

# 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**

**OCTOBER 2018**



**DOREEN LAUCELLA, DIRECTOR**

**Volume No. 48 No. 10**

## Shelton Senior Center Staff Directory

Shauna Dumas, Assistant  
Diane Gannon, Clerk  
Virginia Rodriguez, Clerk  
Magdalena Thompson, Renters Rebate  
Art Botsford & Chris Wills, Custodian  
Sue Legen & Claudia Mick, Kitchen

## Greetings From The Director

Can not believe we are already into Fall!  
Friendly reminder to get your Flu Shots! They will be provided here again this year by Naugatuck Valley Health Department on October 17th!

We have a very busy October ahead of us. We start the month off with our Monthly Movie! The well known Smile Awhile will also be here. Then our very own Shelton Songsters will be performing a chorus concert, who never disappoint us with their productions. We are lucky to have such talented Seniors among us here at the Center. Then we will be ending the month with our Fall Fest which will be a celebration for all to enjoy.

Wishing you all a fantastic Fall!

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!!**

**DONATIONS NEEDED PLEASE:** Beginning November 1st we will be collecting non-perishable food and monetary donations the entire month. This year we will be hosting a new donation drive that will be helping our Veterans! We will be supporting "**Homes For The Brave**," a local non-profit organization that provides services, meals and housing to our local Veterans. Friendly reminder: Please check expiration dates before donating the non-perishables. Thank you.

**ITEMS NEEDED:** The Center is looking for donations please for our Arts and Crafts Department. They are in need of cotton fabrics and flowers.

**VOLUNTEERS NEEDED:** The Festival of Trees is BACK BY POPULAR DEMAND!!! We are in need of volunteers on Saturday and Sunday, November 17th and 18th between the hours of 10:00AM-4:00PM. Any hours and/or days would be greatly appreciated. Please contact Doreen for more information and signing up. Thank you!

## **CLASSES, EVENTS & SERVICES**

**RENTERS REBATE: Open daily from 9:30AM—1:30PM.** 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.

**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.

**WALKING CLUB:** Held every **Friday mornings** 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.

**PRECISION HEARING:** Stop in on **Tuesday, October 2nd at 10:30AM** for maintenance & cleaning. Please call ahead for an appointment.

**MOVIES AT THE CENTER: NEW!** All are welcome to join us for a FREE movie on our new GIANT flat screen in the dining hall on **Thursday, October 4th from 2:00PM-4:00PM.** BYO snacks and beverages, cabaret style! This month's showing is "Taken". Great movie...and company!

**JUDGE OF PROBATE:** On **Tuesday, October 9th at 10:30AM** Fred Anthony, Judge of Probate will be speaking about the topic, "Myths about Probate." Come speak to the Judge about things on your mind.

**ELDER LAW SESSION:** On **Wednesday, October 10th at 10:30AM** Certified Elder Law Attorney, At-

torney Drazen will be speaking this month about the topic "Asset protection. When a little paranoia is a good thing."

**ONE SOURCE FOR SENIOR LIVING RETIREMENT WORKSHOP:** Come listen to Rich Felitto speak about "The Keys to Unlocking Medicare C & D Benefits" and all there is to know about Medicare, Longevity and Retirement on **Wednesday, October 10th at 10:30AM.**

**FLOWER POT DESIGN:** Elizabeth's Home Care will be here to provide a FREE class and you get to keep your creation. Come join in on the fun on **Thursday, October 11th at 1:30PM.** Spots very limited. Sign up at Front Desk.

**MEDICINE SHOPPE:** Dipika Patel, PharmD on **Thursday, October 11th at 11:00AM** will be here to assist you with questions you may have. Bring your prescriptions in a brown bag and she will discuss them. Blood pressure screenings will also be available.

**SMILE AWHILE:** Enjoy a wonderful afternoon with us on **Friday, October 12th at 2:00PM.** This group of ladies puts all their hearts and souls in dancing & singing. Please help support their wonderful efforts. Donation price of \$2.00 member and \$5.00 guest. Limited seating. Tickets on sale now.

