



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



September 2019



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Welcome to "The Senior Connection"

In celebration of National Senior Center Month, this edition of the "Senior Connection" is being mailed to residents 55 and older. This year's theme is "The Key to Aging Well!" A variety of programs are offered monthly to build on lessons learned, to learn new skills and exercise to care for your body; volunteer opportunities for you to give back to foster purpose; and grow to be the most you can be. Check out a variety of programs and trips; FREE exercise classes for residents in September! Take a tour with volunteers on **September 5 from 8-10 AM. To receive the newsletter monthly, call 860-648-6361 ext. 335. It's FREE!**

A Play About Jerry and Mabel

Did you like our play in one act with our very own seniors as the cast? Well, next up will be the director of that show, Steve Henderson, in a play he wrote! Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. At the moment they are on a blind date. Never has romance taken more wrong turns! Think Romeo and Juliet meet Burns and Allen and you get the idea. A thoroughly enjoyable performance. **Friday, September 27, 2019 at 1:00 PM at the center.** Cost is \$5; or \$8 after 9/20 or at the door. Price includes the show and refreshments following. Register anytime.

Antique Appraisal Event

Clean out your attic and bring in your knick knacks to get a verbal estimate on its value! Jamie Selig from James Selig Estate Jewelry and Antiques in Windsor will be at the center on **Monday, September 30 from 3-6 PM.** Items can include: estate jewelry, collectibles, antiques, paintings, military items, toys, art glass and lamps. This is a fundraiser for our Community Service Group; cost per item is \$5 with a max of 3 items. No need to register, just show up anytime between 3-6 PM.



Flu Shots and Health and Safety Fair

Friday, October 4!

See inside for more info!



FREE Early Bird Dinner and Author Visit/Book Signing

In celebration of Senior Center Month, our early bird dinner is FREE for residents thanks to the Residence at South Windsor Farms and Kindred Home Care. Join us on **Thursday, September 12 at 4:00 PM** for a dinner of meat lasagna, penne ala vodka (no meat), ziti, salad, bread and dessert! At 5 PM Kelly McCarthy will be speaking about her book "Brass Ring Memoirs." Kelly will talk about: reaching for the brass ring does not end as you age; take a moment to identify the brass rings in your life. Individuals with memory challenges may forget what their brass ring is and knowing their life journey can assist you in reaching for their brass ring as a caregiver, as a loving family member and a friend. Kelly is an amazing speaker! 20 copies of the author's book will be available as part of a free raffle and others will be available for sale! **Due to the popularity of this event, we expect to reach capacity. Residents call to register anytime, non residents can pay (\$5) and register beginning 9/10 and if space permits.**

Aging Mastery Program is Back!

This is a 10-week comprehensive and fun program that celebrates the gift of longevity. The program helps prepare you for issues that are important as you age, with a different topic each week. The program combines goal setting, daily practices and peer support to help participants make meaningful changes in their lives. An ideal class for "baby boomers." Topics include: Healthy Eating, Exercise, Medication Management, Sleep Strategies, Financial Fitness and more... Class meets every **Tuesday, starting September 10 from 6:00 PM to 7:30 PM. Register now!** This program is offered free from a grant by the CT. Healthy Living Collaboration and Anthem BCBS.

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

**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: September 3 at 8 AM.
Residents sign up for all FREE trips (call in).
TRIP Sign up Day: Thursday, September 5 at 8 AM. Residents sign up for newly advertised trips requiring payment. Sign up for yourself and one other SW resident. Non residents sign up 9/6.
Senior Advisory Council: Tues. Sept. 10 at 10 AM
Super 60's for Men and Women: Thursday, Sept. 12 at 1:00 PM

Senior Community Café Menu

9/2: Labor Day—CRT/Senior Center Closed
9/3: Stuffed Cabbage, Marinara Sauce, Noodles
9/4: Hot Dog, Baked Beans, Mixed Vegetables
9/5: Clam Chowder, Seafarer's Seafood Salad
9/6: Mac & Cheese, Stewed Tomatoes
9/9: Meatloaf w/ Gravy, Mashed Potatoes, Veggies
9/10: Chicken Caesar Salad w/ Chicken
9/11: Hawaiian Roast Pork, Mashed Sweet Potatoes
9/12: Turkey Divan, Broccoli, Baked Potato
9/13: Boneless Chicken and Gravy, Rice, Green Beans
9/16: Beef Chili, Baked Potato, Sliced Carrots
9/17: BBQ Pulled Pork Sandwich, Tortellini Salad
9/18: Roast Beef w/ Gravy, Mashed Potatoes, Veg
9/19: Potato Crumbed Fish, Potato Wedges, Veg
9/20: Ziti and Sausage, Carrots
9/23: Teriyaki Chicken Strips, Rice, Broccoli Florets
9/24: Hamburger, Potato Salad
9/25: Roast Turkey w/ Gravy, Stuffing, Garden Veg
9/26: Macaroni and Cheese, Stewed Tomatoes
9/27: Breaded Pollack, Mashed Potatoes, Beans
9/30: Cheesy Veggie Lasagna, Squash Medley

*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

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 come to our first meeting of the season **Friday, September 13 from 11AM to 1PM**. We will have a special meeting which will include a Music Therapist who will share ideas that will help you with caregiving and with stress relief. Lunch will follow. RSVP to Penny at 860-648-6361 X314 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: September 5.** RSVP to The Village: 860-644-7366.

