

# SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

PRSRT-STD  
U.S Postage  
PAID  
Shelton, CT  
Permit No.77

81 WHEELER STREET, SHELTON CT  
(203) 924-9324

INFO LINE (203) 924-2355

NOVEMBER 2016



DOREEN LAUCELLA, ACTING DIRECTOR

Volume No. 46 No. 11

## GREETINGS FROM THE DIRECTOR

DEAR MEMBERS:

Fall is here and what a beautiful one it is! We have been very busy here. The Center has been filled with fun and laughter. A special thank you to Senator Kelly and State Reps Jason Perillo and Ben McGorty for visiting here with us.

Hopefully everyone stopped in and received their Flu and Pneumonia shots preparing for the Winter season. Thank you to the Valley Health Department and Walgreens of Shelton for assisting in the process of protecting our Seniors.

From the fun filled trip to Rocking Horse Ranch to our Halloween Party with special treats & great costumes there is always something here for everyone.

Now we will dig our heels into the Holiday season that awaits. Lots of fun festive activities ahead!

Look forward to celebrating with you all!

Suggestions are always welcome, please stop by!

Warm Regards,

Doreen

## IMPORTANT INFORMATION

**Reminder that all classes and programs are limited to a maximum number of participants. Once that number has been met a waiting list will be implemented at that time for all classes and programs.**

**SENIOR CENTER INFO LINE:** Our Center has a special telephone number to call for daily announcements, cancellations, Center closing (due to weather) and information. The information available: cancellations or changes in any of the daily activities, details regarding a special function for that day and the daily lunch menu.

The number is: (203) 924-2355.

City of Shelton website: [www.cityofshelton.org](http://www.cityofshelton.org)

**PARTY TICKET PURCHASE:** When buying tickets for table-assigned parties all Members can pick up numbers at 9:00 AM for ticket sales at 9:30 AM. When purchasing Birthday or Monthly Dance tickets tables are then assigned. Please present your up-to-date Membership Card and your partner's Membership Card at sign

up. (Two tickets may be purchased.) If you live out-of-town, you can have another member purchase your ticket with your Membership Card. Only on the first day of ticket sales do we follow the specified time for selling. Tickets will be sold up until the Wednesday (12:00 Noon) before the event. Checks payable to: Shelton Senior Center. Members may invite guests. Guest ticket prices vary per event.

**TRIP REGISTRATION:** On the day of registration, all members interested in the trip should come to the Center for registration at 9:30 AM. Each member may register them self and one (1) other member. Please have Membership Cards for both you and your partner; your check and meal selection if needed. Registration will be on a first come ~ first serve basis. After the initial Registration, you may register any time. Please Note: Trips must be paid for by check (no cash) made payable to the travel agency sponsoring the trip.

**TRIP CANCELLATIONS:** If you have to cancel your trip, please notify the Center. We will make every effort to reimburse your ticket from our "Wait List." Please do not transfer the ticket yourself or ask another member to do so – we will need the proper information for the replacement, registration and refund.

**TRIP PARKING:** When traveling with the Senior Center, please park in the Police/Senior parking lot if there are spaces available. If there are no available spaces, you may park in the outer and far end area of the Senior Center Lot. Thank you for your co-operation.

**VALLEY TRANSIT TRANSPORTATION:** All Shelton residents are able to receive rides from the Valley Transit to and from the Center for FREE on Mondays, Wednesdays and Fridays. Approximate arrival to Center is 10:00 AM and pick up is 3:00/4:00 PM. In order to utilize this service you must be a Shelton resident and contact them 24 hours the day before at 203-735-6408. Valley Transit also offers a Dial-A-Ride service for ALL Valley members daily for a charge of \$3.00 each individual way.

**RENTERS' REBATE:** Returns April 2017.



**COMING SOON!**

MEMBERSHIP RENEWALS & PAID FITNESS REGISTRATIONS WILL NOW BE IN TWO PHASES THIS UPCOMING YEAR...

ALL THOSE IN THE PAID EXERCISE CLASSES MUST RENEW THEIR MEMBERSHIP THE FIRST WEEK OF JANUARY.



YOU MUST HAVE YOUR MEMBERSHIP CARD RENEWED PRIOR TO EXERCISE CLASS REGISTRATIONS.

THE SECOND WEEK OF JANUARY ALL PAID EXERCISE CLASS REGISTRATIONS WILL BEGIN.

