVERS SUPPORT GROUP

The next Caregivers Group will be **Friday, January 10 at 10:30 AM**. Our speaker will be Rebecca Mills who is the Manager of Clinical Operations of the North Central Regional Office of CCCI. She will discuss the CT Homecare Program. Please call Penny with any questions 860-648-6361 ext.3314 or Penny.shea@southwindsor.org.

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 4th Wednesday of the month at the community center. **January 22 from 11-12:30**. RSVP to Michelle at mgaski@alsact.org, 203-874-5050.

Alzheimer's 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 11:00 AM on the fourth Thursday of the month. Next meeting: January 23**. RSVP to The Village: 860-644-7366.

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.

MOBILE FOODSHARE



Thursday, January 9 and 23 from 11:30-12 noon at Wapping Church, 1790 Ellington Road. Fresh fruits/vegetables (bring bags). For transportation: 860-648-6361 x3310. **NEW:** If South Windsor schools are closed, there will be no Mobile Foodshare.

C.A.R.E.S. Corner

Center, Activities, Recreation,
Exercise, Socialization

Amy Patterson, CARES Coordinator

Space is Available!

The C.A.R.E.S. group is designed to promote wellness for those seniors who are in need of enhancement and maintenance of productivity in socialization, mobility, cognition and quality of life. The group meets Monday through Friday from 9:30 AM to 12:30 PM. Cost is \$3 per day, lunch is a \$2.50 donation. Transportation is provided at no additional cost. For more info, call Lindsey at 860-648-6361 ext. 3319. South Windsor residents only.

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 January 7 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.

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.

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 1/1 & 1/20)	\$2 per class Drop in
EVE CLASS Light Aerobics with Linda	Monday 6:00PM	On-going (no class 1/20)	\$2 per class Drop in
*Cardio PLUS Conditioning SS (Advanced) with Amy	Monday & Wednesday 8:30 AM	On-going Silver Sneakers Class (no class 1/1 & 1/20)	\$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 1/1)	9 weeks/\$40 7 weeks/\$35
Nourishing Mat Yoga with Lorelei	Wednesdays 10:00 AM	Dec 4-Jan 29 (no class 1/1)	7 weeks \$35
Chair Yoga with Diana	Wednesday 3:00 PM	Dec 4-Jan 29 (no class 1/1)	7 weeks \$35
Walkers Group (New folks always welcome to join us!)	Tuesdays & Thursdays 8:30 AM	On-going <i>Meet at the pavilion at Nevers Park.</i>	FREE
Gentle Tai Chi	Tuesday 1:00 PM	Dec 3-Feb 4 (snow day 12/3)	8 weeks \$40
Chair Volleyball	Wednesday 11:30 AM	On-going (no play 1/1)	FREE
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 *free*

This is an on-going class that meets every ***Wednesday at 1:30 PM beginning January 8.** It combines meditation with the act of being in the moment during activities of daily living. Facilitated by Diana Gunther. No need to sign up. Just Drop in! (no class 1/1)

***Time changed from Thursdays at 2:00 PM**

ADVENTURE CLUB

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 7:30 PM**. 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. 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! ****Please note that you must walk with the group if you participate in this trip. No one will be left behind on the bus.***

Snowshoeing!

Snowshoeing sounds like so much fun! Have you ever tried it? We will venture to Northwest Park in Windsor, all equipment is included! If there is not enough snow on the ground, we will turn this trip into a hike at the park, which is a beautiful municipally owned park. **Sunday, January 26 we will meet at the center at 10:00 AM and carpool to Northwest Park**. Lunch will be at Tunxis Grill in Windsor following. **We will return to the center at approx. 3:00 PM**. The cost for snowshoeing is \$15 per person; if we hike there is no fee. Because this trip is dependent upon weather, we will not collect your \$15 for snowshoeing until the day of the event (please bring cash). Bring money for lunch. A decision about snowshoeing will be made the week before. Call anytime to register.