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 4th Wednesday of the month at the community center starting **September 25 from 11-12:30**. RSVP to Michelle at mgaski@alsact.org, 203-874-5050.

MOBILE FOODSHARE



Thursdays, September 5 and 19 from 12:30 - 1:00 PM at Wapping Church, 1790 Ellington Road. Fresh fruits/vegetables (bring bags). For transportation: 860-648-6361 x 310.

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 September 17 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.

Space is Available in C.A.R.E.S.

Center Activity Recreation Exercise Socialization

The "CARES" group is for residents over sixty and meets Monday through Friday, 9:30-12:30 at the Center. CARES offers a variety of activities including music, crafts, games, reminiscence, current events, exercise, and holiday celebrations. If you have limitations or disabilities, but do not need medical or self-care assistance while in the group, you may qualify to attend. Cost is \$3/day and \$2.50 for lunch. Call Andrea 860-648-6357 for info.



Help with Medicare Premiums


The Medicare Savings Programs (MSP) helps qualifying individuals pay for their Medicare Part B and Medicare Part D premiums. Folks on an MSP are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS) and will only pay \$3.40 for generic and \$8.50 for brand name prescription drugs. The monthly income can not exceed \$2,560.86 (single) or \$3,466.14 (couple). There is no asset limit and no estate recovery. For more info or to apply, call Human Services at 860-648-6361. We can help you!

Transportation Services

This service is for residents age 60 years or older; or who are under age 60 and on Social Security Disability. Our service is curb to curb. Passengers must be able to reach the bus independently. Our bus goes to medical appointments, grocery stores, banks, library, post office, the mall and other shopping venues and the senior center. There is no charge for this service. For a complete brochure, please call **860-648-6361 Ext. 310**.



All Exercise Classes are FREE to Residents (*except SS classes) in September! Non-residents pay drop-in fee

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 on the game of Pickleball go to www.usapa.org or call 860-648-6361 x339	FREE
Light Aerobics with Linda	Monday & Wednesday 9:00 AM	On-going	Free/residents \$2 per class
EVE CLASS Light Aerobics with Linda	Monday 6:00 PM	On-going	Free/residents \$2 per class
*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	Sept. 3– Sept 24	Free/residents \$5 per class
Chair Yoga with Lorelei	Tuesday or Wed 11:00 AM	Sept. 3– Sept 24 (Tuesdays) Sept 4-Sept 25 (Wed)	Free/residents \$5 per class
Nourishing Yoga with Lorelei	Wednesdays 10:00 AM	Sept 4-Sept 25	Free/residents \$5 per class
Chair Yoga with Diana	Wednesday 3:00 PM	Sept 4-Sept 25	Free/residents \$5 per class
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
All Male Yoga Class with Diana	Wednesday 1:30 PM	Sept 4-Sept 25	Free/residents \$5 per class
Zumba Gold with Dee	Friday 10:00 AM	Sept 20 and Sept 27 only	Free/residents \$5 per class
Tai Chi with Christina	Thursday 4:00 PM	Sept 5-Sept 26	Free/residents \$5 per class
Country Line Dancing with Niki (beginners)	Friday 12:30 PM	Sept 6-Sept 27	Free/residents \$5 per class
Country Line Dancing with Niki (intermediate)	Friday 10:00 AM	Sept 6-Sept 27	Free/residents \$5 per class

New Classes!



Meditation & Mindfulness

Join Diana Gunther for a class on meditation and mindfulness. She will touch base on different topics and techniques each week. Class meets Thursdays at 2 PM and starts September 5. Free for residents or \$5 per class non residents.



Tai Ji Quan for Better Balance

This is a grant funded program that meets every Tuesday & Thursday at 1 PM for 6-months. Classes start on Tuesday, September 10. If you are interest and can commit to both days per week please call Susan at 860-648-6361 x339. To be eligible you must complete a fall risk assessment and agree to be assessed again after class session has ended. FREE for all 6 months! Residents or non residents!

Zumba Gold is BACK!



Join us **Friday, September 20 and 27 at 10:00 AM.** Free for residents or \$5 per class for non residents.



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 starting September 9.** Please note these lessons are for true beginners, not players who would like to improve their game. To sign up call 860-648-6361 ext. 339. FREE!

ADVENTURE CLUB

Breakfast & Apple Picking

Start the day off right with an old-fashioned breakfast with a view at Rose's Berry Farm, Glastonbury. After breakfast indulge in some apple picking if you'd like. **Join us, Sunday, September 15. Bus leaves the center at 8AM and returns approx. 1:00 PM.** Bring money for breakfast and apples. Cost is \$5.00 for transportation. Residents register beginning 9/5.