PLEASE LOOK IN THE UPCOMING DECEMBER NEWSLETTER FOR EXERCISE CLASS REGISTRATION DATES.

**UPCOMING CLASSES & EVENTS**

**BOX TOP COLLECTIONS:** We will be collecting again box tops for the Shelton School System. Please consider clipping those tops and donating here at the Center. All tops help raise money for our schools. They can be dropped off in the Box Top can in the hallway adjacent to the bathrooms. Thank you!

**ST. VINCENT DE PAUL FOOD DRIVE:** We will begin collecting non-perishable food items on **November 1st** for the entire month. These items will be donated and help the community in need this holiday season. Friendly reminder to please check expiration dates before donating. Thank you!

**NAUGATUCK VALLEY HEALTH DEPARTMENT BALANCE SEMINAR:** On **Wednesday, November 2nd** there will be a discussion on the topic: "A Matter of Balance". This program is designed for individuals having problems with balance. The professionals will educate and instruct exercise for 8 continuous weeks in January. Each 8 week session can have up to 12 members only. Come to this seminar and see if you qualify. The more knowledge you have to protect yourself from falling the better! Refreshments will be served. Gift cards will be given to participants for the scheduled 8 weeks.

**WALKING CLUB:** **Sunday mornings** we will meet: **November 6th, 13th, and 20th at 8:00AM-9:00AM** at the Shelton High School Track. Sign ups for the Fall session are ongoing at the front desk. Wear walking shoes and bring a water bottle. \*Call the info line in the event of inclement weather.\*

**ELDER LAW SESSION:** On **Wednesday, November 9th at 10:30AM**. A Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic: "Government benefits, buyer beware."

**TOYS 4 KIDS DRIVE:** We will be collecting toys to donate this holiday season. The drive will kick off on **Thursday, November 10th** and will be ongoing until Christmas. Please be generous and donate a new un-wrapped toy for any age. Make a child happy for the holidays. Donation boxes will be in our lobby.

**CT IN HOME CARE:** On **Tuesday, November 15th at 9:30AM** CT In Home Care will be here to discuss the informative topic: "What's typical, what's now". Light refreshments served.

**MEDICINE SHOPPE:** Blood pressure screenings will take place with Dipika Patel, PharmD on **Thursday, November 17th at 10:00PM**.

**GRIFFIN HOSPITAL VALLEY PARISH NURSES:** On **Friday, November 18th from 10:30AM—12:00PM** will be here for blood pressure, diabetes screening and medical needs. *No medical van today*. Presented by Maggie Sessa R.N.

**VETERANS TRIBUTE DINNER:** On **Friday, November 18th at 12:00PM-3:30PM** we will celebrate ALL Veterans with a special tribute and dinner that will be followed by music and dancing. Pork roast, roasted potatoes, green beans, stuffed shells, bread will be served followed by coffee and dessert. All members who are Veterans receive a FREE ticket, you must show your card & branch of service prior to event. For all others who will be celebrating with us the cost is \$10.00 per member and \$12.00 per guest. **Tickets on sale November 4th.**

**BOOK CLUB:** On **Friday, November 18th at 1:00 PM**. The book discussion will be led by Joan Pollack. Book is "A flight of arrows" by Lori Benton.

**BAKE SALE:** A two Day Bake Sale will be held on **November 21st and 22nd from 10:00AM-2:00PM**. WANTED freshly baked items brought in 9:00AM-9:45AM on the morning of Monday November 21st. Please volunteer to help support our sale and if you are not a baker than you can be a buyer! :) All proceeds go back to our Center and the Membership. Chairpersons are the wonderful Addie Santamarie & Edna Kerkes. Any questions please contact one of these ladies and they will assist you. Thank you!

**THANKSGIVING DINNER:** On **Tuesday, November 22nd at 5:00PM** The Boys and Girls Club of Lower Naugatuck Valley will be hosting a Thanksgiving Dinner here. Seats limited. If interested in attending please stop down to reserve your seat and get your ticket. Cost: FREE. Registrations going on now.

**VISITING ANGELS:** On **Wednesday, November 23rd at 10:00AM** there will be a discussion on "Myths & facts about grief." Light refreshments served.

**BLOOD PRESSURE SCREENING:** The Emergency Care Institute of Bridgeport Hospital will conduct Blood Pressure Screenings at the Senior Center on **Monday, November 28th from 12:00-2:00PM.** All welcome.

**PRECISION HEARING:** Stop in on **Tuesday, November 29th at 10:30AM** for maintenance & cleaning. Please call ahead for an appointment.