Senior Women's Basketball

Jane Grilley is a participant and a coach in the senior women's basketball program in CT. They are a group of women 45 to 82 who just love basketball! This program is recreational and open to all skill levels. If you wish to play or would like more information please email Jane Grilley at mommag222@sbcglobal.net or call Barbara Buddington at 860-918-2492.

VOLUNTEER CORNER

Community Service Group

The next meeting will be **Wednesday, January 15 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

Meals on Wheels Volunteers Needed

Volunteers are needed to deliver meals to South Windsor residents as little as once a month or up to once a week, based on your availability. Applications are available in the Human Services office. For more info, call Liz O'Brien at 860-648-6361 ext. 3335.

Friendly Shoppers Needed

Human Services needs volunteers to bring people shopping who cannot navigate the grocery store on their own or to shop for those who can't get out at all. Call Penny for more info on how you can make a difference. 860-648-6361 ext. 3314.

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!

Dollars for Scholars Scholarship

The Community Service Group is proud to announce that an annual scholarship will be provided to a graduating high school senior who lives or goes to school in South Windsor. The focus of the award is for a student who is engaged in community service; an essay will be required. Please encourage your family members, friends and neighbors to apply! The application period is January 21 through March 15. Students can plan on attending a 2 or 4 year college or a trade school. Visit www.southwindsor.dollarsforscholars.org

Health and Wellness



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, January 2, 9, 16, 23 & 30
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, January 6 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: Jan. 21 from 9:15-9:45

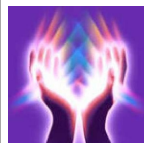
Veterans Corner

Questions about Veterans Benefits?
Stop in anytime on Thursday, January 2 from 8 to 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. **January 16.** No need to register! Coffee and goodies will be available.

Reiki and Massages



Therapeutic Touch REIKI

Denise Cassella, Reiki Master, is offering her services on **Tuesdays, January 7 and 21 from 10 AM to 2 PM by appointment.** Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment.

Shiatsu Massage Therapy

Janet Fall, LMT will be offering Shiatsu Massage sessions, **Tuesday, January 14 and 28 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. 1/20).



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 ~ January 2 and 16 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 and Educational Programs

Historical Hartford Series

Daniel Sterner is back to share his extensive knowledge of Historical Hartford with us. **Great Theaters of Hartford**-from historic stage venues to classic movie palaces, **Tuesday, January 7 at 1 PM** and **Great Houses of Hartford**-from the mansion of Colt, Goodwin and Vanderbilt to the homes of governors on Washington Street, **Tuesday, January 28 at 1 PM. FREE!** Call ext. 3335 any time to register!

AARP Safe Driver Course

Learn defensive driving techniques, safety strategies, new traffic laws and rules of the road. **Monday, January 13 from 8 AM to 12 PM. Cost: \$15/AARP members, \$20/non-members, payable day of the course!** Call to register anytime.

Food Choices for Good Health

Learn about the importance of making every day healthy food choices and how they should add up to a well balanced diet for optimal health benefits. **Tuesday, January 14 at 1:00 PM. Free.** Call to register anytime. Sponsored by Brookdale Senior Living.



ART CLASS

Join professional artist Christine MacClintic for a fun, collaborative painting class. **Fridays, January 24 and 31 from 9:30-11:30** for an impressionistic painting of "Niagara Falls" on a 16x20 canvas. You will be guided step by step. Beginners to intermediate, all supplies provided. **\$20/residents; \$30/non residents. Residents register 1/2, non residents 1/3.**

South Windsor Food Resources

Hunger Action Teams (HATs) are community groups that meet to work on projects that decrease the food insecurity within a town, neighborhood, or region by locally driven solutions. The South Windsor HAT has active members including school officials, local and state government, service providers, faith community, Foodshare partner agencies, members of the business community, and community members. Meetings are held at the Community Center on the 2nd Wednesday of each month at 12:30 PM. For information on being involved, call Sarah Hill, Community Network Builder at Foodshare: 860-856-4347.

