

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

APRIL 2018



DOREEN LAUCELLA, DIRECTOR

Volume No. 48 No. 04

Shelton Senior Center Staff Directory

Shauna Dumas, Assistant
Diane Gannon, Clerk
Virginia Rodriguez, Clerk
Magdalena Thompson, Renters Rebate
Art Botsford, Custodian
Chris Wills, Custodian

Greetings From The Director

Spring has sprung and we are full steam ahead!!
Our Jazz Fest was sold out and enjoyed by all.

I would like to take this opportunity to thank a very special member who was the driving force in maintaining and sorting our library, Florence Korelwo.

This wonderful woman has been with us working diligently and devoted her time for the past 20 years. It is now time for her to step down and pass this opportunity on to another. There is not enough words to tell her how grateful we all are for her constant commitment to the Center. She will be greatly missed! Anyone interested in this volunteer position please contact me and Florence has been so kind to offer to train the next person who fills her shoes!

Warm Regards, Doreen

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.

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 Monthly Dance tickets tables are then assigned. *Members must present Membership Card and may purchase one additional ticket at this time with that persons membership card present.* 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. Guests tickets are \$5.00 more per member ticket price.

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 \$3.50* each way.

EFFECTIVE JANUARY 1, 2018 NEW MEMBERSHIP DUES PRICING! Shelton residents will remain at \$4.00 and all non-residents are now \$10.00 per calendar year, Jan-Dec. There will no longer be an Honorary Status in regards to memberships. All Honorary and Non Honorary must renew according to the New Membership Dues amounts. Please be clear if you are a non-resident and presently an Honorary Member. You must have renewed by March 1st. According to the new policy appointed in regards to no new non-resident members will be able to join the Center. You are grandfathered in as members as long as you paid the appropriate member dues by March 1, 2018. Memberships for all Shelton residents are ongoing throughout the calendar year.

ATTENTION SENIORS!!

FREE FACIALS: Five lucky seniors will be selected to receive a free facial each month. Please place your name in bucket at front desk for a chance to win an opportunity to enjoy this relaxing & invigorating facial.

SENIORS WANTED: Looking for experienced Bridge players for Tuesdays at 10:00AM and Mah Jongg players for Tuesdays at 1:00PM. Please call Center if interested.

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!

CLASSES, EVENTS & SERVICES

RENTERS REBATE: Begins **April 2nd and will be open daily from 9:00AM—1:00PM.** Please call Center and speak to Magdalena who will provide you with more info, can set up an appointment with you and/or answer any questions you may have.

NEW! LOW IMPACT EXERCISE CLASS: Beginning this month **every Wednesday at 12:30pm** the Center will be offering a new fitness class to those you may have some limitations in regards to exercising. This form of exercise is done in a chair. For all those interested in joining this class please sign up at front desk.

GRIEF SUPPORT GROUP: On **Thursdays at 12:30PM.** Doris Wills will be leading grief share seminars. If you need that little extra help to get through the day please stop by and meet this wonderful group who will be here weekly. Friendship, support and compassion is what you will find with this group. Members welcome

ELDER LAW SESSION: On **Wednesday, April 4th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen will be speaking this month about the topic, "Qualifying for Medicare and keeping my house. Is it possible?."

WESTERN HOE-DOWN: On **Friday, April 6th from 12:00PM-3:00PM** come hoot and holler with the well known musical entertainers Larry & Doreen who spent 20 years singing and working along side Loretta Lynn and Conway Twitty!!! Lunch menu includes Fried chicken, baked beans, potato salad, corn, coffee & tea with dessert. Cost: \$10.00 members and \$15.00 guests. Dress to impress.

BOOK CLUB: On **Friday, April 13th at 1:00 PM** a discussion will be led by Joan Pollack. Book selections are made in advance. All those interested in participating must be a Shelton Senior Center member. This months book is "The Fascinating True Story Of A Young Women's Journey To Reclaim Her Heritage" by Mary-Ann Kirby.

BLOOD PRESSURE SCREENINGS: Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, April 16th from 12:00-2:00PM.** They will now be here the third Monday of every month. All are welcome.

JUDGE OF PROBATE: On **Tuesday, April 17th at 10:30AM** Fred Anthony, Judge of Probate will be speaking about the topic, "Truth & the Myths." Come speak to the Judge about things on your mind.

AARP CHAPTER MEETING: On **Tuesday, April 17th at 1:30PM** AARP will be having their monthly meeting with a guest speaker (tba). All seniors and present and/or future caregivers are invited. Refreshments will be served.