**BIRTHDAY PARTY:** We will be celebrating all October, November, and December birthdays on **Friday, December 2nd at 1:00PM.** Music by Vinnie Carr. Coffee and refreshments served. \$5.00 member and \$7.00 guest. **Tickets on sale November 18th.**

**HOLIDAY/CHRISTMAS PARTY:** Come join us and celebrate the holiday season on **Friday, December 30th at 12:00PM-3:00PM.** Music by Paula Pettinella. Dinner will consist of lasagna, ham, potatoes, vegetables, garden salad, bread followed by coffee and dessert. \$10.00 member and \$12.00 guest. **Tickets on sale November 18th.**

#### SHOPPING BUS SCHEDULE

The bus picks up and returns to the Center after shopping. There is no charge for this service.

**November 2** - Ansonia Stop & Shop or Shop Rite

**November 9** - Adams-IGA

**November 16** - Ansonia Stop & Shop or Shop Rite

**November 23** - Adams-IGA

**November 30** - Ansonia Stop & Shop or Shop Rite

**MEXICAN DOMINOES & PINOCHLE PLAYERS WANTED:** Looking for additional players. Those interested please call center.

**CRIBBAGE, BACKGAMMON, CASINO PLAYERS WANTED:** Please call Gene at 203-218-9481.

#### UPCOMING TRIPS

**SATURDAY NIGHT FEVER AT WESTCHESTER BROADWAY THEATRE:** **November 3rd.** Cost: \$99.00 pp. Enjoy a matinee performance and lunch. Entrée will be chosen upon arrival. Packed with over twenty legendary hits from the Bee Gees. Includes transportation, lunch and show, and gratuity. Registrations going on now.

**RADIO CITY CHRISTMAS SPECTACULAR:** **November 18th.** Cost: \$183.00 pp. Upon arrival, enjoy lunch at Carmine's. Your meal will be served family style with platters of Rigatoni & Broccoli and Chicken Parmigiana. Following lunch enjoy the Rockettes at the Radio City Christmas Spectacular. Includes transportation, Radio City Christmas Spectacular, lunch at Carmine's, and gratuity. Registrations going on now.

#### FUTURE TRIPS

**BOARS HEAD FEAST AT WILLIAMS INN WITH BRIGHT LIGHTS:** **December 1st.** Cost: \$117.00 pp. Enjoy a Christmas Feast, and sing and swing to some of your old favorites by Miss B Haven Cabaret Troupe – songs of the 30's, 40's and 50's as well of some holiday favorites. After your afternoon of food and entertainment you will stop at Bright Nights holiday light display. Includes transportation, Boars Head Procession, Christmas Buffet and Cabaret, Bright Nights, gratuity. Registrations going on now.

**BARBARA & FRANK HOLIDAY SHOW "THE CONCERT THAT NEVER WAS" AT FOXWOODS CASINO:** **December 8th.** Cost: \$77.00 pp Enjoy a luncheon buffet and a free \$10.00 slot machine token for your gaming entertainment. Following you will view two great artists paying tribute to Sinatra & Streisand famed music and holiday favorites. Includes transportation, casino bonus, luncheon buffet, ticket to holiday show & gratuity. Registrations going on now.

**NEW! JUST ADDED!! WHITE MOUNTAIN RESORT IN NEW HAMPSHIRE:** **December 12-14th.** More info at the Center. Registrations going on now. \* Min of 35 travelers needed.\*

**CHRISTMAS IN NEWPORT FEATURING LASALETTE SHRINE:** **December 15th.** Cost: \$109.00 pp You will visit one of the elegantly decorated Mansions either your choice of The Breakers, The Elms or Marble House. Next depart to the Old Grist Mill Tavern in Seekonk MA for lunch. Your meal choices are Baked Stuffed Chicken, Baked Scrod, or Prime Rib. Later you will travel to Attleboro, MA to LaSalette Shrine where you will enjoy a delightful Christmas concert, a mass, and a dazzling display of Christmas lights. Includes transportation, admission to one Newport Mansion, luncheon at The Old Grist Mill Tavern, visit to LaSalette Shrine and gratuity. Registrations going on now.

**MOHEGAN SUN CASINO:** **January 25th-26th.** Cost: \$163.00PP Double \$228.00PP Single or \$153.00PP Triple. Includes transportation, hotel accommodations, 2 buffet vouchers, \$20.00 free slot play, taxes, baggage and gratuity. Registrations going on now.

