



# 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)



## October 2019



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



### Health & Safety Fair/Flu Shot Clinic:

Get your FLU shot at our 9th annual Health and Safety Fair on **Friday, October 4 from 10:00 AM to 12 Noon** at the Community Center! The following services will be offered: computerized spinal screening, blood pressure checks, arm chair massages, lower extremity evaluation for vein disease, ear wax checks, balance assessments and healthy snacks. Learn about fire safety, the Yellow Dot Program and **more!** All services **FREE!** Flu shots are covered by Medicare Part B, Aetna, Connecticare, Wellcare or \$40 by cash/check. No need to register!

### The Census is Coming!

Catherine Marx, Partnership Specialist, U.S. Census Bureau will provide accurate information about the upcoming 2020 Census. Participants will learn why the 2020 Census is safe, easy, and important; How it's at the core of our democracy, how the US Census Bureau will invite everyone to respond, and how the decennial Census determines the allocation of federal dollars to the states for our most important programs. Success of the census depends on community involvement at every level. Also, learn about Census field work in South Windsor and employment (part time/flexible) opportunities. **Wednesday, October 16 at 11 AM.** Free, call to register.

### Fall Fest Early Bird Dinner and BINGO

**Friday, October 25 at 4:00 PM**, join us for Mickey's famous potato pancakes, kielbasa and red cabbage. Homemade apple crisp from Brookdale will be our special dessert! All for just \$5 before 10/22, \$8 after. Following dinner, stay for BINGO. Cost for BINGO is 50 cents / card payable the day of. Winners will get to choose a special prize! Sign up anytime!

### Hauntings in Connecticut

A touch of the paranormal this month, where we will find "other worldly" things happening: Moving objects, random noises, poltergeists and apparitions, perhaps of a time lost long ago. Our state has long claimed to have more hauntings than any other. If you are brave enough, join Joe the History Guy as he explores some of the locations and the influences upon each of their stories. This promises to be an experience you will not soon forget.....Are you afraid of the dark? **Thursday, October 17 at 1:00 PM.** Free, call to register.

### Halloween Party

Join us to celebrate Halloween with fun and games and light refreshments at 11:00 AM! Following, enjoy a FREE CRT lunch at 12 noon, compliments of South Windsor Democrats! **Thursday, October 31.** Call 860-648-6361 x328 to register for lunch by noon on 10/29. Wear a **Halloween costume** and get a prize!



### Shivers Up and Down Your Spine: A Halloween Storytelling Program

Join us on **Halloween (Thursday, October 31) at 1:00 PM** as Sara deBeer presents 3-4 folktales which feature characters who have contact with supernatural beings. Some examples: a Chinese folktale about a mother who saves her daughter from the ghost of a farmer who wants to marry the daughter; an Irish story about a man who can't tell a story and then has a spooky experience that becomes the story he's famous for; a legend set in Norwich, CT where the ghost of a murdered farmer causes apple tree blossoms to change their petals from white to red. Sara will also share background on the origins of Halloween and of dressing up in costumes. **FREE.** Sign up anytime!

**We will be closed on  
Monday, October 14  
for Columbus Day.**

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

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

**Adult and Senior Services  
Contact Information:  
Main Number: 860-648-6361**

**Transportation:** Cindy Malone ext. 310  
**Program Sign Ups:** Liz O'Brien ext. 335  
**Lunch Reservations:** Sharon Bosco ext. 328  
**Program Coordinators:** Susan Gouin ext. 339  
Victoria Hellberg ext. 340  
**CARES Coordinator:** Amy Patterson ext. 311  
**Caseworkers:** Stephen Clapp ext. 325  
Penny Shea ext. 314  
**Assistant Director of Adult & Senior Services:**  
Lindsey Ravalese ext. 319  
**Director of Human Services:**  
Andrea Cofrancesco ext. 316

**FREE Trip Sign Up Day: Tuesday, October 1 at 8 AM.** Residents sign up for all FREE trips (call in).  
**TRIP Sign up Day: Thursday, October 3 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 10/4.  
**Super 60's for Men and Women: Thursday, December 12 at 1:00 PM**

**Senior Community Café Menu**

**10/1:** Teriyaki Chicken Strips, Rice, Broccoli Florets  
**10/2:** BBQ Pork Ribeye, Potato Wedges,  
**10/3:** Roast Turkey, Gravy, Sweet Potatoes  
**10/4:** Italian Meatballs, Seashell Pasta, Veggies  
**10/7:** Meatloaf, Gravy, Spanish Rice  
**10/8:** Lemon Baked Chicken, Eggnoodles  
**10/9:** Roast Beef, Gravy, Sweet Potato, Spinach  
**10/10:** Breaded Pollock, Mash Potatoes, Wax Beans  
**10/11:** Mac & Cheese, Tossed Salad  
**10/15:** Hot Dog, Baked Beans, Coleslaw  
**10/16:** Garden Salad Greens, Chicken Strips, Ranch  
**10/17:** Baked Ham, Raisin Sauce, Yams, Green Beans  
**10/18:** Beef Chili w Beans, Baked Potato  
**10/21:** Apple Smoked Pulled Chicken Sandwich  
**10/22:** Potato Crumb Fish, Stewed Tomatoes  
**10/23:** Roast Turkey, Gravy, Stuffing, Broccoli  
**10/24:** Penne, Beef Meatballs, Garden Salad  
**10/25:** Sesame Chicken, Mashed Potatoes  
**10/28:** Stuffed Green Pepper, Marinara, Pasta  
**10/29:** Turkey Meatballs, Sweet/Sour Sauce, Rice  
**10/30:** Tuna Fish Salad Sandwich, Potato Salad  
**10/31:** Rosemary Baked Chicken, Potatoes, Carrots  
*Monday thru Friday, CRT provides lunch and is a 2.50 suggested donation. Lunch is served at 12 noon.  
Call ext. 328 by 11:30 AM the day before to reserve lunch!*

## SOCIAL SERVICES: 860-648-6361

Lindsey Ravalese ext. 319; Penny Shea ext. 314; Steve Clapp ext. 325

### MEDICARE OPEN ENROLLMENT

Open Enrollment for Medicare begins October 15 and 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.