**BLOOD PRESSURE SCREENINGS:** Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, October 15th from 12:00-2:00PM.** All are welcome.

**MEDICARE SEMINAR:** Anthem Blue Cross and Blue Shield will be providing their services to help you through this years Annual Enrollment Period (Oct 15-Dec 7) for those wishing to enroll in Medicare Advantage/Supplement/Part D Drug Plan on **Tuesday October 16th at 10:30AM.** Please make appointment up at Front Desk.

**AARP CHAPTER MEETING:** On **Tuesday, October 16th at 1:30PM** AARP will be having their monthly meeting. Topic: When do you join a Senior Center. All seniors and present and/or future caregivers are invited. Refreshments will be served.

**FREE FACIALS:** Five lucky seniors will be selected to receive a free facial on **Wednesday, October 17th.** Please place your name in bucket at front desk for a chance to win an opportunity to enjoy this relaxing & invigorating facial.

**FLU CLINIC:** The Naugatuck Valley Health Department will be sponsoring a clinic here on **Wednesday, October 17th 10:00AM-12:00PM,** covered by Medicare.

**GRIFFIN HOSPITAL VALLEY PARISH NURSES:** On **Friday, October 19th from 10:30AM-12:00PM** will be here for medical needs. Medical Van WILL NOT be here. By: Maggie Sessa R.N.

**CHORUS CONCERT:** The Shelton Songsters will be here on **Friday, October 19th at 1:00PM**. FREE. Light refreshments served.

**BOOK CLUB:** On **Friday, October 19th at 1:00 PM**. Discussion is led by Joan Pollack. Book selections are made in advance. All those interested in participating must be a Shelton Senior Center member. This month's book will be "Little Fires Everywhere" by Celeste NG.

**AAA DRIVER SAFETY:** On **Tuesday, October 23rd at 9:15AM**. Registrations going on now.

**FALL FEST:** A fun filled afternoon to celebrate Fall with friends on **Friday, October 26th at 12:00PM**. Menu includes Chicken BLT Sandwiches and a side of potato salad and pickle, cup of soup, dessert and coffee. Entertainment by Tony Castle. Cost: \$10.00 member and \$15.00 guest. **Tickets on sale now.**

**DIABETES SELF MANAGEMENT WORKSHOP:** This free six week workshop begins on **Monday, October 29th at 9:30-11:45am** and runs until December 10th. Learn about meal planning, carb counting, food labels, blood sugar monitoring, sick day guidelines, foot care, working with healthcare providers and lots more. Beneficial for those newly diagnosed or have had for years. Spouses and support persons are welcome to attend. Space is limited. Please register at the front desk.

**MEDICARE PART D:** On **Tuesday, October 30th at 9:30AM-12:00PM** Anthem Blue Cross and Blue Shield will be here to sign up or make any changes existing Medicare Part D and see what you qualify for. Appointments only. Please contact front desk.

**DR. SHARNOFF FOOT DOCTOR:** On **Wednesday, OCTOBER 31st at 10:30AM** Dr. Sharnoff will be here to discuss foot care and answer any questions.

**THANKSGIVING PIE ORDERS:** Beginning **Thursday, November 1st** through the month of November we will be taking pie orders for our home baked pies that will be available to be picked up the week of Thanksgiving. All proceeds go to the Center. Pie selections include: Pumpkin, Apple, Blueberry, Cherry, Coconut Custard and Lemon Meringue. Please place your order at the front desk. Prices vary.

**VETERANS DAY LUNCHEON:** On **Friday, November 9th at 12:00PM-3:30PM** we will be honoring our very own Veterans and pay tribute to them with a special luncheon. Menu: Pork Roast, potatoes, green beans, applesauce, bread & butter, dessert, coffee and tea. Fee is waived and **FREE for Shelton Senior Center Member Veterans only.** Proof of Branch Service required at time of purchase. Cost for others, \$10.00 per member and \$15.00 per guest. Special guest speaker/s and musical entertainment by two separate performers Craig Calestro and also the Park Street Singers. **Tickets go on sale October 12th.**

**THANKSGIVING DINNER:** On **Monday, November 19th 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. **Tickets available on November 2nd.** Limited seats available. First come first serve.