FOOD PANTRIES:

- **South Windsor Human Services**, 150 Nevers Road
- 860-648-6361
- **The Bridge Healthy Choice Pantry:** 860-372-4141

Senior Community Café at the South Windsor Senior Center: lunch served Monday through Friday at 12 noon, \$2.50 donation (or whatever you can afford). Must be 60 or over. Register by calling 860-648-6361 ext. 3328

Meals on Wheels: Coordinated by the Human Services office, meals provided by CRT. Call to inquire. 860-648-6361 ext. 3319.

Mobile Foodshare: Every other Thursday from 11:30-12 noon, get produce and other food items at the Wapping Community Church parking lot, 1790 Ellington Road. January dates are 9 and 23.

SNAP: Formerly known as Food Stamps, this program provides money to purchase food items at local grocery stores. Call Human Services at 860-648-6361 or Foodshare's SNAP Outreach Team at 860-286-9999 ext 104.

For additional Resources call Infoline at 2-1-1



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.

Registration Forms and Photos

We ask everyone to update their registration form every five years. We are mailing them out or asking you when you come to the office. Also, we are asking for you to stop in to have a photo taken for our computer files. This photo is only used for staff; we meet a lot of people and it's extremely helpful to us!

Special Events

Call to sign up for the below trips beginning
Thursday, January 2 (non residents 1/3).

First come, first serve.

Dine Outs

Wednesday, January 8, join us for lunch at It's Only Natural (ION) Connecticut Magazine's award winning vegetarian / vegan restaurant in Middletown. The menu offers plant based salads, sandwiches and entrees. The bus leaves the center at 11:30 AM and returns approx. 2:30.

Saturday, January 25, we will be visiting Golden Irene, in Windsor. They have been in business 30 years. Every dish is made from scratch ranging from Greek Mediterranean to Italian. Golden Irene offers many gluten free entrees. The bus leaves the center at 11:30 AM and returns approximately 2:30.

Extreme Shopping:

Thursday, January 16, get out of the chilly New England weather and head to Westfarms Mall. There are over 140 stores to shop from. They also offer many dining options for lunch. The bus leaves the center at 11:00 AM and returns approximately 3:00.

Welcome Committee

Thursday, January 2 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, January 9 at 9:00 AM**. For more info: Jeff Clark jc59birch@outlook.com or 336-258-0680.

Birthday Lunch



Celebrate all **January** birthdays on **Wednesday, January 29 at 12 noon**. Cake is donated by Geissler's. Sign up by 11:30 AM the day before. 860-648-6361 ext. 3328.

Meet the Mayor!

Join South Windsor's 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. **Wednesday, February 5 at 10:30 AM**. Free, call to register anytime.

Tax Aide Program

AARP Tax-Aide is a free program for low and middle income taxpayers with special focus on taxpayers age 60 and over. Tax-Aide workers will be available at the Community Center on Thursdays and Fridays from 8:30 AM to 12 noon beginning Thursday, February 6 through Friday, April 10 by appointment. Please call 860-648-6361 ext. 335 to schedule an appointment. Married couples filing jointly should both be present during the income tax preparation session. No return will be filed until all necessary signatures have been entered on the forms.

Ask and You Shall Receive!

THANK YOU to everyone who donated *mugs* which will help us reduce cost and waste!

Thanks also for the donation of *wrapping paper*!

Movie at the Center Downton Abbey (2019)

The Crawley family prepares for an official royal visit to their family house in Yorkshire in 1927. They experience physical, social, and psychological upheavals as King George V, Queen Mary, and their royal entourage descend on the eponymous mansion. **Thursday, January 16 at 1:00 PM**. Rated PG. Runtime: 2 hour and 2 minutes. Call ext. 3335 to register.

Special Programs

Special Bingo



Care for me at Home will host a Special BINGO on **Monday, January 13 at 1:00** with goodies and special prizes! No need to sign up just show up!

History for Fun

Tuesday, January 21 at 1:00 PM, Joe the History Guy will talk about **"Disney."** He brought us a world of Fantasy and Magic. This program takes you through his amazing life and unique contributions we all enjoy today. He was an American Business Magnet, Cartoonist, Animator, Voice Actor and Film Producer. Call to register. Free

Special Bingo



Crestfield Rehab will host a Special BINGO on **Wednesday, January 22 at 1:00** with goodies and special prizes! No need to sign up just show up!