### RENTER'S REBATE ends Oct 1

If you are 65 or older or totally disabled and rented in 2018, your income is less than \$36,000 (single), \$43,900 (couple), call to schedule an appointment for a rent rebate. Proof needed: all income for 2018, your tax return if you filed, and proof of rent/utilities for 2018. Call 860-648-6361 for an appointment.

### CAREGIVERS SUPPORT GROUP

Please join us on **Friday, October 11** for the next Caregivers Support Group. The group will be from 10:30 AM to 12 noon in the Teen Center Lounge. Call Penny with any questions 860-648-6361X314 or penny.shea@southwindsor.org

### 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: October 3.** RSVP to The Village: 860-644-7366.



### MOBILE FOODSHARE

**Thursdays, October 3, 17, 31** from 11:30-12 noon at Wapping Church, 1790 Ellington Road. Fresh fruits/vegetables (bring bags). For transportation: 860-648-6361 x 310.

### ENERGY ASSISTANCE

Applications for the 2019-20 energy assistance program are underway for deliverable fuels only. Electric and Gas customers can apply beginning November 1. 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.

### Medicare "What's Covered App"

Not sure if Medicare will cover your medical test or service? Medicare's free, official "What's covered" app delivers accurate cost and coverage information on your mobile device. "What's covered" is available for free. Search for "What's covered" or "Medicare" and download the app to your mobile device. Once "What's covered" is installed, you can use it to get reliable Medicare information even when you're offline.

### Know your rights as a Qualified Medicare Beneficiary

If you are on the QMB program then you should not be billed for any services or items covered under Medicare. If you have received a medical bill and you are on the QMB program take the following steps:

- Tell your provider that you are in the program and cannot be charged
- If the provider will not stop the billing then you must call 1-800-MEDICARE
- If you have paid a bill then Medicare can ask for a refund of any payments you have made

### NEW! ALS Support Group

The ALS Association CT Chapter is excited to start 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 on **October 23 from 11-12:30**. RSVP to Michelle at [mgaski@alsact.org](mailto:mgaski@alsact.org), 203-874-5050.

# 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 x339	FREE
Light Aerobics with Linda	Monday & Wednesday 9:00 AM (no class 10/28) (no class 10/30)	On-going	\$2 per class Drop in
EVE CLASS Light Aerobics with Linda	Monday 6:00PM (no class 10/28)	On-going	\$2 per class Drop in
*Cardio PLUS Conditioning SS (Advanced) with Amy	Monday & Wednesday 8:30 AM	On-going Silver Sneakers Class	\$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	Oct 1-Nov 26	9 weeks \$40
Chair Yoga with Lorelei	Tuesday or Wed 11:00 AM	Oct 1-Nov 26 (Tuesdays) Oct 2-Nov 27 (Wed)	9 weeks/\$40 9 weeks/\$40
Nourishing Mat Yoga With Lorelei	Wednesdays 10:00 AM	Oct 2-Nov 27	9 weeks/ \$40
Chair Yoga with Diana	Wednesday 3:00 PM	Oct 2-Nov 27	9 weeks/ \$40
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
Chair Volleyball	Wednesday 11:30 AM	On-going	FREE
Mindfulness & Meditation	Thursday 2:00 PM	Oct 3-Nov 21	8 weeks/ \$40
Country Line Dancing with Niki (intermediate)	Friday 10:00 AM	Oct 4-Nov 22	8 weeks/ \$40



## Falls Awareness and Prevention

Are you at high risk for a fall? Do you fear from falling? Join Susan, our medical exercise specialist to learn exercises that you can do everyday in your home to improve your balance. ALL LEVELS WELCOME! Susan will also show you how to get up from the floor if you do fall. **Thursday, October 17 at 11 AM.** Call to register. Free!



## Balancing ACT

*Free*

Join us for an 8-week class with Susan and Diana to help improve your balance, strength and stability. You will learn exercise techniques to improve your balance as well as information on fall prevention strategies. Class meets on **Wednesdays starting October 9 at 1:00 PM.** Residents call to register any time, non residents 10/4. Free! Class size is limited!

## 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 will take place on **Mondays at 1:00 PM.** Please note 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!



## Interested in Enrolling in one of Our Exercise Programs?

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.



## ADVENTURE CLUB

### Fall Foliage Cruise

Join us on **Friday, October 18** for a Fall Foliage Cruise with RiverQuest at Eagle Landing Park in Haddam, CT. The boat leaves the dock at Eagle Landing State Park in Haddam and cruises south. You will see the Goodspeed Opera House, the East Haddam Swing Bridge and the Goodspeed Airport. During the cruise your Captain and crew will narrate about local history, point out areas of interest and inform you of the river's flora and fauna. We may even see the resident Bald Eagles! You will experience an area that has been labeled by The Nature Conservancy as "One of the Last Great Places" and also get a great view of Gillette Castle State Park, Connecticut's greatest tourist attraction and the Chester/Hadlyme Ferry, the second oldest operating ferry in Connecticut. **Bus leaves the center at 12 noon and returns approx. 5:30 PM.** Cost is \$25 for cruise and transportation. Bring money for dinner at Haddam Pizza after the cruise. Residents register beginning 10/3, non residents 10/4.