TECHNOLOGY CLASSES: Shelton High School Teen Tech Team will be here providing a free lesson once a month to our seniors at no charge. Interested in new technology but not sure how to use it effectively? Would you like to stay connected to your family and friends through the use of social media? If so, then you do not want to miss this! SHS will be conducting learning workshops for anyone interested in expanding their use of technology. This months session will be tailored to meet your needs and answer any questions you have about the latest and greatest technology. Please bring your smartphones and/or tablets and Ipads with you on **Wednesday, April 18th from 10:00AM-11:00AM.** Register at front desk, seats limited!

CPR CLASS: Echo Hose Emergency Service will be sponsoring a **FREE CPR class** to the first 20 participants to register. Class will be held on **Thursday, April 19th at 3:00PM.** Learn the right way to perform CPR on others in addition to the Heimlich Maneuver. Register at front desk. First come first serve.

WALKING CLUB: Begins **April 20th** and held every Friday morning at the Center from **8:00AM—8:45AM.** Weather permitting. Please call our daily info line for updates. Those interested may sign up at the front desk. Please wear walking shoes and bring a water bottle.

GRIFFIN HOSPITAL VALLEY PARISH NURSES: On **Friday, April 20th 10:30AM—12:00PM** will be here for blood pressure and medical needs. *No medical van today.* Presented by Maggie Sessa R.N.

ANTHEM BLUE CROSS/BLUE SHIELD BENEFIT OVERVIEW: On **Wednesday April 25th at 10:30AM** a speaker from Anthem will be here speaking about CT Medicare and you can learn what is available to you. Light refreshments served and a raffle for all those who attend.

BLOOD PRESSURE SCREENINGS: Family Care will be here to conduct **FREE Blood Pressure Screenings** on **Friday, April 27th from 11:00AM-1:00PM.**

SPRING CHORUS CONCERT: Our Senior Center Songsters will be performing music on **Friday, April 27th at 1:00 PM**. FREE. All are welcome. Dessert will be served and is kindly offered by Family Care.

MOTHERS DAY LUNCHEON: On **Friday, May 11th** from **12:00PM-3:00PM** we will be celebrating all the mothers we have here at the Center. Musical entertainment by Bob Giannotti. Lunch will be a choice of an American Combo Sandwich or Italian Combo Sandwich with a side of pasta salad & chips and strawberry shortcake for dessert served with coffee and tea. Cost is \$10.00 per member and \$15.00 per guest. **Tickets go on sale April 20th at 9:30AM.**

SHOPPING BUS SCHEDULE

The bus picks up and returns to the Center after shopping. There is no charge for this service. Please you **MUST** call the Center to reserve your spot, Valley Transit needs notice!

April 4th, 11th, 18th, 25th

Ansonia Stop&Shop or Shop Rite or Adams-IGA

UPCOMING TRIPS

BROADWAY "ESCAPE TO MARGARITAVILLE" OR "CAROUSEL": Depart to NYC on **April 4th** and enjoy lunch at Carmines on 44th Street served family style and includes salads, rigatoni & broccoli, penne ala vodka, chicken marsala, and eggplant parmesan followed by tiramisu for dessert. After lunch enjoy on of two shows offered. Cost: \$259.00PP Price includes transportation, show tickets, lunch and gratuities.

HISTORIC SOUTH: Explore what Savannah, GA and Charleston, SC have to offer **April 14-21st**. For the complete eight day fun filled itinerary please see Center. Cost: \$1579.00 PP Double \$2124.00 Single and \$1549.00 PP Triple. Includes transportation, hotel accommodations, 14 meals, admission to all sites, taxes and baggage handling, driver gratuities.

WESTCHESTER BROADWAY THEATRE "SISTER ACT": On **April 19th** travel to Elmsford, NY for a day of entertainment and fun at the theatre where lunch is included. Choice of entrée upon arrival. After lunch enjoy the very funny show, Sister Act! Cost: \$99.00 PP. Includes transportation, lunch and show at Westchester and drivers gratuity.

FUTURE TRIPS

WARNER THEATRE PRESENTS THE FULL MONTY: On **May 6th** depart for Waterbury for lunch at San Marino restaurant and enjoy a choice of Veal Parmigiana, Stuffed Sole or Chicken Marsala served with all the trimmings. After lunch head over to Warner Theatre in Torrington to enjoy a matinee performance of the musical, "The Full Monty." Cost: \$99.00 PP. Price includes transportation, lunch, show & drivers gratuity. Registrations going on now.

JUST ADDED!! MOHEGAN SUN CASINO: A Shelton Senior Center sponsored trip will be held on **Wednesday, May 9th**. Bus transportation, food and game vouchers included. Cost \$23.00 member & \$27.00 guest. **Registrations begin on April 13th.**

NEWPORT PLAYHOUSE "REMEMBER ME": On **May 24th** travel to Newport RI to this unique theatre that include a hearty lunch buffet. After lunch enjoy a comedy play followed by a cabaret. Cost: \$111.00 PP. Price includes transportation, lunch buffet, show and drivers gratuity. Registrations going on now.