**UCONN WOMEN'S BASKETBALL:** On **February 11th at 2:00PM** the Huskies will take on the S.M.U. Mustangs at Gampel Pavillion. Cost: \$56.00PP. Includes transportation, ticket and gratuity. **Registrations begin on November 4th.**



**THE 36TH ANNUAL CT FLOWER & GARDEN SHOW IN HARTFORD: February 23rd.** Cost: \$81.00 pp. Theme is "Woodland Enchantment". Stop for lunch before the show at the Chowder Pot choice of Prime Rib, Stuffed Scrod, or Chicken Marsala. Includes transportation, lunch, admission to the CT Flower Show and gratuity. Snow date 2/24/17. **Registrations going on now.**

**WOMEN'S BASKETBALL 2017 TOURNAMENT SEMI FINAL GAMES AT MOHEGAN SUN:** On Sunday, **March 5th** enjoy TWO AAC Tournament semi-final games played between the winners of the tournament's quarter-final games held the previous day. Cost: \$72.00 PP. Price includes transportation, tickets, food voucher and casino bonus along with driver's gratuity. **Registrations begin on November 4th.**

**WOMEN'S BASKETBALL CHAMPIONSHIP OVER-NIGHT GETAWAY AT MOHEGAN SUN: March 6-7th** Cost: \$229.00 PP Double, \$315.00PP Single, \$214.00PP Triple. Includes transportation round trip, hotel accomodations, ticket to AAC Final Game, 2 complimentary buffets, Free \$20.00 slot play, taxes, baggage handling and driver's gratuity. **Registrations begin on November 4th.**

**ST. PATRICK'S CELEBRATION AT GAVIN'S RESORT:** On **Thursday, March 16th** depart to the Catskill region of New York for a very special Irish luncheon. Enjoy Irish soda bread, beef barley soup, and choice of Corned Beef & Cabbage, Baked Salmon, or Chicken Francaise served with apple pie a la mode for dessert. Gavin's St. Patrick's Day Show is one of the finest in the U.S. Irish/American entertainment. Sing a long to some Irish tunes, drink a glass of complimentary wine or beer and enjoy the show with Irish Step Dancers topping off the day. You also stop and visit the village of East Durham for some shopping. Cost: \$87.00 PP. Includes transportation, visit to East Durham, Irish luncheon & afternoon of Irish entertainment at Gavin's and one complimentary glass of beer or wine. **Registrations begin on November 4th.**

**THE SOCK HOP  
2016**



Broad stripes and bright stars.... gave proof....



**Veteran**

I was a proud veteran  
That served my country well  
To those that would listen  
I had many stories to tell.

We fought for America's freedom  
In far away places on foreign land.  
Wherever the battle for democracy raged.  
America's finest made a stand.

We fought for your future  
And the right to remain free.  
For we saw what freedom meant  
To those not blessed with Liberty.

For you and yours  
We would gladly have given our life.  
We faced the fears and perils of battle  
We braved endless turmoil and strife.

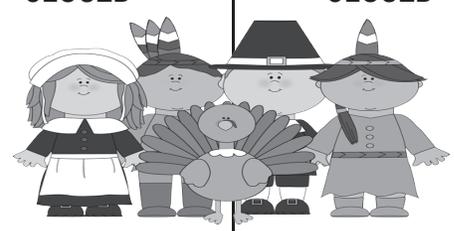
Please remember us veterans  
And the sacrifices we made for you.  
Please share the blessings of freedom.  
Proudly wave the red, white and blue.

Lyrine Carey  
Copyright 2004

gave proof .... that our flag was still there.

that our flag was still there. Broad stripes and bright stars ....

# NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NEW!!! WALKING CLUB SUNDAYS 8:00AM-9:00AM</b></p> <p><b>NOVEMBER 6 NOVEMBER 13 NOVEMBER 20</b></p> <p><b>AT THE SHELTON HIGH SCHOOL TRACK</b></p>	<p>1.) 9:00: BRIDGE 9 &amp; 10:30: STRENGTH TRAIN 9:30: CERAMICS 12:30: SENTIMENTAL JOURNEY MUSIC BAND &amp; DANCING 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET &amp; KNITTING</p> <p style="text-align: center;"><b>FOOD DRIVE BEGINS</b></p>	<p>2.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS <b>12:30: BALANCE SEMINAR</b> 12:30: CHORUS 1:00: PINOCHLE <b>1:00: BINGO BONANZA</b> <b>SPONSORED BY EXECUTIVE CARE</b> 1:00: COUNTRY LINE DANCE</p>	<p>3.) <b>WESTCHESTER</b> 9 &amp; 10:30: STRENGTH TRAIN 10:00: ORGAN WITH FRIENDS 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p>	<p>4.) <b>REGISTRATIONS BEGIN FOR ALL FEBRUARY &amp; MARCH TRIPS</b> <b>9:30: TICKETS ON SALE FOR VETERANS TRIBUTE</b> 9:30: COMPUTER CLUB <b>9:30: EXECUTIVE MEETING</b> 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES <b>10:15: MEMBERSHIP MEETING</b> 1:00: BINGO</p>
<p>7.) 9:30: COMPUTERS #6 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING</p>	<p>8.) 9:00: BRIDGE 9 &amp; 10:30: STRENGTH TRAIN 12:30: SENTIMENTAL JOURNEY MUSIC BAND &amp; DANCING 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET &amp; KNITTING <b>4:00: COMMISSION MEETING</b></p> <p style="text-align: center;"><b>NO CERAMICS TODAY</b></p>	<p>9.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE <b>10:30: ATTORNEY DRAZEN</b> 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE</p>	<p>10.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: INTER. LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI</p> <p style="text-align: center;"><b>TOYS FOR KIDS DRIVE BEGINS</b></p>	<p>11.)</p> <p><b>CLOSED</b></p> 
<p>14.) 9:30: COMPUTERS #7 9:30 &amp; 10:15: EXERCISE 9:00: BANKERS LIFE SEMINAR 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING</p>	<p>15.) 9:00: BRIDGE 9 &amp; 10:30: STRENGTH TRAIN 9:30: CERAMICS <b>9:30: CT IN HOME CARE</b> 12:30: SENTIMENTAL JOURNEY MUSIC BAND &amp; DANCING 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET &amp; KNITTING <b>1:30: AARP MEETING</b></p>	<p>16.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE</p>	<p>17.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING <b>10:00: MEDICINE SHOPPE</b> 12:30: INTER. LINE DANCING * 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 2:00: Wii BOWLING 2:15: TAI CHI *</p> <p style="text-align: center;">* ROOM LOCATION CHANGE (TBA)</p>	<p>18.) <b>RADIO CITY</b> <b>9:30: TICKETS ON SALE FOR HOLIDAY &amp; BIRTHDAY PARTIES</b> 9:30: CAMERA CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES <b>10:30: VALLEY PARISH NURSES</b> 1:00: BOOK CLUB <b>12:00-3:30: VETERANS TRIBUTE</b></p> <p style="text-align: center;"><b>NO BINGO OR LUNCH TODAY</b></p>
<p>21.) 9:30: COMPUTERS #8 9:30 &amp; 10:15: EXERCISE <b>10:00-2:00: BAKE SALE</b> 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO <b>1:00: BONUS BINGO</b> <b>SPONSORED BY APPLE REHAB/ SHELTON LAKES-SENIOR CENTER</b> 1:00: PAINTING</p>	<p>22.) 9:00: BRIDGE 9 &amp; 10:30: STRENGTH TRAIN 9:30: CERAMICS <b>10:00-2:00: BAKE SALE</b> 12:30: SENTIMENTAL JOURNEY MUSIC BAND &amp; DANCING 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET &amp; KNITTING</p> <p style="text-align: center;"><b>5:00-7:00: THANKSGIVING DINNER</b></p>	<p>23.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE <b>10:00: VISITING ANGELS</b> 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE</p>	<p>24.)</p> <p><b>CLOSED</b></p> 	<p>25.)</p> <p><b>CLOSED</b></p>
<p>28.) 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE <b>12:00: BLOOD PRESSURE</b> 1:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING</p>	<p>29.) 9:00: BRIDGE 9 &amp; 10:30: STRENGTH TRAIN 9:30: CERAMICS <b>10:30: PRECISION HEARING</b> 12:30: SENTIMENTAL JOURNEY MUSIC BAND &amp; DANCING 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:00: CROCHET &amp; KNITTING</p>	<p>30.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:00: COUNTRY LINE DANCE</p>	<p><b>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY ANNOUNCEMENTS, LUNCH MENU &amp; CANCELLATIONS.</b></p>	<p><b>STOP IN AND JOIN US FOR LUNCH!</b></p> <p><b>LUNCH SERVED FROM 11:45AM-12:15PM</b></p>