### Fall Hike

**Saturday, October 26.** Lets enjoy some beautiful fall views on Case Mountain in Manchester, CT. This hike will be about 3 miles with some elevation. *(not recommended for beginners or folks who do not regularly hike).* We will meet at the Center at **9:30 AM to carpool and return approx. 2:00 PM.** Wear good hiking shoes/boots and bring a brown bag lunch and a bottle of water. Sign up anytime.

### Harvest Somethin' Pumpkin

The Coventry Farmers' Market celebrates the end of the local harvest season with the things we love about fall - pumpkins, apples and all the squashes - butternut, acorn, hubbard, so many more. The Coventry Farmers' Market welcomes over 70 of the finest farmers, producers and artisans in Connecticut as we celebrate the final market of our 16th season. You'll have a chance to stock up on your favorites to get ready for Thanksgiving and get a jump on your holiday shopping. Join us on **Sunday, October 27** for a fun filled day of activities. **Bus leaves at 10:30 AM and returns approx. 2:30 PM.** Cost is \$5 for transportation; bring money for lunch. Residents register Thursday, 10/3, non resident register Friday, 10/4.



## Triad for Senior Safety

### Shredding Day

The Triad is sponsoring a shredding day on **Thursday, October 10 from 10 AM to 12 noon** in the parking lot of the Community Center. No need to sign up, just show up! **Due to the popularity of this event, we are limiting the number of boxes to 3.** Come on down!

### Cops, Coffee and Conversation

**Thursday, October 17** the Chief of Police Scott Custer and other SWindsor 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.

## Veterans Corner

### Questions about Veterans Benefits?

**Stop in anytime on Thursday, October 3** 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. **October 17** the **Chief of Police Scott Custer** and other South Windsor police officers will be available for veterans, seniors and other community members who want to talk to an officer, express concerns, and get feedback. Information on frauds will also be available. No need to register! Coffee and donuts will be served.

### New App for Veterans Benefits

The U.S. Dept. of Veterans Affairs (VA) recently launched a new mobile app designed to save Veterans and their caregivers time online. [VA Launchpad for Veterans](#) simplifies and organizes several existing tools and resources into one location to help manage health care needs. VA Launchpad arranges all of VA's apps into five categories for Veterans: health management, health care team communication, vital health info sharing, mental health and quality of life improvement. The app includes many mental health care and personal improvement tools for individuals who are not enrolled in VA health care services. These tools are free. To access VA's secure apps within VA Launchpad, users must be a VA patient and have one of the following accounts: Premium My Health eVet, DS Logon Level 2 (Premium) or [ID.me](#).

## Health and Wellness

### 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. 335 for an appointment or put your name on the wait list. **Free**

**ELDER WELLNESS ~ Free**  
**Thursdays, October 3, 10, 17, 24, 31**  
**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, October 7 by appointment**  
**Call 860-648-6361 ext. 335**

**HEARING CLINIC ~ Free**  
**Quarterly: Next date is October 16 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 to schedule an appointment.

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



### MEDICAL LOANING CLOSET:

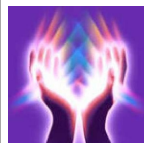
Available at the Center. Please call if you need anything AND call if you want to donate anything. Space is limited. Call

Steve Clapp to inquire. X325

### Movie at the Center: Breakthrough

Based on the incredible true story of one mother's unfaltering love in the face of impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction. **Thursday, October 24 at 1:00 PM. Call ext. 335 to register!**

## Reiki and Massages



### Therapeutic Touch REIKI

Denise Cassella, Reiki Master Teacher and Sound Therapist, is offering her services on **Tuesdays, October 1, 15 & 29 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, October 8 and 22 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.



## 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** *Hotdogs served on the 1st Wed. of the month, **October 2nd!***  
**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 ~ October 3 and 17 at 6:30 PM** (call for transportation) *Hotdogs are served!*  
**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

### AARP Safe Driver Course

Learn defensive driving techniques, safety strategies, new traffic laws and rules of the road. **Friday, October 11 from 12 to 4 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, October 18 and 25 from 9:30-11:30** for an impressionistic painting of "fall birch trees" on a 16x20 canvas. You will be guided step by step. Beginners to intermediate, all supplies provided. **\$20/residents; \$30/non residents. Residents register 10/3; non residents 10/4.**

### Lunch & Learn

Learn the fundamentals to improving your long-term vitality and maintaining your freedom on **Thursday, October 3 at 12:00 PM.** Health Coach/Chef Paul Finney from October Kitchen will discuss his new book and teach simple ways and why's to promote long-term wellness. Served with a complimentary chef prepared lunch! Registration has begun; limited space available. Call now. **FREE**

### Glass Ornament Painting

The Walking Sun Design Co. will be back on **Wednesday, October 9 at 1:00 PM** for a glass ornament painting workshop! Decorate your own glass ornaments with glitter, fake snow, paint, decals and etching cream for yourself or to gift to someone special. Stencils/decals/crafting supplies included for you to choose and customize. **Cost is \$25 for 3 large glass globe ornaments and \$8 for each extra.** Register and pay anytime in the office.



### Learn to Can Apple Sauce!

It's apple season! Claudia Steele, Master Food Preserver and Treasurer of Strong Family Farm in Vernon, will be here on **Wednesday, October 30 at 3:30 PM** to demonstrate how to can *sugar free* apple sauce! Claudia has been canning since she was 'knee high to a grasshopper' and has gone from using lightning jars to 2-piece screw top lids. Everyone who participates will get to fill a jar and take their very own home! **FREE.** Class size is limited, sign up now!