DEEP SEA FISHING: Depart to Plymouth, MA on **June 6th** to enjoy a chartered boat for the day for seven hours on the water fishing for Haddock, Pollack, and Mackerel. Bring your cooler so you can stock your freezer with your catch! Deck hands will be available to clean the fish you catch (\$1.00 per fish additional charge. Cost: \$129.00 PP. Price includes transportation, fishing boat charter & drivers gratuity. Registrations going on now.

JUST ADDED!! HUDSON RIVER CRUISE "THE BEST OF ALBANY": On **June 13th** visit the NY State Museum, enjoy lunch at the famous Italian Buca di Beppo for a family style luncheon and then board The Dutch Apple Cruise Boat for a 90 minute cruise on the Hudson River. Cost: \$112.00PP. Includes transportation, Museum ticket, Lunch, Cruise and Gratuity. Registrations going on now.

THE BOSTON POPS AT TANGLEWOOD: On **June 24th** embark to The Berkshires and enjoy lunch at one of the local restaurants in the Stockbridge area, Cork N' Hearth or The Red Lion Inn. After lunch head to Tanglewood for an afternoon concert with special guest soloist Audra McDonald. Cost: \$140.00 PP. Price includes transportation, complete luncheon and drivers gratuity. Registrations going on now.

COINS & CLAWS: On **July 12th** head to Abbott's Lobster in the Rough in Noank, CT to enjoy a lunch of steamed lobster or herbed roasted chicken served with all the trimmings. After lunch you will depart to Mohegan Sun Casino and receive a casino bonus package including a food credit. Cost: \$75.00PP. Price includes transportation, lunch, casino bonus package, and drivers gratuity. **Registrations begin on April 13th.**

BOSTON WHALE WATCH: Depart to Boston Massachusetts on **July 19th** and enjoy lunch at one of the many fine restaurants before boarding the multi-level whale watch vessel for maximum viewing opportunities on this three hour excursion. Cost: \$131.00 PP. Price includes whale watch, lunch and drivers gratuity. **Registrations begin on April 13th.**



ESSEX DINNER TRAIN & RIVERBOAT RIDE: On **July 25th** enjoy a 3-course lunch aboard a 1920's Pullman train car. Choice of either chicken or beef entrée. Travel aboard the train to Deep River Landing and set sail for a riverboat cruise on the Connecticut River. Cost: \$95.00PP. Price includes transportation, luncheon, Steam Train & Riverboat Ride and drivers gratuity. **Registrations begin on April 13th.**

SARATOGA: Off to the races on **August 2nd.** Enjoy the afternoon watching thoroughbred racing and lunch is on your own. Cost: 75.00PP. Price includes transportation, grandstand admission, reserved seating and the drivers gratuity. **Registrations begin on April 13th.**

ITS SHOWTIME AT THE DELANEY HOUSE: Enjoy a Lobster Feast and Jeff Barnhart's Riverside Ramblers on **August 14th** at the Delaney House in Holyoke, MA. You will be greeted by hors d'oeuvres, complimentary glass of wine before your lobster feast which includes clam chowder, boiled lobster, bbq ribs and chicken served with corn and baked potato followed by dessert. After lunch sit back, relax and enjoy the show with musical selections ranging from Dixieland and Big Band Swing to Golden Standards. Cost: \$101.00. Price includes transportation, complete luncheon & show at the Log Cabin and drivers gratuity. **Registrations begin on April 13th.**

CT SUN VS. SEATTLE STORM WNBA Basketball: On **Friday July, 20th** depart to Mohegan Sun. Game

time is 7:00PM. Arriving early to enjoy dinner and gaming before the game. Cost: \$44.00PP. Includes transportation, WNBA ticket, Food and Casino Voucher and gratuity. **Registrations begin on April 13th.**

LAKE GEORGE & SARATOGA: Make happy memories and hopefully some extra money on this getaway from **August 20th-22nd.** Itinerary can be viewed at the Center. Cost: \$493.00 PP Double; \$696.00 PP Single; \$473.00 PP Triple. Price includes transportation, hotel, Saratoga Raceway reserved seating, Fort Adirondack Experience admission, 5 meals, 1 Dinner Theatre Show, taxes, baggage and gratuity. **Registrations begin on April 13th.**

WESTCHESTER BROADWAY THEATRE "ANYTHING GOES": On **August 30th** travel to Elmsford, NY for a day of entertainment and fun at the theatre where lunch is included. Choice of entrée upon arrival. After lunch enjoy the show Cost: \$101.00 PP. Includes transportation, lunch and show at Westchester and drivers gratuity. **Registrations begin on April 13th.**

ROCKING HORSE RANCH: Back by popular demand!! Depart for a three night getaway to Highland, New York on **October 9th-12th.** All inclusive trip including all meals, activities, live entertainment, deluxe hotel accommodations and round trip transportation. More information at the Center. Cost is \$602.00 PP Double; \$702.00 PP Single; \$592.00 PP Triple. Registrations going on now!!!