Kayak Tour



Black Hall Outfitters are located in unspoiled Old Lyme, CT on the Black Hall River at the Great Island salt water Estuary, and considered one of the top destinations in the Northeast for paddle sports, fishing, and outdoor recreation. They will provide all the equipment for a Kayaking experience of exploration and fun on the water. Cost is \$40 per person for 2 hours on the water. We will stop on the way home for lunch (Bring money for lunch). **Saturday, September 21, bus leaves at 8:30 AM and returns approx. 3 PM. Residents register 9/5, non residents 9/6.**

FALL HIKES

For both hikes we will meet at the center at **9:30 AM and carpool to site.** Bring money for lunch. **Returning approx. 2 PM. Register anytime.**

Penwood State Park, Bloomfield: This hike will be a little bit of a challenge. The trail is not very steep but there are some rocky spots and a few ups and downs. We will hike about 3 to 4 miles. Wear good hiking shoes, bring water and a snack. We will stop at Little City Pizza for lunch. **Saturday 9/14.**

Northwest Park, Windsor: Hike on the many trails of Northwest Park, approximately 3 to 4 miles on mainly flat trails. Wear good hiking shoes, bring water and a snack. Lunch spot TBD. **Sunday 9/22.**

Zip Lining Adventure

The Zip Line Canopy Tour at Empower Adventure Park in Middletown, CT offers over a half mile sky trail journey 40' to 75' through the forest, including 2 Sky bridges. Trained zip line guides will lead you through all aspects of your adventure. **Saturday, October 5 bus leaves the center at 9 AM and returns approx. 3:30 PM.** Cost is \$45. We will stop for lunch on our way home (bring \$ for lunch). **Residents register 9/5, non residents 9/6.**



Triad for Senior Safety

INVESTMENT FRAUD: Recently a rep. from the U.S. Securities and Exchange conducted a presentation at the Center on Investment Fraud. In that session, we were informed that 8 out of 10 individuals are solicited for potential fraudulent investment offers, and that over \$50 billion is lost per year to fraud in all forms.

Red flags that the opportunity is a fraud are:

- *The offer regarding an investment opportunity sounds too good to be true (There is no risk! You will see incredible gains in your investment! I'm offering this to you at a breakout(low) prices! You must buy now! It won't be around long!)

- *The caller cannot and does not provide any documentation on the product or investment opportunity. Nor can they provide you with any back up on the plans.

How to protect yourself from investment fraud:

- *Establish strong passwords for any and all online accounts (banks, medical, financial)

- *Always check out the financial professional and the products being offered

Two important websites are: www.investor.gov which allows you to check the advisor and offers multiple additional resources for you on a variety of investment topics

Go to www.brokercheck.org, another resource for checking the advisor

Be alert to and aware of common scams and the red flags



Yellow Dot Program

The Yellow Dot Program is a "File of Life" for your car! Medical info, along with a photo, is kept in your glove box which is available to emergency responders. A sticker is put on the back windshield of your car which alerts staff to look in the glove box for your information. Please bring: A list of your medications, Emergency contact info and a smile...for your photo! Register for this program at the Community Center from 9-12 or 1-4 Monday through Friday. Please call ahead to be sure a staff person is available: 860-648-6361 ext. 335.

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, September 5, 12, 19, 26

9:00 to 11:00 AM

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

FOOT CARE ~\$29.00

Monday, September 9 by appointment

Call 860-648-6361 ext. 335

HEARING CLINIC ~ Free

Quarterly: Next date is in October

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. Sept. 17 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

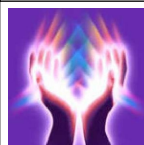
Steve Clapp to inquire. X325

September Movie Rocket Man (2019)

"His music inspires you, his life will surprise you," Rocketman is a one-of-a-kind musical celebration set to Elton John's most beloved songs. Discover how a shy, small-town boy becomes one of the most iconic figures in rock & roll. **Thursday, September 26 at 1:00 PM at the center. Call to register. FREE**

Popcorn is served!

Reiki and Massages



Therapeutic Touch REIKI

Denise Cassella, Reiki Master Teacher and Sound Therapist, is offering her services on **Tuesdays, September 3 and 17 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, MT will be offering Shiatsu Massage sessions, **Tuesday, September 10 and 24 from 10 AM to 2 PM.** Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment.

Therapeutic Massage

Melissa Almquist, LMT, is offering therapeutic massages on **Mondays from 10:00 AM to 2:00 PM and Thursdays 11:30 AM to 2:00 PM by appointment.** Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment.



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, **September 4th!***

Bridge ~ Mondays and Fridays at 9:00

Adult Coloring ~ Tuesdays at 9:00

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 ~ September 5 and 19 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

Billiards in Teen Center ~ Tuesdays at 10:00

Interested in Playing Wii Sports?