Get Organized

Sarah Soboleski, Social Worker and Professional Organizer, will be presenting her talk "Organizing: A Plan of Attack for Any Space." Participants will learn proven steps for tackling any of life's organizing challenges. The three main causes of clutter will be reviewed as well as how to's for simplifying your space. Sarah will share before and after pictures of her own projects with clients and will talk about the process of working with a Professional Organizer. Sarah holds various certifications through the Institute for Challenging Disorganization and is a board member of the CT Chapter of the National Association of Productivity & Organizing Professionals. **Monday, January 27 at 10:00 AM.** Call to register. Free.

Keep Your Brain Healthy and Fit Series

Jo Anne Harrison Becker will be presenting this two part series. Session I will be held on **Wednesday, January 29 at 10:00 AM.** Learn about: Assessing your memory, Normal brain aging, Normal age-related forgetfulness, Factors that impact memory/learning, What is a serious memory problem, Making memories while you sleep, Tips/strategies to improve sleep hygiene, How stress affects memory and Stress management techniques. Experts recommend sticking to brain training that involves real-world activities. Session II, which will be held on **February 26 at 10:00 AM**, will focus on exercises to strengthen brain function with both novelty and challenge. Call to register. Free



Triad for Senior Safety

Eversource Customers Warn People of Scams:

- Eversource joins other utilities urging caution to customers
- Eversource representatives never demand instant payments in person or over the phone
- Eversource reps do not require the use of prepaid debit cards (such as Green Dot MoneyPak, Vanilla or Reloadit).
- Eversource reps never request customers meet at a payment center, such as a department or grocery store, to make a payment.
- All Eversource employees carry photo identification; field workers wear company logoed clothing and drive company vehicles.

Preparing for an Emergency

Never too early to prepare for an emergency: The Ready.gov webpage has great information pages on preparation for natural disasters, severe weather, and active shooters.

We have had our share of severe weather in Connecticut and now is a good time to review your plan to protect yourself and your family. <https://www.ready.gov/>

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.

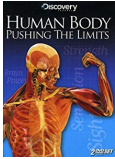
The Town of South Windsor is offering residents an opportunity to purchase a reflective address marker that fully complies with the Town Addressing Ordinance for the price of \$20.00. The placards are metal and coated with a reflective material with the address numbers clearly displayed. They will have 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.

Health and Wellness Programs

Tai Ji Quan 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.



The Human Body: Pushing the Limits

In this groundbreaking Discovery DVD series, we push the human form to extremes, capturing both its power and its poetry. You will be surprised and even shocked as stunning CGI (computer generating images) effects and the latest in cutting-edge photography reveal the body's inner and outer workings in vivid detail. This is a 2 Part Series. First presentation is on Sight & Strength on **Thursday, January 9 at 1:00 PM** and Second presentation is on Sensation & Brain Power on **Thursday, January 16 at 1:00 PM**. Each presentation runs approx. 1.5 hours. Be prepared to be AMAZED! Free. Call to register anytime.

LOW VISION SERVICES

The Lions Low Vision Centers, Inc., provides rehabilitation services to individuals with visual disabilities and handicaps. "Low Vision" is that degree of vision loss that can no longer be corrected by eyeglasses, contacts, medicine or surgery. It impedes many of your daily living activities such as driving, reading, maintaining a checkbook and distinguishing among medications. The Lions of Connecticut are meeting the challenges to aid in their crusade against darkness. Clients seen at a Lions Low Vision Center must be under the care of an eye care professional. The most recent addition to our Low Vision Centers is in Hartford at the Mount Sinai Rehabilitation Hospital, 490 Blue Hills Avenue, Hartford. This is a free service; any equipment is also provided free of charge. A demonstration of some of the equipment and tools will be held on **Friday, January 31 at 11:00 AM at the community center**. Call to register. Free.

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

Smoothie of the Week!