**BAKE SALE:** The Center will be hosting its annual Bake Sale the week of Thanksgiving. It is set to begin on **Monday, November 19th thru Tuesday, November 20th from 10:00am-2:00pm**. 100% proceeds support our membership. Please sign up at the front desk to volunteer to help bake your yummy homemade treats and donate the baked items for our sale. Thank you for helping support our Center!

### **SHOPPING BUS SCHEDULE**

Call Valley Transit 203- 735-6408 to schedule on **October 3,10,17,24,31**

Ansonia Stop & Shop or Shop Rite or Adams-IGA

### **UPCOMING TRIPS.**

**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.

**OKTOBERFEST AT KRUCKER'S RESORT:** On **October 10th travel** to Pomona NY for an Oktoberfest Celebration including a German lunch with all the fixings and free beer, wine and soft drinks all afternoon. After lunch enjoy music, dancing and games followed by a bratwurst sandwich before boarding the bus home. Cost is \$113.00PP. Includes transportation, festivities, food and drink and gratuity. Register now.

**JUST ADDED! CHOCTOBERFEST:** On **October 17th** enjoy a scenic train ride on the Naugatuck Railroad and stop at Fascia's Chocolates for a full chocolate experience learning, tasting and demonstrations are included followed by lunch at East Side Restaurant for a German spread. Cost is \$129.00PP. Registrations going on now.

**THE SIGHTS, SOUNDS, AND TASTES OF LANCASTER INCLUDING THE SHOW "JESUS":** This is a three day trip from **October 17th-19th**. Check into the Eden Resort and enjoy a couple days of entertainment. For extensive itinerary please see the Center. Cost: \$495.00PP Double, \$611PP Single and \$475.00PP Triple. Includes transportation, hotel accommodations, admission to numerous sites, 2 breakfast and 2 dinners, two shows "Sister Act" & "Jesus", taxes and gratuities. Registrations going on now.

**VERMONT FALL FOLIAGE TOUR:** On **October 18th** depart to the Publyk House in Bennington, VT where you will enjoy lunch with a view. After lunch you will

travel to the Lincoln Family Home at Hildene where a shuttle will take you to various sites on the ground. Last stop will be at the Apple Barn & Country Bake Shop. Cost: \$129.00PP. Includes transportation, lunch, slice of pie and gratuity. Register now.

**VILLA ROMA COUNTRY CLUB RESORT:** Spend **October 21st-23rd** at Catskills finest hotel. Includes deluxe accommodations, six meals, activities, entertainment, full use of the facilities, and transportation. Cost: \$412PP Double, \$482 PP Single, and \$402PP Triple. Registrations going on now.

**HISTORIC SALEM CROSS INN:** Enjoy a luncheon show and Oakwood Farm with horse drawn hayride on **October 23rd**. Cost: \$91.00 PP. Register now.

**BROADWAY "WICKED" or "MY FAIR LADY":** On **October 24th** head to NYC and enjoy one of these shows and lunch at Carmines. Cost: \$259.00PP. Registrations going on now.

**GERMANFEST AT WILLIAMS INN:** On **October 25th** head to Williamstown, MA for a German celebration then stop at Yankee Candle Company. Cost: \$111.00PP Registrations going on now.

**FUTURE TRIPS**

**ATLANTIC CITY:** Enjoy a two night stay **November 7th-9th**. Please see itinerary at Center. Cost: \$249.00 PP Double, \$339.00 PP Single, \$239.00 PP Triple. Registrations going on now.

**WESTCHESTER BROADWAY "PHANTOM":** On **November 8th** depart to Westchester NY and enjoy lunch and a show. Cost: \$99.00PP. Registrations going on now.

**TWIN RIVERS CASINO/TRIBUTE TO NEIL DIAMOND:** Travel to Lincoln, RI on **November 14th** to enjoy gambling, lunch and a show. Cost: \$91.00PP. Registrations going on now.

**RADIO CITY CHRISTMAS SPECTACULAR:** On **November 16th** depart to NYC and enjoy lunch at "Carmine's" followed by a holiday show starring The Rockettes! Cost: \$200.00PP. Register now.