Did you know that we have a Nintendo Wii? There are a variety of Wii Sports games available: Golf, Tennis, Baseball, Bowling, and Boxing. We will schedule a weekly time if there is enough interest! Call us!

Classes/Educational Programs

The Biology of Aging

All living things age, but at vastly different rates. Why? The average lifespan for humans is about 75 years, with a maximum topping out at 120 years. Dogs age about seven times faster. Oak trees about ten times slower. Why? Many researchers are convinced that a little animal known as a hydra doesn't age at all! Jeff Holcombe will be back on **Thursday, September 5 at 1:00 PM** to discuss leading edge research into aging and its implications for our own health and well being. **FREE. Sign up anytime!**

AARP Safe Driver Course

Learn defensive driving techniques, safety strategies, new traffic laws and rules of the road. **Friday, September 6** from 8 AM-12 PM. **Cost: \$15/AARP members, \$20/non-members**, payable day of the course! Call to register anytime.

The Plant Guy

Join Jeff Eleveld, known as the Plant Guy, for a talk on chocolate (cacao): history, the plant, economics and Hershey himself! **Monday, September 9 at 10:00 AM**. Free, call to register.



The Wizard School

This 45-minute Magic Class is designed to teach entry level magic to all participants! The entire group will learn four magic tricks, receive a magic wand, and be entertained by professional magician Tom O'Brien. Use the tricks that you learn to amaze your friends and family during the holidays. Your grandchildren will call you their Grandparent Houdini! Class size is limited. **Thursday, September 12 at 1:00 PM**. Cost is **\$5/residents, \$10/nonresidents**. Limited space available. Register now.



ART CLASS

Join professional artist Christine MacClintic for a fun, collaborative painting class. **Fridays, September 20 and 27 from 9:30-11:30** for an impressionistic painting of the "Last of the Summer Hydrangeas" on a 16x20 canvas. You will be guided step by step. Beginners to intermediate, all supplies provided. **\$20/residents; \$30/non residents**. **Residents register beginning 9/5; non residents 9/6**.

Lymphedema Program

Join a Certified Lymphedema Therapist (CLT) from Hartford HealthCare Rehabilitation to learn more about the causes and effects of swelling, ways to manage it and how participation in skilled Occupational and Physical Therapy can help. **Tuesday, September 10 at 1 PM**. Free. Call to register.

Fall Prevention Workshop

September is Fall Prevention Month so come and join us, **Tuesday, September 17 at 1 PM** for an informational workshop on ways to prevent falls in your home and outside. Sponsored by Stonebrook Village and Fox Rehab. Free. Call to register.

Bill Dougal Illustration

On **Wednesday, September 18 at 10:30 AM** Bill Dougal will show you examples of his artwork, which ranges from cartoon to realism. It has been published in magazines, ads and books. The variety of projects and the anecdotes that accompany will make for interesting viewing! Bill will also describe his process, tools and techniques. Free. Call to register.

Better Balance

Join us for an interactive workshop on how to improve your balance. We will practice techniques and skills to enhance your awareness of posture, gait and balance. **Friday, September 27 at 1 PM**. Presented by Jennifer Hirschberg-Wise, OTR/L, CLT. Free. Call to register.

Mahjong Lessons

Come join avid mahjong players to learn the game (American version!): **Fridays at 1:00 PM** for 6 weeks **beginning September 27**. Attendance at the first class is mandatory. **FREE**. Call to register.

BE F.A.S.T! Stroke & TIA Awareness

Sandee Wood, RN at ECHN will discuss the causes and risk factors associated with strokes and Transient Ischemic Attacks (TIA), how they are treated and how one can decrease their stroke/TIA risks. You will learn the importance of 'B.E.F.A.S.T' to help identify the warning signs of a stroke, as well as the importance of calling an ambulance when you or a loved one is experiencing stroke symptoms. **Monday, September 30 at 10:00 AM**. Free. Call to register.

Special Events

Call to sign up for the below trips beginning
Tuesday, September 3 (non residents 9/6).

First come, first serve.

Dine Out: Cracker Barrel

We're going to Cracker Barrel in East Windsor where they serve classic southern meals on **Tuesday, September 10!** On your way out, feel free to browse through their Old Country Store. The bus will **depart the Center at 11:30 AM** and will return approx. **2:30 PM.**

Weekend Dine Out: J's Crab Shack

Join us at J's Crab Shack in Hartford on **Saturday, September 28** where "Fried, steamed, baked or broiled, the seafood is simply prepared and very tasty"! Please note that this will be self service and you will be required to place your own order at the register. The bus will **depart the Center at 11:30 AM** and will return approx. **2:30 PM.**

Tour of Town Parks

Take a guided tour of the many town parks with John Caldwell, Superintendent of Parks for the Town of South Windsor. He will provide you with information on the uses, maintenance and wildlife in our beautiful parks right here in South Windsor. **Wednesday, September 25 at 9 AM** our senior bus leaves the community center at 9 AM and returns approximately 12 noon. Free, residents call to register beginning September 3.