We will be offering a different flavored smoothie each week, on Tuesdays in the Fitness Center for all members (*while supplies last*). Start the New Year with an exercise session and a smoothie! Starts Tuesday, 1/7.



New Trips: Residents Register 1/2; Nonresidents 1/3

The 39th Annual South Eastern CT Home & Garden Show

Come with us to the 39th Annual South Eastern CT Home & Garden Show at Mohegan Sun **Sunday, February 23!** The CT garden and home show offers a diverse array of home and garden care products and services by local, state, and national vendors, each presenting innovative and imaginative displays. Outside the show you'll be able to take advantage of offers and discounts at restaurants and stores by showing your ticket. Take a look at what offers and discounts are offered in the display case. **Cost is \$5 for transportation; \$8 at the door.** The bus will **depart the Center at 10:00 AM** and will return approx. **3:30 PM.**



St. Patrick's Day Celebration!

Join us on **Tuesday, March 17** for a St. Patrick's Day celebration at The Aquaturf! Pdraig Allen and The Mclean Avenue Band have their very own sound with old Irish Celtic Folklore and rock pop Celtic music of today! Dance floor is open! **Cost is \$50** for the show and a meal of salad, pasta, corned beef & cabbage, baked scrod, carrots & potatoes, and dessert. The bus will **depart from the Center at 10:15 AM** and will return **approximately 4:15 PM.**

Special Accommodations:

If you require special seating due to a physical disability, mobility issue or inability to climb stairs in an auditorium, you must indicate this **prior** to registering for a trip or event to allow adequate time to accommodate your request. In some instances, disability seating may require a more expensive theater ticket. Disability seating changes cannot be guaranteed on the day of the event if notice has not been given to us prior to the day of the trip.

**Checks should be written out to the
Town of South Windsor unless
otherwise noted.**

Previously Advertised Trips: Register now, space is limited!

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 focusses 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.

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

Previously Advertised...Registration has begun, space is limited

Queen Esther Live on Stage

June 16-18, 2020! Our travels will take us to the Pennsylvania Dutch Country. **Appalachian Brewing Company; The Cork Factory Hotel**, our historic accommodations; **Private wine, cheese and paint party; Kitchen Kettle Village** for a flavorful “food fight” and hands on whoopee pie making experience; Reserved orchestra seats at **Sight & Sound Theater** for their brand new production of *Queen Esther*. Esther’s ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk. With a crown on her head and a secret in her heart, can she find the courage to trust in God’s plan and believe that she was made for such a time as this?; Dinner is served at **Miller’s Smorgasbord; Mount Hope Estate and Winery** for light lunch paired with wine and beer tasting. **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. Forms can be found in the main office.** The bus will depart Geissler’s at 7 AM on 6/16 and will return approx. 8 PM on 6/18.

Her Life—Martha Washington

Wednesday, March 25. This is an intimate look into the life of Martha Washington. This portrayal/lecture includes Martha’s happy childhood, her courtship, 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

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. 4:00 PM.

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

Cruise Through the Panama Canal in 2020!



November 29—December 12

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, Columbia** on Day 8. Your 9th day will be spent in **Cartagena, Columbia**, 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
- 2nd deposit: \$1,000 due April 25
- Final payment due: August 17