**WOMEN'S UCONN HUSKIES VS. VANDERBILT AT MOHEGAN SUN:** Support UConn on **November 17th** and enjoy a meal and gambling before the game. Cost: TBD. Registrations going on now.

**CHRISTMAS IN CONNECTICUT:** On **November 30th** travel to Hartford for a day of Christmas activities including Wadsworth Atheneum, Tree Display, Chowder Pot Restaurant, and Mark Twain House. Cost: \$105.00PP. Registrations going on now.

**JUST ADDED! SHOWTIME AT THE LOG CABIN "BLUE CHRISTMAS WITH ELVIS":** On **December 6th** depart to Holyoke, MA to enjoy lunch and a

Christmas Tribute Celebration to Elvis followed by heading to Springfield MA to enjoy Bright Nights, New England's largest lighting display. Cost: \$101.00PP. Registrations going on now.

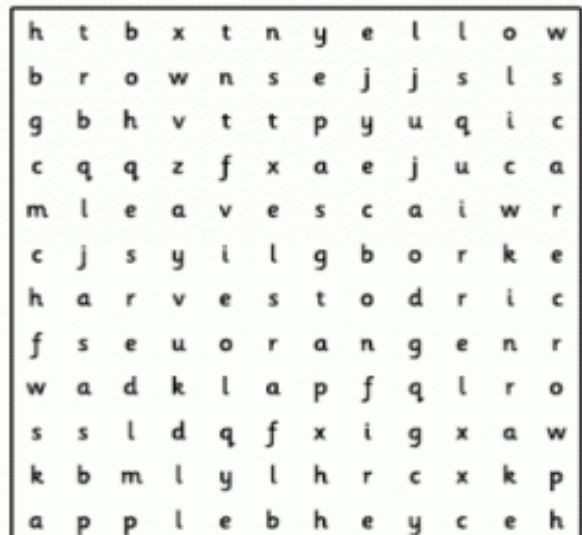
**HOLIDAY WINTER CELEBRATION AT THE AQUA TURF:** Depart to Connecticut's premier banquet facilities on **December 11th** to enjoy a family style luncheon and dance to a fabulous band. Cost: \$79.00PP. Registrations going on now.

**CHRISTMAS IN THE WHITE MOUNTAINS: December 12-14th** enjoy the splendor of the White Mountains at Christmastime. This special holiday tour offers spectacular entertainment, festive activities, gourmet dining, and all the finest amenities of the White Mountain Hotel and Resort's first-rate service and luxury accommodations. For a complete itinerary please see the Center for details. Cost: \$479.00 PP Double, \$449.00 PP Triple, \$619.00 PP Single. Registrations going on now.

**JUST ADDED! WESTCHESTER BROADWAY THEATRE "THE EDWARDS TWINS HOLIDAY SHOW":** Travel to Elmsford, NY on **December 18th** for a day of entertainment and fun where lunch is included. Don't miss this wonderful holiday show with many of your favorite vocalists being represented. Cost: \$103.00PP. Registrations going on now.

 **Autumn Word Search** 

Can you find the Autumn words in the puzzle below?



- |          |           |       |        |
|----------|-----------|-------|--------|
| rake     | scarecrow | brown | yellow |
| squirrel | leaves    | apple | red    |
| bonfire  | harvest   | fall  | pear   |
| orange   | acom      |       |        |





# OCTOBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1.) 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTERS #3 10:00: ARTS &amp; 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>2.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) <b>10:30: PRECISION HEARING</b> 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>3.) 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 12:30: LOW IMPACT EXERCISE 1:00: CHORUS 1:00: PINOCHLE <b>1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE</b> 1:30: INTERMEDIATE LINE DANCE</p>	<p>4.) 9 &amp; 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 <b>2:00: MOVIE OF THE MONTH</b> 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>5.) 8:00: WALKING CLUB 9:30: COMPUTER CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>8.)</p> <p style="text-align: center;"><b>CLOSED</b></p> 	<p>9.) <b>ROCKING HORSE RANCH</b> 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) <b>10:30: JUDGE OF PROBATE</b> 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG <b>3:30: COMMISSION MEETING</b></p>	<p>10.) <b>KRUCKERS RESORT</b> 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE <b>10:30: ONE SOURCE FOR SENIOR LIVING RETIREMENT WORKSHOP</b> 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS <b>10:30: ATTORNEY DRAZEN</b> 12:30: LOW IMPACT EXERCISE 1:00: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>11.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING <b>11:00: MEDICINE SHOPPE</b> 12:30: BEGINNER LINE DANCING 12:30: GRIEF SUPPORT GROUP 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE <b>1:30: FLOWER POT DESIGN</b> 1:30: SWEATING TO THE OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>12.) 8:00: WALKING CLUB <b>9:15: VETERANS DAY LUNCHEON TICKETS GO ON SALE</b> 9:30: CAMERA CLUB <b>9:30: EXECUTIVE MEETING</b> 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES <b>10:15: MEMBERSHIP MEETING</b> 12:30: LOW IMPACT EXERCISE (TBA) 1:00: BINGO (TBA) <b>2:00: SMILE AWHILE</b> 3:00: CARDIO LITE (TBA)</p>
<p>15.) 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTERS #4 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/DARLENE 12:00: CANASTA <b>12:00: BLOOD PRESSURE BY URGENT CARE OF SHELTON</b> 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>16.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) <b>10:30: MEDICARE PRESENTATION</b> 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG 1:30: <b>AARP CHAPTER MEETING</b></p>	<p>17.) <b>CHOCTOBERFEST &amp; LANCASTER</b> <b>9:00-3:00: FREE FACIALS</b> 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: FLU CLINIC 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:00: SCRABBLE 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:30: LOW IMPACT EXERCISE 1:00: CHORUS 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>18.) <b>VERMONT</b> 9 &amp; 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 <b>1:00: CHORUS REHERSAL</b> 1:30: SWEATING TO OLDIES (TBA) 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>19.) 8:00: WALKING CLUB 9:30: COMPUTER CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES <b>10:30: VALLEY PARISH NURSES</b> <b>12:00-4:00: AAA DRIVERS SAFETY</b> 12:30: LOW IMPACT EXERCISE <b>1:00: CHORUS CONCERT</b> 1:00: BINGO (TBA) <b>1:00: BOOK CLUB</b> 3:00: CARDIO LITE (TBA)</p>
				<p><b>Sunday</b></p>
<p>22.) 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTERS #5 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO <b>1:00: BONUS BINGO</b> 1:00: PAINTING (OPEN STUDIO)</p>	<p>23.) <b>SALEM</b> 9 &amp; 10:30: STRENGTH TRAIN <b>9:15: AARP DRIVER SAFETY</b> 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>24.) <b>NYC</b> 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: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>25.) <b>GERMANFEST</b> 9 &amp; 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>26.) 8:00: WALKING CLUB 9:30: CAMERA CLUB 9:30 &amp; 10:15: EXERCISE 10:00: DOMINOES <b>12:00: FALL FEST</b></p> <p style="text-align: center;">NO LUNCH SERVED TODAY</p> <p style="text-align: center;">NO LOW IMPACT, BINGO OR CARDIO LITE TODAY.</p>
<p>29.) 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTERS #6 <b>9:30: DIABETES WORKSHOP</b> 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: PAINTING (OPEN STUDIO) <b>1:00: BINGO SPONSORED BY GRISWOLD HEALTHCARE</b></p>	<p>30.) 9 &amp; 10:30: STRENGTH TRAIN <b>9:30-12:00: MEDICARE PART D</b> 9:30: BRIDGE 9:30: CERAMICS (OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30-2:30: SENTIMENTAL JOURNEY BAND AND DANCING 1:00: POOL LESSONS 1:00: MAH JONGG</p>	<p>31.) 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>10:30: DR. SHARNOFF FOOTCARE</b> 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p><b>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</b></p> 	
				<p><b>PLEASE CALL THE INFO LINE (203) 924-2355 FOR DAILY LUNCH ANNOUNCEMENTS, MENU &amp; CANCELLATIONS</b></p>