LGBT Moveable Senior Center

The LGBT MSC is a partnership among Senior Centers to welcome the LGBT (lesbian, gay, bisexual, and transgender) community to Senior Centers and their programs.

Upcoming: Pridefest in Hartford! **September 14 from 12 - 6 PM.** This event is **FREE** and everyone is welcomed! Located at 59 Pratt Street in Hartford.

September's LGBT Moveable Senior Center will be located at the South Windsor Senior Center on **Thursday, September 26 at 4:00 PM.** We will be showing the movie *Beginners* (2010). After Oliver's mother dies, he finds out that his 75-year-old father Hal is gay. Through flashbacks, Oliver tells the story of his parents' marriage, his father's life after coming out of the closet, and his own complicated love life. A light dinner of sandwiches will be served after the movie and a discussion will follow. **Please RSVP to Victoria, ext. 340 by 9/24 if you plan on attending.**

Welcome Committee

Thursday, September 5 from 8-10:00 AM tour the center with volunteers from the Senior Advisory Council. No need to register, stop in any time!

Smart Device Help

Get free one-on-one help with your smart device (iPhone, iPad, or Macbook) with Paul Theriault. Bring your device and questions. **10, 11 AM and 12:30 PM on September 17** Call anytime for an appointment.

Men's Morning Group

There will be **no meeting on September 12.** On **Wednesday, September 25** the Men's Club will be taking the Classic Light House Cruise from New London. Please contact Jeff Clark at jc59birch@outlook.com or call 336-258-0680 for more information or details.

Birthday Lunch

Celebrate all **September** birthdays on **Wednesday, September 25 at 12 noon.** Cake is donated by Geissler's. Sign up by noon the day before.



Gazebo Events

All gazebo events are FREE!

Call to register anytime!

National Blueberry Popsicle Day: Wednesday, September 4 at 1:00 PM indulge in delicious blueberry popsicles made from scratch! Victoria will provide the recipe and instructions to make your very own!

National Gymnastics Day: Lets play chair volleyball outside to celebrate! Join Susan on the back patio! This uses a beach ball, not a traditional volleyball! All abilities welcome! **Thursday, September 19 at 1:00 PM.** Ice Tea w/lemon will be served.

Coffee Ice cream Day: Tuesday, September 24 at 1:00 PM enjoy Andrea's homemade coffee ice cream dessert and a coffee flavored cupcake! Learn some facts, play a coffee related game and have fun in the gazebo!

October Programs

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/blood sugar checks, arm chair massages, lower extremity evaluation for vein disease, 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!

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 and Chef Paul Finney from October Kitchen will be discussing his new book and teaching simple ways and why's to promote long-term wellness. Served with a complimentary chef prepared lunch! **FREE**. Residents register beginning 9/3. Non residents 9/6.



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.



Volunteer Corner

Community Service Group

The next meeting will be **Wednesday, September 18 at 12:30 PM**. This is a group of adults who work on a variety of projects to assist people and groups of all ages in town and surrounding communities by being involved, raising funds and giving of their time to enhance the lives of others! Call Andrea for info: 860-648-6357.

NEIGHBORS HELPING NEIGHBORS

Special Programs



Special Bingo!

Join us for bingo on **Tuesday, September 3 at 1 PM** sponsored by Home Care VNA, LLC. Special snack and prizes! No registration needed!

Women of the Wild West

Monday, September 16 at 10:30 AM

Joe the History Guy is back! Perhaps no other time in America's history is as steeped in myth, legend and adventure as the pioneering age of the "Wild West." From 1865 to 1900 a number of courageous women made their mark in history books and sometimes in our hearts. From Calamity Jane to Annie Oakley and from Big Nose Kate to Bell Star they were unique and took "no prisoners." This revealing look at their lives promises to be a fun experience! **Monday, September 16 at 10:30 AM**. Free, call to register.

Meet and Greet with the New Town Manager!

Mike Maniscalco, South Windsor's new town manager, wants to meet you! Join us for coffee and pastry **Thursday, September 19 at 11 AM**. This will be a time to ask Mike questions and get to know him a little bit! Free. Call to register.

Importance of Relationship Building

September is Healthy Aging Month! Join JoAnn Harrison-Becker for a discussion on the following topics: Staying Socially Active is Good for Your Health; Events and Circumstances that Lead to Social Isolation; Signs and Symptoms of Social Isolation; Ways to Increase Social Connection; Social Interaction Boosts Memory. **Tuesday, September 24 at 1:00 PM**. Free, call to register.



Veterans Corner

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. **September 19**. No need to register! Coffee and goodies will be available.

Questions about Veterans Benefits?

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

Special Programs

Friday Fun with Staff!