Monday	Tuesday	Wednesday	Thursday	Friday
<div>January 2020</div>	<div>Weekend Events/Trips</div> <div>Saturday, January 18-Winter Walk on the Beach</div> <div>Saturday, January 25-Dine Out Golden Irene</div> <div>Sunday, January 26– Snowshoeing</div>	<div>Office closed.</div> <div>Happy New Year!</div> 	<div>Free Trip / Sign Up Day</div> <div>Welcome Committee</div> <div>Errands, Walkers Group</div> <div>Elder Wellness, Ceramics, Circuit SS</div> <div>Classic SS, Mahjong</div> <div>Lunch</div> <div>Evening BINGO</div>	<div>Walmart, Mall, Quick trip shop</div> <div>Bridge</div> <div>Local Shopping</div> <div>Country Line Dancing</div> <div>Diabetes Support Group</div> <div>Surviving the Winter Blues</div> <div>Lunch</div> <div>Mexican Train Dominoes</div> <div>SS Stretch and Flexibility</div> <div>Weight Watchers</div>
<div>6</div> <div> <div>Cardio Silver Sneakers</div> <div>8:30 AM</div> </div> <div> <div>Bridge, Light aerobics</div> <div>9:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>BINGO, Setback, Poker</div> <div>1:00 PM</div> </div> <div> <div>Beginner Pickleball</div> <div>1:00 PM</div> </div> <div> <div>Light aerobics</div> <div>6:00 PM</div> </div>	<div>7</div> <div> <div>Smoothie of The Week</div> <div>All Day</div> </div> <div> <div>Tri-city/Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Circuit SS, Adult Coloring</div> <div>9:00 AM</div> </div> <div> <div>Early Onset Dementia Group</div> <div>9:30 AM</div> </div> <div> <div>Classic SS, Qigong, Billiards</div> <div>10:00 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Samba</div> <div>12:30 PM</div> </div> <div> <div>Gentle Tai Chi</div> <div>1:00 PM</div> </div> <div> <div>Historical Hartford Series Theaters</div> <div>1:00 PM</div> </div> <div> <div>Cribbage</div> <div>6:00 PM</div> </div>	<div>8</div> <div> <div>Local Shop./Errands, Cardio SS</div> <div>8:30 AM</div> </div> <div> <div>Light aerobics</div> <div>9:00 AM</div> </div> <div> <div>Nourishing Yoga</div> <div>10:00 AM</div> </div> <div> <div>Knitter Group</div> <div>10:30 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Chair Volleyball</div> <div>11:30 AM</div> </div> <div> <div>Dine Out It's Only Natural</div> <div>11:30 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Dup. Bridge, Hand Knee & Foot</div> <div>12:30 PM</div> </div> <div> <div>Meditation and Mindfulness</div> <div>1:30 PM</div> </div> <div> <div>Chair Yoga</div> <div>3:00 PM</div> </div> <div> <div>Setback</div> <div>6:00 PM</div> </div>	<div>9</div> <div> <div>Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Elder Wellness, Ceramics, Circuit SS</div> <div>9:00 AM</div> </div> <div> <div>Men’s Morning Group</div> <div>9:00 AM</div> </div> <div> <div>Classic SS, Mahjong</div> <div>10:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>The Human Body: Sight and Strength</div> <div>1:00 PM</div> </div>	<div>10</div> <div> <div>Walmart/Mall, Quick trip shop</div> <div>8:30 AM</div> </div> <div> <div>Bridge</div> <div>9:00 AM</div> </div> <div> <div>Local Shopping</div> <div>9:30 AM</div> </div> <div> <div>Country Line Dancing</div> <div>10:00 AM</div> </div> <div> <div>Windham Textile / Mill Museum</div> <div>10:15AM</div> </div> <div> <div>Caregiver’s Support Group</div> <div>10:00 AM</div> </div> <div> <div>Surviving the Winter Blues</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Mexican Train Dominoes</div> <div>12:45 PM</div> </div> <div> <div>SS Stretch and Flexibility</div> <div>1:30 PM</div> </div> <div> <div>Weight Watchers</div> <div>2:00 PM</div> </div>