### Historical Hartford Series

*You asked for it!* Daniel Sterner will be back for an 8-part series to share his extensive knowledge of historical Hartford with us. The first two talks will be on Hartford's Old East Side, and Nook Farm. **FREE!** Call ext. 335 to register for either or both talks:

**Tuesday, October 8 at 1:00 PM: A Walk Through Hartford's Old East Side.** Enjoy a visual walk through the vanished neighborhood around Front Street that was destroyed in the late 1950's and replaced with Constitution Plaza and the Phoenix Building.

**Tuesday, October 22 at 1:00 PM: Nook Farm.** Learn about the Hartford neighborhood of Mark Twain and Harriet Beecher Stowe. What evolved in the years after the Civil War was Nook Farm, a tightly knit community of intellectuals, political leaders, and reformers who built homes in the popular Gothic Revival style of the time.

### "Let It Go: A Guide to a Simpler and More Serene Life"

Letting go is willing to allow life to carry us to a new place, even a deeper truer rendition of self. Choosing to let go will make us stronger, more secure and allow us to focus on what we need to do to be in the present moment and become who we really are. Each time a new challenge arises, we will recognize how to overcome it, allowing us to take back charge of our goals and continue on our journey. JoAnne Harrison-Becker is our presenter and she will focus this two-part series on: What It Is I Need to Let Go Of; What I Am Working On to "Let It Go"; Tips on how to let go; and How letting go helps us. **Thursdays, October 24 and November 7 at 10:30 AM.** Free, call to register.

### Katherine Hepburn: From Hartford to Hollywood

With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. Born and raised in CT, Hepburn had a career in stage, film and television that reflected the changing role of women in broader society. The story of her life-long ties to CT offers a picture of how she became the woman and the star she was. Natalie Belanger from the CT Historical Society will be our speaker. **Friday, November 8 at 1:00 PM. FREE!** Call to register.



## Special Events

Call to sign up for the below trips beginning  
**Tuesday, October 1 (non residents 10/4).**

**First come, first serve.**

### Extreme Shopping: Boscov's

We're going to Boscov's, America's Largest Family-Owned Department Store, located at the Westfield Meriden Mall, **Wednesday, October 9!** There are several options for lunch on both levels of the mall. The bus will **depart the Center at 11:30 AM** and will return **approximately 3:00 PM.**

### Weekend Dine Out: Sichuan Pepper

Enjoy outstanding Chinese cuisine from Sichuan Pepper, located in Vernon, on **Saturday, October 19!** The restaurant is "known for its modern interpretation of classic dishes and its insistence on only using high quality fresh ingredients." Please note that lunch specials are not offered on the weekends. The bus will **depart the Center at 11:45 AM** and will return **approximately 2:15 PM.**

### Dine Out: Maine Fish Market

Come with us to the Maine Fish Market where they serve traditional New England seafood restaurant in a 1780s building located in East Windsor on **Tuesday, October 29!** Separate checks accommodated; please note that 18% gratuity will be automatically added to your check. The bus will **depart the Center at 11:30 AM** and returns **approx. 2:30 PM.**

### Backyard Composting Presentation



*Thursday, October 1 from 7-8 PM at the  
SW Public Library and Wednesday, October  
2 from 7-8 PM at the Riverfront  
Community Center in Glastonbury with Alastair Ong  
from the Uconn Master Composter Program.*

To purchase backyard composter bins and rain barrels,  
order online by October 15 at

**[www.southwindsorcompostersale.ecwid.com](http://www.southwindsorcompostersale.ecwid.com)**

Pick up date is October 19 from 1-4 PM at the rear parking lot, town hall. Instructions and composting tips will be provided. The first 75 people will receive a free Wingdigger compost turner. For questions, please contact Tony at 860-644-2511 ext. 247 or [Anthony.manfre@southwindsor.org](mailto:Anthony.manfre@southwindsor.org)

### Labyrinth Walk

Join us on **Monday, October 21 from 2:30-4:00** for a labyrinth presentation, which will be informative and experiential and will include both a history of the labyrinth which dates back 4,000 years, and two labyrinth walks. Participants will "walk" a hand-held labyrinth with their finger, and weather permitting, will walk our very own outdoor labyrinth, recently created by Colin Pedersen as an Eagle Scout project! Call to register anytime. Free

### Welcome Committee

**Thursday, October 3 from 8-9 AM** tour the center with volunteers from the Senior Advisory Council. Drop in anytime!

### Men's Morning Group

The next meetings will be **October 10 and 24 at 9 AM.** 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. For more info: Jeff Clark [jc59birch@outlook.com](mailto:jc59birch@outlook.com) or 336-258-0680.



### Birthday Lunch

Celebrate all **October** birthdays on **Wednesday, October 30 at 12 noon.** Cake is donated by Geissler's. Sign up the day before.

## Gazebo Events

### Pumpkin Pie Day



Let's celebrate the fall season with good old fashion pumpkin pie and board games. **Wednesday, October 16 at 1:00 PM.** COME, EAT, PLAY! Free, call to register.

### Caramel Apple Day



Let's get together to celebrate Caramel Apple Day on **Wednesday, October 30 at 1:00 PM!** What better way than to make your own with a caramel apple bar with many fixings!? Yum! Free, call to register.



## Special Programs

### Empower the Inner You

This workshop will help you create your very own Vision Statement. A Vision Statement provides focus and simplifies any decision-making processes. It holds you accountable for your daily actions, as it helps you identify what is truly important to you, to start to make those positive changes in your life. Join us on **Thursday, October 10 at 7:30 PM** for a FREE informational gathering to see if this 6-week workshop would be a good fit for you. Call to register anytime. Adults & Seniors welcome. This FREE 6-week workshop starts **Thursday 10/17 at 7:30 PM**.