Join the Human Services staff for an afternoon filled with fun and games! On **Friday, September 13 at 1:00 PM** we will play a variety of games like Boggle, SkipBo, Dominoes, Pictionary, Scrabble and more. Requests will be taken, call us with suggestions or simply bring your favorite game! Sign up today and see if you have what it takes to beat a staff member at your favorite game! Snacks will be served. **FREE! Call to register.**



FREE New Britain Bees Baseball Game Tickets!

We have 20 FREE ticket vouchers to give away to see the New Britain Bees versus the Sugar Land Skeeters on **Friday, September 13!** Perfect for some quality time with your grandchild/children! Game time is **6:35 PM** at New Britain Stadium, located at 230 John Karbonic Way in New Britain. Tickets will be given on a **first come, first serve** basis. Please note that this is NOT a Senior Bus Trip—you must drive on own. Stop by the front office anytime to get your ticket(s)!

Special BINGO

Salmon Brook Rehab will host a Special BINGO on **Monday, September 16 at 1:00** with goodies and special prizes! No need to sign up just show up!



Beginner Ukulele Class

Learn to play the ukulele, a fun and easy instrument that you can sing along with. **Eight-week class that will be held on Thursdays at 10:00 AM beginning September 26.** Taught by Sue Hill. These classes are designed for the complete beginner, NO musical background is required, just your enthusiasm and willingness to learn. **Total cost for the 8-weeks is \$60, payable to Sue at the first class (9/26)** – please purchase your own prior to the class. Ukuleles are very affordable and can be found online (Amazon) or at Guitar Center in Manchester. **Sign up anytime!**

Weight Watchers



Our Weight Watchers Wellness Workshops will be held on **Fridays from 2:00—2:45 PM, starting Friday, September 13.** Cost is **\$198 for the 17-week program.** Please contact Victoria, ext. 340 if you plan on committing! **We need at least 20 people at the first session for the program to follow through.**

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

Come to our Open House and see what it's all about!

**Wednesday, September 18 from
11:00 AM to 1:00 PM**

OR 4:00 to 6:00 PM

**Dress to exercise and Susan will show
you how to use the equipment!
(All participants must sign a waiver)**



New Trips: Residents Register 9/5; Nonresidents 9/6

Agonist Gallery in Broadbrook

We will be given a tour of the Agonist Gallery with a presentation on Abstract Micrographs on **Tuesday, September 24**. Explore the inside world of living rocks, and crystals as seen under a microscope. By design, there is a science in the art, and art in the science. Inside, great mysteries arise that are not predicted by the outsides. You will be able to take a look under the microscope! **Cost: \$5**. Bring cash for lunch after at At the Dam Restaurant. Bus **departs the Center at 9:45 AM**, returns **approx. 1:45 PM**.



Big E!

It's that time of year! Come out to New England's GREATEST Fair: the Eastern States Exposition, on **Thursday, September 26**. Enjoy crafts, livestock, rides, food, and shows. **Cost is \$15** and includes transportation and fair admission. Bus departs the Center at **9:00 AM**, returns **approx. 3:00 PM**.

Magic Wings & Yankee Candle

Come with us to Magic Wings Butterfly Conservatory in South Deerfield, MA on **Wednesday, October 16** where we will view their 8,000-square foot conservatory. The conservatory houses nearly 4,000 native and tropical butterflies year round. Stand still and perhaps a butterfly will gently descend and land on your shoulder, thinking that maybe you are a flower for it to taste! Don't forget to bring your camera! **Cost is \$15**. Bring money for shopping and lunch on your own at Yankee Candle Village! We will receive a \$10 off any \$50 purchase coupon. Bus **departs Center at 9:00 AM**, returns **approx. 2:30 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. Particularly pertinent in this season of heightened politics, Tea for Three humanizes the political scene with a story both whimsical and deeply moving. This play is a behind-the-scenes look at Lady Bird Johnson, Pat Nixon, and Betty Ford. Share the journey of each as they deal with the fishbowl of "First Ladydom." 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**.

MGM & Majestic Theater

Come with us to MGM in Springfield on **Saturday, October 26!** We will spend 4 hours at the casino—you will receive \$20 slot play and \$10 food or gaming bonus. Top the day off with live musical performance of *Forever Plaid*, an off Broadway Smash Hit, at the Majestic Theater! The heavenly male quartet returns for their final chance to reach musical glory. Including songs "Love is a Many Splendored Thing", "Moments to Remember", and "Three Coins in a Fountain", this heartwarming comedy will transcend time and space, and leave you laughing for more! **Cost is \$25**. The bus will **depart the Center at 9:00 AM** and will return **approx. 4:30 PM**. *Please register for this trip by Friday, September 20.*



Woody Sez

Join us on **Sunday, November 3** to see Woody Sez at the Ivoryton Playhouse, a joyous, toe-tapping, and moving theatrical concert event that uses Woody's words, and over twenty-five of Woody's songs to transport the audience through the fascinating, beautiful, and sometimes tragic life of Woody Guthrie. Performed by a talented group of four versatile actor/musicians who not only play 15 instruments ranging from guitar and fiddle to jaw harp and dulcimer, but they also bring to life the many people who are the fabric of Woody Guthrie's amazing story. **Cost is \$40**. Bring money for dinner after at Blue Hound Cookery & Tap Room, where they "bring southern inspired coastal cuisine to the shoreline area." The bus will **depart the Center at 12:30 PM** and will return **approximately 7:30 PM**.