Welcome
 SPRING

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Azalea
Anemone
Begonia
Bluebell
Cornflower
Crocus

Daffodil
Dogwood
Fresia
Gardenia
Geranium
Hawthorn

Hyacinth
Impatiens
Iris
Jasmine
Jonquil
Lilac

Lily
Marigold
Magnolia
Orchid
Pansy
Petunia

Poppy
Rose
Snowdrop
Spirea
Tulip
Zinnia



APRIL 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p> <p>RENTERS REBATE BEGINS 9:00AM-1:00PM MONDAY-FRIDAY</p>	<p>3.) 9 & 10:30: STRENGTH TRAIN 9:00: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>4.) BROADWAY 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: ELDER LAW WITH ATTORNEY DRAZEN 12:30: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:30: INTERMEDIATE COUNTRY LINE DANCE *NEW TIME* 1:00: BINGO BONANZA SPONSORED- EXECUTIVE CARE</p>	<p>5.) 9 & 10:30: STRENGTH TRAIN 10:00: ORGAN WITH FRIENDS 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 12:30: GRIEF SUPPORT GROUP 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO THE OLDIES 2:00: Wii BOWLING 2:30: TAI CHI *NEW TIME*</p>	<p>6.) 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 12:00: WESTERN HOE-DOWN</p>
<p>9.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS (NEW SESSION BEGINS TODAY) 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>10.) 9 & 10:30: STRENGTH TRAIN 9:00: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>11.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS BEGIN 12:30: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:30: INTERMEDIATE COUNTRY LINE DANCE</p>	<p>12.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 12:30: GRIEF SUPPORT GROUP 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO THE OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>13.) 9:30: REGISTRATIONS FOR ALL JULY & AUGUST TRIPS & MOHEGAN SUN CASINO 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 12:00: AAA DRIVERS SAFETY 1:00: BINGO 1:00: BOOK CLUB 3:00: CARDIO LITE</p> <hr/> <p>14.) HISTORIC SOUTH</p>
<p>16.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BONUS BINGO SPONSORED- SHELTON LAKES/ APPLE REHAB CENTER 1:00: PAINTING (OPEN STUDIO)</p>	<p>17.) 9 & 10:30: STRENGTH TRAIN 9:00: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 10:30: JUDGE OF PROBATE 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG 1:30: AARP MEETING 3:30: COMMISSION MEETING</p>	<p>18.) 9:00: FREE FACIALS (FOR THE 5 LUCKY WINNERS CHOSEN) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:00: TECH CLASS -SHS 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE COUNTRY LINE DANCE</p>	<p>19.) WESTCHESTER 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 12:30: GRIEF SUPPORT GROUP 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO THE OLDIES 2:00: Wii BOWLING 2:30: TAI CHI 3:00: ECHO HOSE CPR CLASS</p>	<p>20.) 8:00: WALKING CLUB BEGINS 9:30: TICKETS OF SALE FOR MOTHERS DAY LUNCHEON 9:30: COMPUTER CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 10:30: VALLEY PARISH NURSES 1:00: BINGO 3:00: CARDIO LITE</p>
<p>23.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>24.) 9 & 10:30: STRENGTH TRAIN 9:00: BRIDGE 9:15: AARP DRIVER SAFETY 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET & KNITTING 12:30-2:30: SENTIMENTAL JOURNEY 12:30: LADIES POOL 12:30: PINOCHLE 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>25.) 9:15: ZUMBA GOLD 9:30 & 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS & CRAFTS 10:00: SCRABBLE 10:30: ANTHEM BLUE CROSS 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE COUNTRY LINE DANCE</p>	<p>26.) 9 & 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 12:30: GRIEF SUPPORT GROUP 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO THE OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>27.) 8:00: WALKING CLUB 9:30: CAMERA CLUB 9:30 & 10:15: EXERCISE 10:00: DOMINOES 11:00-1:00 BLOOD PRESSURE SCREENINGS BY FAMILY CARE 1:00: SPRING CHORUS CONCERT 1:00: BINGO (TBA) 3:00: CARDIO LITE (TBA)</p>
<p>30.) 9:30 & 10:15: EXERCISE 9:30: COMPUTERS 10:00: ARTS & CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>		<p>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU & CANCELLATIONS.</p>	<p>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</p>	