### Prevent Type 2 Diabetes With The PreventT2 Program

If you have prediabetes or other risk factors for Type 2 Diabetes, it's time to take charge of your health. The Prevent T2 Program can help you make lasting changes to prevent Type 2 Diabetes. You will learn skills to lose weight, be more physically active, and manage stress. You will also have access to a trained lifestyle coach to guide and encourage you. This program is sponsored by ECHN and meets for 12 months. The informational meetings will be held at the senior center on **Tuesday, October 15 at 11 AM** and/or **Tuesday, November 5 at 1 PM**. For more info or to register, call 860-647-6824. This program is FREE to the community! Follow-up session dates to be determined.

### BINGO, Brownies & Brookdale

Join us for a special BINGO on **Tuesday, October 15 at 1:00 PM**. Brookdale of South Windsor will be offering brownies and special prizes for our bingo event. No need to sign up, just show up!

### Bob Steele on the Radio

For more than sixty years, Bob Steele was the radio voice of Southern New England, entertaining listeners of WTIC AM with his wit and humor. Capturing the nation's highest market share, the National Radio Hall of Fame inductee maintained an unparalleled popularity through the latter half of the twentieth century. On **Friday, October 25 at 1:00 PM**, Paul Hensler will present the first ever biography of Bob Steele, which details the home life and the award-winning broadcasting career of this CT media legend, from his humble Midwestern roots to the pinnacle of radio fame. **FREE**. Books available after the program for \$20. Sign up anytime!



## Volunteer Corner

### Community Service Group

The next meeting will be **Wednesday, October 16 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 Vol. 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. 335.

### Senior Advisory Council

The Senior Advisory Council (SAC) is a group of seniors representing different groups in the center; they meet monthly and provide feedback about center programs and policies. Please reach out to any member of the SAC with suggestions: Daria Plummer, Chair; Louise Shaheen, Vice Chair, and the following: Toni Baer, Dave Bakulski, Tom Bartomeli, Rob and Barbara Bettaker, Tom Field, Estelle Fournier, Nedra Gallo, Ernie Hintz, Hansa Khant, Sally Terry and newly joined members Joanna Roe and Kathie Stroh. The next meeting is **Tuesday, October 8 at 10:00 AM**.



### Weight Watchers

Our Weight Watchers Wellness Workshops 17-week series has begun but you can join in at any time and *not miss a beat!* **Cost is \$198 for the 17-week program, but newcomers will be prorated for missed sessions.** Join us **Fridays from 2:00—2:45 PM until January 10 (no class Friday after Thanksgiving)**. Call Victoria, ext. 340 for info!

### T.O.P.S.

Take Off Pounds Sensibly supports people in their weight loss journey. Meetings are held at Wapping Church Thursdays at 10:00 AM. Weigh-ins are from 8:45-9:45 AM. The first week is free. For more info call Nancy Fischer, 860-432-8595.

## Fitness & Wellness Workshops

### Building Better Bones

Sponsored by Hartford HealthCare Senior Services, this presentation will give you insight on how to prepare and maintain your bone health as you age. **Thursday, October 3 at 11 AM.** Call anytime to register. Free

### Strength & Conditioning Workshop

Muscles mass naturally decreases with age, but strength training can help reverse the trend and can increase bone density and reduce the risk of fractures, especially due to falls. Strength and conditioning training also helps maintain joint flexibility and can reduce the symptoms of arthritis. Learn techniques that promote strength and conditioning. Presented by Olu Olapinsin, DPT, CS, Director of Access Physical Therapy & Wellness. **Friday, October 4 at 1:00 PM.** Register anytime. Free


### Dental Hygiene Presentation

Students from the Goodwin College Dental Hygiene program will provide a presentation on Oral Health at 10:30 AM to 12:00 PM. Oral health and oral cancer screenings will also be provided. Simple evaluations will be done to assess any obvious signs of dental decay (cavities), gum problems, denture issues or other signs that deviate from normal. Information on dental providers in the surrounding areas for individuals on Medicaid or without dental insurance will be provided. Come and join us and receive your complimentary gift of dental supplies. **Tuesday, October 8. 10:30 to 11:00 is the presentation and assessments are 11 to 12, by appointment.** Call anytime to register.

### Stretch and Release the Fascia

Learn how to release tension from your body to provide physical and emotional health and wellbeing. We will perform certain techniques to reduce tension in the physical body and move with less pain and restriction. Presented by Jennifer Hirschberg-Wise, OTR/L, CLT. **Friday, October 25 at 1 PM.** Call anytime to register. FREE

### DIABETIC SUPPORT GROUP

 Join us Friday, November 1 from 10:30-12 for our first Diabetic Support Group meeting! Meetings to be held monthly with a Diabetic Educator. Contact Penny at 860-648-6361X314 with questions.

## 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. 339.

**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

### Need assistance with your fitness program?

Susan will be in the fitness center to help folks on Mondays at 10AM and Thursdays at 2PM.  
(no need to call, just show up)



# New Trips: Register 10/3 & Nonresidents 10/4

## Lunch at MCC Culinary School

Join us on **Friday, November 15** at Manchester Community College Culinary School for a meal of Minestrone Soup, Fresh Bread, Roasted Beet Salad with Gorgonzola, London Broil, Mixed Vegetables with herbs, Oven Roasted Potatoes, and Dessert, all prepared by MCC Culinary Arts students. Please let us know when you register if you have any dietary restrictions or allergies. The bus **departs from the Center at 11:15 AM** and returns **approximately 1:45 PM. Cost is \$10.**