Crooning with the Classics

Dave Colucci and his musical guests will regale you with songs from artists like John Denver, Neil Diamond, Barry Manilow, and more at the Aquaturf on **November 12, 2019!** **Cost is \$45** and includes a lunch of Salad, Pasta, Beef Burgundy, Pan Seared Salmon, Rice Pilaf, Vegetable, and Dessert. No dancing for this one! Bus **departs the Center at 10:15 AM**, returns **approx. 4:15 PM**.



Previously Advertised; Registration has begun, space is limited

Dover Downs Casino

You better bet on a great trip to Dover Downs on **October 23—25!** See flyer for details about this trip. **Cost is: \$287/double, \$423/single, and \$277/triple.** Registration is now based on availability. Please check with Victoria before registering for this trip.

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.** Bern, the capital of Switzerland and UNESCO World Heritage Site: Welcome Dinner, panoramic sightseeing tour featuring the Swiss Parliament, the famous Bear Pit, the Rose Gardens and the gothic cathedral. Gruyeres: cheese making demonstration, ride along the GoldenPass Panoramic Train from Montreux to Gstaad. Lucerne: walking tour and dinner. Innsbruck: choose between two leisurely walking tours—discover the city's history, culture and popular attractions OR discover the city's unique architectural structures. Salzburg: walking tour, explore on your own, dinner, Tyrolean folklore show. Tour Bavaria's famous castle, Neuschwanstein. Visit the picturesque village of Oberammergau, famous for its Passion Play. You will get to see the excitement of the village right before the play begins on May 16! **Cost is \$4,499 pp single, \$3,999 pp double. \$815 deposit due at the time of registration. Informational Session to be held on Tuesday, September 17 at 6:00 PM. Please RSVP to Victoria, ext. 340.**

Back Roads of Vermont

We'll be travelling the backroads of Vermont with a professional local who will guide us on a scenic Vermont tour from winery, to winery, to distillery on **Wednesday, October 2, 2019.** Putney Winery, Honora Winery (meal choice on flier), Copper Cannon Distillery, Summit Winery **Cost: \$119** includes lunch. The bus leaves Geissler's at **8 AM** and will return approx. **9:15 PM.**

Turkey Train

All aboard the Winnepesaukee Railroad to enjoy a nostalgic rail excursion along the shores of New Hampshire's longest lake on **Friday, October 11, 2019!** You will enjoy a full hot Turkey Dinner catered by Hart's Turkey Farm. **Cost is \$118.** Bus departs Geissler's at **7:30 AM;** returns approx. **8:30 PM.**

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.**

Another New Trip!

Residents Register 9/5, nonresidents 9/6

Canal Street Antiques

Head off to the king of treasure chests with Tours of Distinction on **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 N.E. has to offer. Enjoy a buffet lunch at The Loft, located in a beautiful, 200+ year-old post and beam structure in North Andover. Menu includes: Chicken Piccata, Grilled Salmon, Macaroni and Cheese, Vegetables, Baked Potato, and Dessert. **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.**

Policies for Trips

Sign Ups:

- ♦ Residents; You may register for yourself and one other resident on Trip sign-up day.
- ♦ Non-residents may sign up beginning the next business day after Trip sign-up day, if space allows.
- ♦ All trips are open to those age 55 or older unless otherwise noted.
- ♦ If a person cancels a trip for any reason, **no refunds** will be given once payment is received unless we are able to fill your spot on the trip.