<div>13</div> <div> <div>AARP Safe Driver Course</div> <div>8:00 AM</div> </div> <div> <div>Cardio Silver Sneakers</div> <div>8:30 AM</div> </div> <div> <div>Bridge, Light aerobics</div> <div>9:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Special BINGO, Setback, Poker</div> <div>1:00 PM</div> </div> <div> <div>Beginner Pickleball</div> <div>1:00 PM</div> </div> <div> <div>Light aerobics</div> <div>6:00 PM</div> </div>	<div>14</div> <div> <div>Smoothie of The Week</div> <div>All Day</div> </div> <div> <div>Tri-city/Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Circuit SS, Adult Coloring</div> <div>9:00 AM</div> </div> <div> <div>Early Onset Dementia Group</div> <div>9:30 AM</div> </div> <div> <div>Classic SS Qigong, Billiards</div> <div>10:00 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Samba</div> <div>12:30 PM</div> </div> <div> <div>Food Choices for Good Health</div> <div>1:00 PM</div> </div> <div> <div>Gentle Tai Chi</div> <div>1:00 PM</div> </div> <div> <div>Cribbage</div> <div>6:00 PM</div> </div>	<div>15</div> <div> <div>Light Aerobics</div> <div>8:00 AM</div> </div> <div> <div>Local Shop./Errands, Cardio SS</div> <div>8:30 AM</div> </div> <div> <div>Light aerobics,</div> <div>9:00 AM</div> </div> <div> <div>Nourishing Yoga</div> <div>10:00 AM</div> </div> <div> <div>Knitter Group</div> <div>10:30 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Chair Volleyball</div> <div>11:30 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Dup. Bridge, Hand Knee Foot, Comm Serv Group</div> <div>12:30 PM</div> </div> <div> <div>Meditation and Mindfulness</div> <div>1:30 PM</div> </div> <div> <div>Chair Yoga</div> <div>3:00 PM</div> </div> <div> <div>Setback</div> <div>6:00 PM</div> </div>	<div>16</div> <div> <div>Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Elder Wellness, Ceramics</div> <div>9:00 AM</div> </div> <div> <div>Circuit SS, Vet’s Coffee Hour</div> <div>9:00 AM</div> </div> <div> <div>Classic SS, Mahjong</div> <div>10:00 AM</div> </div> <div> <div>Extreme Shopping West Farms Mall</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>The Human Body:Sensation & Brain Power</div> <div>1:00 PM</div> </div> <div> <div>Evening BINGO</div> <div>6:30 PM</div> </div> <div> <div>Movie Downton Abbey</div> <div>1:00 PM</div> </div>	<div>17</div> <div> <div>Walmart/Mall, Quick trip shop</div> <div>8:30 AM</div> </div> <div> <div>Bridge</div> <div>9:00 AM</div> </div> <div> <div>Local Shopping</div> <div>9:30 AM</div> </div> <div> <div>Country Line Dancing</div> <div>10:00 AM</div> </div> <div> <div>Surviving the Winter Blues</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Mexican Train Dominoes</div> <div>12:45 PM</div> </div> <div> <div>SS Stretch and Flexibility</div> <div>1:30 PM</div> </div>
<div>Office closed in observance of Martin Luther King Jr. Day</div> 	<div>21</div> <div> <div>Smoothie of The Week</div> <div>All Day</div> </div> <div> <div>Tri-city/Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Circuit SS, Adult Coloring</div> <div>9:00 AM</div> </div> <div> <div>Early Onset Dementia Group</div> <div>9:30 AM</div> </div> <div> <div>Classic SS Qigong, Billiards</div> <div>10:00 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Samba</div> <div>12:30 PM</div> </div> <div> <div>History of Fun Disney, Gentle Tai Chi</div> <div>1:00 PM</div> </div> <div> <div>Cribbage</div> <div>6:00 PM</div> </div>	<div>22</div> <div> <div>Local Shopping/Errands, Cardio SS</div> <div>8:30 AM</div> </div> <div> <div>Light aerobics</div> <div>9:00 AM</div> </div> <div> <div>Nourishing Yoga</div> <div>10:00 AM</div> </div> <div> <div>Knitter Group</div> <div>10:30 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Chair Volleyball</div> <div>11:30 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Dup. Bridge, Hand, Knee & Foot</div> <div>12:30 PM</div> </div> <div> <div>Special Bingo</div> <div>1:00 