## Matilda, Opera House Players

We're going back to see an Opera House Production at the Enfield Annex on **Sunday, November 24!** Matilda is a story of a very bright and rebellious little girl with special powers. Her parents treat her as a nuisance and in school the situation is no better. Eventually she decides grownups should be taught a lesson and in the process she discovers her supernatural powers. **Cost is \$20.** Bring money for dinner after at Lulu's. The bus will **depart the Center at 1:15 PM** and will return **approx. 6:30 PM.**

## Boogie Woogie Christmas

We'll be rockin' round the Christmas tree with the fabulous Shakin' All Over Band at the Log Cabin on **Tuesday, December 3!** They will be singing your favorite Christmas carols mixed in with their version of favorite holiday songs to make it a rocking BOOGIE WOOGIE Christmas! **Cost is \$55** and includes the show and a delicious Christmas Dinner of Chop Chop Salad, Grilled Marinated Sirloin with Melted Gorgonzola Cheese and a Demi-Glaze, Baked Haddock, Garlic Mashed Potatoes, Seasonal Vegetables, and Profiterole with Fudge Sauce. The bus will **depart the Center at 11:30 AM** and will **return approx. 5:30 PM.**

## Holiday Winter Wishes!

Come spend the day at the Aquaturf on **Tuesday, December 10** and enjoy a plentiful meal in an elegant atmosphere, then dance (or tap your feet) to a fabulous band; playing songs with both you and the holidays in mind! Dance floor is open!

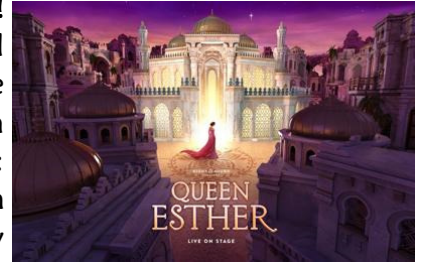
Featuring the Cartells with a special appearance by The Glamour Girls. **Cost is \$45** for the show and a meal of Salad, Pasta, Roast Turkey, Sliced Roast Beef, Vegetable, Potato, and Dessert. The bus will **depart the Center at 10:15 AM** and will return **approx. 4:15 PM.**



## Queen Esther Live on Stage

**June 16-18, 2020!**

Our travels will take us to the Pennsylvania Dutch Country. First stop: A p p a l a c h i a n Brewing Company for lunch. Located



in historic Lititz, it is a former paper-box factory. After lunch we depart for Lancaster, arriving at The Cork Factory Hotel, our historic accommodations for the next two nights. There will be time to freshen up before our private wine, cheese and paint party. Sit back and enjoy each other's "crafty side" as dinner is served. On our second day we will enjoy a full breakfast (included) before travelling into the heart of Lancaster County to Kitchen Kettle Village for a flavorful "food fight" and hands on whoopee pie making experience. Later this afternoon we will take our reserved orchestra seats at Sight & Sound Theater for their brand new production of *Queen Esther*. This is a captivating tale of beauty and bravery. 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? Experience one of the most riveting Bible stories of the Old Testament as it comes to life with magnificent sets, special effects and live animals. Dinner is served at Miller's Smorgasbord. Our last day will begin with breakfast before we journey to the Mount Hope Estate and Winery for a light lunch paired with wine and beer tasting. After we will say goodbye to Lancaster. **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 flyer rack or main office.** The bus will depart from Geissler's at 7:00 AM on 6/16 and will return **approximately 8:00 PM on 6/18.**



## Previously Advertised

Registration has begun, space is limited

### Polka! Polka! Polka!

The Polka Family Band, a 4-Time Grammy Nominated Polka Band, is Back at the Aquaturf on **Tuesday, October 15, 2019!** Cost is \$45. Family style meal included. Bus will depart Center at 10:15 AM and will return approx. 4:15 PM.

### Tea for Three at Wood Memorial

Join us on **Wednesday, October 23** to see one-woman off-Broadway play *Tea for Three: Lady Bird, Pat and Betty* starring actress Elaine Bromka. A reception will follow and include some favorite recipes of these first ladies. Cost is \$20. Bus departs the Center at 1:30 PM, returns approx. 4:00 PM.

### Canal Street Antiques

**Tuesday, November 19!** The Canal Street Antique Mall offers over 30,000 square feet and 100+ unique dealers of the best selection of antique and vintage goods that New England has to offer. Enjoy a buffet lunch at The Loft. Please note that the room for lunch is upstairs; the restaurant does NOT have an elevator. Stop at Herbert Candies on the way home! Cost is \$99. Bus departs Geissler's at 7:45 AM, returns approx. 7:15 PM.

### Christmas Town Festival

Head off to Christmas Town for a magical holiday experience with Tours of Distinction on **Friday, December 6!** For the 40th year of the festival, this tradition will get you in the holiday spirit! See flyer for details. Cost: \$123. The bus will depart from Geissler's at 9:45 AM and will return approx. 8 PM.



### Discover Switzerland, Austria & Bavaria

Discover spectacular Switzerland, Austria, and Bavaria with Collette Tours on a 10-day tour featuring 4-night stays in two cities **May 1-10, 2020.** Cost is \$4,499 pp single, \$3,999 pp double. \$815 deposit due at the time of registration.