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Labor Day ~ Senior Center is closed		FREE Trip Sign Up Day 8:00 AM Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Classic SS, Qigong 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Special BINGO 1:00 PM Cribbage 6:00 PM		Atlantic City & Cape May Sept 4-6 Local Shop./Errands, Cardio SS 8:30 AM Florence Griswold Museum, Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Chair Volleyball 11:30 AM Lunch 12:00 PM Dup. Bridge, Hand Knee & Foot 12:30 PM Gazebo: Blueberry Popsicles 1:00 PM Male Yoga 1:30 PM Chair Yoga 3:00 PM Hotdog Setback 6:00 PM		Trip Sign Up Day 8:00 AM Welcome Committee 8:00 AM Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM Classic SS, Mahjong 10:00 AM Lunch 12:00 PM The Biology of Aging 1:00 PM Mindfulness and Meditation 2:00 PM Tai Chi 4:00 PM Hotdog BINGO 6:30 PM		AARP Safe Driver Course 8:00 AM Walmart, Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local Shopping 9:30 AM Country Line Dancing 10:00 AM Lunch 12:00 PM Beg. Country Line Dancing 12:30 PM Mexican Train Dominoes 12:45 PM Billiards 2:30 PM	
9		10		11		12		13	
Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM Plant Man 10:00 AM Lunch 12:00 PM BINGO, Setback, Poker 1:00 PM Pickleball 1:00 PM Light aerobics 6:00 PM		Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Classic SS, Senior Adv., Qigong 10:00 AM Chair Yoga 11:00 AM Dine Out: Cracker Barrel 11:30 AM Lunch 12:00 PM Samba 12:30 PM Understanding Lymphedema 1:00 PM Aging Mastery, Cribbage 6:00 PM		Marble Museum 7:00 AM Local Shop./Errands, Cardio SS 8:30 AM Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Chair Volleyball 11:30 AM Lunch 12:00 PM Dup. Bridge, Hand Knee & Foot 12:30 PM Male Yoga 1:30 PM Chair Yoga 3:00 PM Setback 6:00 PM		Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM Classic SS, Mahjong 10:00 AM Lunch 12:00 PM The Wizard School 1:00 PM Mindfulness and Meditation 2:00 PM Early Bird Dinner/Book Signing 4:00 PM Tai Chi 4:00 PM		Walmart/Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local Shopping 9:30 AM Country Line Dancing 10:00 AM Lunch 12:00 PM Beg. Country Line Dancing 12:30 PM Mexican Train Dominoes 12:45 PM Friday Fun with Staff! 1:00 PM Billiards 2:30 PM	
16		17		18		19		20	
Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM Women of Wild West 10:30 AM Lunch 12:00 PM Special BINGO 1:00 PM Setback, Poker 1:00 PM Pickleball 1:00 PM Light aerobics 6:00 PM		Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Classic SS Qigong 10:00 AM Come Fly with Me, Aquaturf 10:15 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Fall Prevention 1:00 PM Aging Mastery, Cribbage 6:00 PM Switzerland Info Meeting 6:00 PM		Light Aerobics 8:00 AM Local Shop./Errands, Cardio SS 8:30 AM Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Bill Dougal Illustration Program 10:30 AM Chair Yoga 11:00 AM Chair Volleyball 11:30 AM Lunch 12:00 PM Dup. Bridge, Hand Knee & Foot, Comm. Serv. 12:30 PM Male Yoga 1:30 PM Chair Yoga 3:00 PM Setback 6:00 PM		Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics 9:00 AM Circuit SS, Vet's Coffee Hour 9:00 AM Classic SS, Mahjong 10:00 AM Tribute: American Bandstand 10:30 AM Town Manager Meet & Greet 11:00 AM Lunch 12:00 PM Mindfulness and Meditation 2:00 PM Tai Chi 4:00 PM Hotdog BINGO 6:30 PM		Walmart/Mall, Quick trip shop, 8:30 AM Bridge 9:00 AM Art Class, Local Shopping 9:30 AM Country Line Dancing 10:00 AM Zumba Gold 10:00 AM Lunch 12:00 PM Beg. Country Line Dancing 12:30 PM Mexican Train Dominoes 12:45 PM Billiards 2:30 PM	
23		24		25		26		27	
Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM Lunch 12:00 PM BINGO, Setback, Poker 1:00 PM Pickleball 1:00 PM Light aerobics 6:00 PM		Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Early Onset Dementia Group 9:30 AM Agonist Gallery 9:45 AM Classic SS Qigong 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Gazebo Coffee Ice Cream Day 1:00 PM Relationship Building 1:00 PM Aging Mastery, Cribbage 6:00 PM		Local Shopping/Errands, Cardio SS 8:30 AM Tour of Town Parks, Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Chair Volleyball 11:30 AM Birthday Lunch 12:00 PM Dup. Bridge, Hand, Knee & Foot 12:30 PM Gazebo Event: Coffee Ice Cream 1:00 PM Male Yoga 1:30 PM Chair Yoga 3:00 PM Setback 6:00 PM		Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM Mahjong, Classic SS 10:00 AM Beginner Ukulele Lessons 10:00 AM Lunch 12:00 PM Movie and Popcorn: Rocket Man 1:00 PM Mindfulness and Meditation 2:00 PM LGBT Moveable Senior Center 4:00 PM Tai Chi 4:00 PM		Walmart/Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Art Class, Local shopping 9:30 AM Country Line Dancing 10:00 AM Zumba Gold 10:00 AM Lunch 12:00 PM Beg. Country Line Dancing 12:30 PM Mexican Train Dominoes 12:45 PM Better Balance 1:00 PM A Play About Jerry and Mabel 1:00 PM Mahjong Lessons 1:00 PM Billiards 2:30 PM	
30		Weekend Events/Trips Saturday, September 14—Sylvia, CT Cabaret September 14—Penwood State Park Sunday, September 15—Apple Picking Saturday, September 21—Aerodrome Museum Saturday, September 21—Kayak Tour Sunday, September 22—Bright Star, O.H.P Sunday, September 22—Northwest Park Saturday, September 28—J's Crab Shack Sunday, September 29—Ivoryton Playhouse		September 2019 Happy Senior Center Month!					