PM</div> </div> <div> <div>Meditation and Mindfulness</div> <div>1:30 PM</div> </div> <div> <div>Chair Yoga</div> <div>3:00 PM</div> </div> <div> <div>Setback</div> <div>6:00 PM</div> </div>	<div>23</div> <div> <div>Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Elder Wellness, Ceramics, Circuit SS</div> <div>8:30 AM</div> </div> <div> <div>Mahjong, Classic SS</div> <div>10:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Live Well With Chronic Pain</div> <div>1:00 PM</div> </div>	<div>24</div> <div> <div>Walmart/Mall, Quick trip shop</div> <div>8:30 AM</div> </div> <div> <div>Bridge</div> <div>9:00 AM</div> </div> <div> <div>Local shopping, Art Class</div> <div>9:30 AM</div> </div> <div> <div>Country Line Dancing</div> <div>10:00 AM</div> </div> <div> <div>Surviving the Winter Blues</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Mexican Train Dominoes</div> <div>12:45 PM</div> </div> <div> <div>SS Stretch and Flexibility</div> <div>1:30 PM</div> </div> <div> <div>Early Bird Dinner</div> <div>4:00 PM</div> </div>
<div>27</div> <div> <div>Cardio Silver Sneakers</div> <div>8:30 AM</div> </div> <div> <div>Bridge, Light Aerobics</div> <div>9:00 AM</div> </div> <div> <div>Get Organized</div> <div>10:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>BINGO, Setback, Poker</div> <div>1:00 PM</div> </div> <div> <div>Beginner Pickleball</div> <div>1:00 PM</div> </div> <div> <div>Light Aerobics</div> <div>6:00 PM</div> </div>	<div>28</div> <div> <div>Smoothie of The Week</div> <div>All Day</div> </div> <div> <div>Tri-city/Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Circuit SS, Adult Coloring</div> <div>9:00 AM</div> </div> <div> <div>Early Onset Dementia Group</div> <div>9:30 AM</div> </div> <div> <div>Classic SS Qigong, Billiards</div> <div>10:00 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Samba</div> <div>12:30 PM</div> </div> <div> <div>Gentle Tai Chi</div> <div>1:00 PM</div> </div> <div> <div>Hartford Historical Series Great Houses</div> <div>1:00 PM</div> </div> <div> <div>Cribbage</div> <div>6:00 PM</div> </div>	<div>29</div> <div> <div>Local Shopping/Errands, Cardio SS</div> <div>8:30 AM</div> </div> <div> <div>Light aerobics</div> <div>9:00 AM</div> </div> <div> <div>Yoga, Keep Your Brain Healthy and Fit</div> <div>10:00 AM</div> </div> <div> <div>Knitter Group</div> <div>10:30 AM</div> </div> <div> <div>Chair Yoga</div> <div>11:00 AM</div> </div> <div> <div>Chair Volleyball</div> <div>11:30 AM</div> </div> <div> <div>Birthday Lunch</div> <div>12:00 PM</div> </div> <div> <div>Dup. Bridge, Hand, Knee & Foot</div> <div>12:30 PM</div> </div> <div> <div>Chair Yoga</div> <div>3:00 PM</div> </div> <div> <div>Meditation and Mindfulness</div> <div>1:30 PM</div> </div> <div> <div>Setback</div> <div>6:00 PM</div> </div>	<div>30</div> <div> <div>Errands, Walkers Group</div> <div>8:30 AM</div> </div> <div> <div>Elder Wellness, Ceramics, Circuit SS</div> <div>9:00 AM</div> </div> <div> <div>Mahjong, Classic SS</div> <div>10:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Live Well With Chronic Pain</div> <div>1:00 PM</div> </div>	<div>31</div> <div> <div>Walmart/Mall, Quick trip shop</div> <div>8:30 AM</div> </div> <div> <div>Bridge</div> <div>9:00 AM</div> </div> <div> <div>Local shopping, Art Class</div> <div>9:30 AM</div> </div> <div> <div>Country Line Dancing</div> <div>10:00 AM</div> </div> <div> <div>Surviving the Winter Blues, Low Vision Services</div> <div>11:00 AM</div> </div> <div> <div>Lunch</div> <div>12:00 PM</div> </div> <div> <div>Mexican Train Dominoes</div> <div>12:45 PM</div> </div> <div> <div>Chinese New Year Celebration</div> <div>1:00 PM</div> </div> <div> <div>SS Stretch and Flexibility</div> <div>1:30 PM</div> </div>