*Registration after November 1 is based on availability only, so register now!*

*See flyer for details*

*Call Victoria ext. 340 with questions*

## Cruise Through the Panama Canal in 2020!

**November 29—December 12**

*This 13 day cruise is a vast showcase of the Panama Canal, Central America, and Caribbean. Discover the Encore, NCL's newest ship, with the choice of 2 amenities, entertainment, a full-time Tour Director, return flight from Miami, travel insurance, & all gratuities, taxes, fees & port charges.*

**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

***Book before November 30 and save \$100!***



*Information Sessions to be held*

*with Tours of Distinction on:*

**Thursday, October 10 at 1:00 PM**

**Thursday, October 24 at 5:30 PM**

**Call Victoria ext. 340 to RSVP**

Monday		Tuesday		Wednesday		Thursday		Friday				
<div>October 2019</div> <div></div>			1		2		3		4			
		<i>Scotland, Wales &amp; London</i> <b>FREE Trip Sign Up Day</b> Tri-city/Errands, Walkers Group Circuit SS, Adult Coloring <b>Early Onset Dementia Group</b> Classic SS, Qigong, Reiki Billiards Chair Yoga Lunch Samba <b>Aging Mastery, Cribbage</b>		<i>October 1-10</i> <b>8:00 AM</b> 8:30 AM 9:00 AM <b>9:30 AM</b> 10:00 AM 10:00 AM 11:00 AM 12:00 PM 12:30 PM 6:00 PM	<i>Back Roads of Vermont</i> Local Shop./Errands, Cardio SS Light aerobics Nourishing Yoga Knitter Group Chair Yoga Chair Volleyball Lunch Dup. Bridge, Hand Knee & Foot Chair Yoga <b>Hotdog Setback</b>		<b>8:00 AM</b> 8:30 AM <b>9:00 AM</b> 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 3:00 PM <b>6:00 PM</b>	<b>Trip Sign Up Day</b> <b>Welcome Committee, Veterans Benefits</b> Errands, Walkers Group Elder Wellness, Ceramics, Circuit SS Classic SS, Mahjong <b>Beginner Ukulele Lessons</b> <b>Building Better Bones</b> Lunch, <b>October Kitchen Lunch &amp; Learn</b> <b>Alzheimer's Support Group</b> <b>Mindfulness and Meditation</b> <b>Hotdog BINGO</b>		<b>8:00 AM</b> <b>8:00 AM</b> 8:30 AM 9:00 AM 10:00 AM <b>10:00 AM</b> <b>11:00 AM</b> <b>12:00 PM</b> <b>12:00 PM</b> <b>2:00 PM</b> <b>6:30 PM</b>	Walmart, Mall, Quick trip shop Bridge Local Shopping Country Line Dancing <b>Health and Safety Fair/ Flu Shots</b> Lunch <b>Strength and Conditioning</b> Mexican Train Dominoes <b>Weight Watchers</b>	8:30 AM 9:00 AM 9:30 AM 10:00 AM <b>10:00 AM</b> 12:00 PM <b>1:00 PM</b> 12:45 PM <b>2:00 PM</b>
			7		8		9		10		11	
		Cardio Silver Sneakers Bridge, Light aerobics Lunch BINGO, Setback, Poker Beginner Pickleball Light aerobics		8:30 AM 9:00 AM 12:00 PM 1:00 PM 1:00 PM 6:00 PM	Tri-city/Errands, Walkers Group Circuit SS, Adult Coloring <b>Early Onset Dementia Group</b> Classic SS, Senior Adv., Qigong Billiards, Shiatsu <b>Dental Hygiene</b> Chair Yoga Lunch Samba <b>Historical Hartford: Old East Side</b> <b>Aging Mastery, Cribbage</b>	8:30 AM 9:00 AM <b>9:30 AM</b> 10:00 AM 10:00 AM <b>10:30 AM</b> 11:00 AM 12:00 PM 12:30 PM <b>1:00 PM</b> <b>6:00 PM</b>	Local Shop./Errands, Cardio SS Light aerobics Nourishing Yoga Knitter Group Chair Yoga <i><b>Extreme Shopping</b></i> , Chair Volleyball Lunch Dup. Bridge, Hand Knee & Foot <b>Glass Ornament Painting</b> , Balancing Act Chair Yoga Setback		8:30 AM 9:00 AM 10:00 AM 10:30 AM 11:00 AM <b>11:30 AM</b> 12:00 PM 12:30 PM <b>1:00 PM</b> 3:00 PM 6:00 PM	Errands, Walkers Group Elder Wellness, Ceramics, Circuit SS <b>Men's Morning Group</b> Classic SS, Mahjong <b>Beginner Ukulele Lessons</b> <b>Shredding Event</b> Lunch <b>Mindfulness and Meditation</b> <b>Empower the Inner You</b>		8:30 AM 9:00 AM <b>9:00 AM</b> 10:00 AM <b>10:00 AM</b> <b>10:00 AM</b> 12:00 PM <b>2:00 PM</b> <b>7:30 PM</b>
<div></div> <div><i>Office Closed in Observance of Columbus Day</i></div>			14		16		17		18			
			Tri-city/Errands, Walkers Group Circuit SS, Adult Coloring <b>Early Onset Dementia Group</b> Classic SS Qigong, Reiki Billiards <i><b>Polka! Polka! Polka! Aquaturf</b></i> <b>Prevent Diabetes</b> , Chair Yoga Lunch <b>BINGO, Brownies, Brookdale</b> Samba <b>Aging Mastery, Cribbage</b>	8:30 AM 9:00 AM <b>9:30 AM</b> 10:00 AM 10:00 AM <b>10:15 AM</b> 11:00 AM 12:00 PM 12:30 PM <b>1:00 PM</b> <b>6:00 PM</b>	Light Aerobics Local Shop./Errands, Cardio SS Light aerobics, <i><b>Magic Wings &amp; Yankee Candle</b></i> Nourishing Yoga Knitter Group Chair Yoga, Census Chair Volleyball Lunch Dup. Bridge, Hand Knee & Foot, <b>Comm. Serv.</b> <b>Gazebo Event</b> , Balancing Act, Hearing Clinic Chair Yoga Setback		8:00 AM 8:30 AM <b>9:00 AM</b> 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:00 PM <b>12:30 PM</b> 1:00 PM 3:00 PM 6:00 PM	Errands, Walkers Group Elder Wellness, Ceramics Circuit SS, <b>Vet's Coffee Hour</b> <b>Cops, Coffee, and Conversation</b> Classic SS, Mahjong <b>Beginner Ukulele Lessons</b> <b>Falls Awareness and Prevention</b> Lunch <b>Hauntings in Connecticut</b> <b>Mindfulness and Meditation</b> <b>Hotdog BINGO</b> <b>Empower the Inner You</b>		8:30 AM 9:00 AM <b>9:00 AM</b> <b>9:00 AM</b> 10:00 AM <b>10:00 AM</b> <b>11:00 AM</b> 12:00 PM <b>1:00 PM</b> <b>2:00 PM</b> <b>6:30 PM</b> <b>7:30 PM</b>	Walmart/Mall, Quick trip shop Bridge Local Shopping <b>Art Class</b> Country Line Dancing Lunch <i><b>Fall Foliage Cruise</b></i> Mexican Train Dominoes <b>Weight Watchers</b>	8:30 AM 9:00 AM 9:30 AM <b>9:30 AM</b> 10:00 AM 12:00 PM <b>12:00 PM</b> 12:45 PM <b>2:00 PM</b>
			21		23		24		25			
Cardio Silver Sneakers Bridge, Light aerobics Lunch BINGO, Setback, Poker Beginner Pickleball <b>Labyrinth Walk</b> Light aerobics		8:30 AM 9:00 AM 12:00 PM 1:00 PM 1:00 PM <b>2:30 PM</b> 6:00 PM	Tri-city/Errands, Walkers Group Circuit SS, Adult Coloring <b>Early Onset Dementia Group</b> Classic SS Qigong, Shiatsu, Billiards Chair Yoga Lunch Samba <b>Historical Htfd: Nook Farm</b> <b>Aging Mastery, Cribbage</b>	8:30 AM 9:00 AM <b>9:30 AM</b> 10:00 AM 11:00 AM 12:00 PM 12:30 PM <b>1:00 PM</b> <b>6:00 PM</b>	Local Shopping/Errands, Cardio SS Light aerobics Nourishing Yoga Knitter Group Chair Yoga Chair Volleyball Dup. Bridge, Hand, Knee & Foot Balancing Act <i><b>Tea for Three</b></i> Chair Yoga Setback		8:30 AM <b>9:00 AM</b> 10:00 AM 10:30 AM 11:00 AM 11:30 AM 12:30 PM 1:00 PM <b>1:30 PM</b> 3:00 PM 6:00 PM	Errands, Walkers Group Elder Wellness, Ceramics, Circuit SS <b>Men's Morning Group</b> Mahjong, Classic SS <b>Beginner Ukulele Lessons</b> <b>Let it Go Program</b> Lunch <b>Movie: Breakthrough (2019)</b> <b>Mindfulness and Meditation</b> <b>Empower the Inner You</b>		8:30 AM 9:00 AM <b>9:00 AM</b> 10:00 AM <b>10:00 AM</b> <b>10:30 AM</b> 12:00 PM <b>1:00 PM</b> <b>2:00 PM</b> <b>7:30 PM</b>	Walmart/Mall, Quick trip shop Bridge <b>Art Class</b> , Local shopping Country Line Dancing Lunch Mexican Train Dominoes <b>Mahjong Lessons, Bob Steele</b> <b>Stretch and Release the Fascia</b> <b>Weight Watchers</b> Fall Fest Early Brid Dinner/BINGO	8:30 AM 9:00 AM 9:30 AM 10:00 AM 12:00 PM 12:45 PM <b>1:00 PM</b> <b>2:00 PM</b> <b>4:00 PM</b>
			28		30		31	<b>Weekend Events/Trips</b>				
Cardio Silver Sneakers Bridge Lunch BINGO, Setback, Poker Beginner Pickleball		8:30 AM 9:00 AM 12:00 PM 1:00 PM 1:00 PM	Tri-city/Errands, Walkers Group Circuit SS, Adult Coloring Classic SS Qigong, Reiki, Billiards Chair Yoga <i><b>Dine Out: Maine Fish Market</b></i> Lunch Samba <b>Aging Mastery, Cribbage</b>	8:30 AM 9:00 AM 10:00 AM 11:00 AM <b>11:30 AM</b> 12:00 PM 12:30 PM <b>6:00 PM</b>	Local Shopping/Errands, Cardio SS Nourishing Yoga Knitter Group Chair Yoga Chair Volleyball <b>Birthday Lunch</b> Dup. Bridge, Hand, Knee & Foot <b>Gazebo Event.</b> Balancing Act Chair Yoga <b>Learn to Can Apple Sauce!</b> Setback		8:30 AM 10:00 AM 10:30 AM 11:00 AM 11:30 AM <b>12:00 PM</b> 12:30 PM <b>1:00 PM</b> 3:00 PM <b>3:30 PM</b> 6:00 PM	Errands, Walkers Group Elder Wellness, Ceramics, Circuit SS Mahjong, Classic SS <b>Beginner Ukulele Lessons</b> <b>Halloween Party!</b> Lunch <b>Shivers Up and Down Your Spine</b> <b>Mindfulness and Meditation</b> <b>Empower the Inner You</b>		8:30 AM 9:00 AM 10:00 AM <b>10:00 AM</b> <b>11:00 AM</b> 12:00 PM <b>1:00 PM</b> <b>2:00 PM</b> <b>7:30 PM</b>	Saturday, October 19—Weekend Dine Out: Sichuan Pepper Saturday, October 26—MGM and The Majestic Theater Saturday, October 26—Fall Hike Sunday, October 27—Harvest Somethin' Pumpkin	