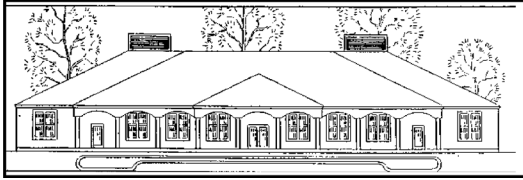


# SHELTON SENIOR CITIZENS CENTER



CURRENT RESIDENT OR

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

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

**INFO LINE (203) 924-2355**  
PLEASE CALL DAILY FOR  
SCHEDULE AND CANCELLATIONS

SEPTEMBER 2019



DOREEN LAUCELLA, DIRECTOR

Volume No. 49 No. 09

## Shelton Senior Center Staff Directory

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

## Greetings From The Director

What an exceptional Summer it has been. So much fun! We really cooled down the heat with our Ice Cream Social Banana Splits Galore! Our end of Summer Beach Party was remarkable for sure!! The Calypso music, the food, and the beach goers all made for a really great time. From the pool, sand, palm trees to the sipping on Pina Colodas everyone was wearing a smile!! One things for sure our Seniors are always up for a good time!

Mark your calendars for next month! The Health and Wellness Fair will be held on Monday, October 28th from 9:00AM-12:00PM. Open to the public. State and local organizations will be on site to provide health screenings and information about programs and services available to seniors.

Look forward to a busy and fun filled Autumn ahead!

Best 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 9:15 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 up to TEN tickets at this time with ALL persons membership cards present and complete payment of these tickets must be done at this time. No seats will be reserved unless these steps are followed. This should alleviate congestion on the days we begin selling tickets for events. 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 themselves 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: YOU MUST FOLLOW DIRECTIONS!** 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.

**RENTERS REBATE:** Do you have questions concerning Medicare, Medicaid, Housing or Nutrition Services? See the Renters Rebate office for free confidential counseling and assistance. Walk-ins are welcome, appointments are preferred. Farmers Market Vouchers available to qualified participants. Stop by. Office hours are 9:30AM-1:30PM Monday through Friday. This program runs April 1st - October 1st. Please call Center for more information.

## ATTENTION SENIORS!!

**DONATIONS NEEDED:** Our Crochet and Knitting group is asking please for various large buttons and small shank buttons. Please drop off at the Center. Thank you!

**Wii BOWLING PLAYERS WANTED:** Looking to start up a 2:00PM Thursday afternoon group of digital bowling. This is a fun and entertaining low impact exercise playing off the tv and mimicking bowling techniques... no heavy bowling balls necessary! Join in on the fun! Sign up at the front desk.

## CLASSES, EVENTS & SERVICES

**BRIDGE LESSONS:** Lessons for beginners with Jan are set to begin on **September 4th** on Wednesday mornings at **10:30AM**. All those interested please sign up at front desk. FREE

**MOVIES AT THE CENTER:** All are welcome to join us for a FREE movie on our new GIANT flat screen in the dining hall **Thursday, September 5th from 2:00PM-4:00PM**. BYO snacks and beverages, cabaret style! Great movie...and company! This month's showing is the classic "**South Pacific**".

**NEW!!! HAIR BY DONNA:** The Senior Center will be having the lovely and talented Hair Stylist Donna Hering at the Center to provide men and women's hair appointments the first and third Friday of the month between 9AM-12PM. This month she will be here on **September 6th and 20th**. Donna specializes in Men & Women's Haircuts, Perms, Color, Roller sets and Blow Dry Styling. Rates varies for the following services (Mens Cut) (Womens Cut) (Shampoo/Cut/Set) (Shampoo/Cut/Blowdry and/or w/ curling iron) (Shampoo & Set) (Shampoo & Blowdry) Donna brings everything to us! Including her own professional comfortable salon chair for you to be seated in. Call the Center to make your appointment.

**COMPUTER CLASSES:** New computer classes will begin on **Monday, September 9th at 9:30** and run for seven weeks. Please register at front desk. Limited seats available. \$20.00 per person fee.

**BLOOD PRESSURE SCREENINGS:** Urgent Care of Shelton will conduct Blood Pressure Screenings at the Senior Center on **Monday, September 9th from 12:00-1:30PM**. All are welcome.

**MEET & GREET "SINGLES" SOCIAL:** A social gathering for our Single Seniors on **Tuesday, September 10th at 1:00PM**. All are welcome. Light refreshments served.

**MEDICINE SHOPPE:** Dipika Patel, PharmD on **Thursday, September 12th at 11:00AM** will be here to assist you with questions you may have, bring your meds and she will go over them with you. Diabetes screenings will also be available.

**GRIEF SUPPORT GROUP:** A new thirteen week seminar session begins on **Thursday, September 12th at 1:00PM** with Doris Wills. If you need that little extra help to get through the day please stop by and meet with these wonderful group of people who will be here weekly. Friendship, support and compassion is what you will find

with this group. Members welcome. Please register at the front desk.

**BOOK CLUB:** On **Friday, September 13th 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 months book will be "Oh My Stars" by Lorna Landduck.

**BINGO...ON FRIDAY NIGHT!:** Raffles, prizes and lots of fun for this Bingo NIGHT at the Center on **Friday, September 13th from 5:30PM-7:30PM**. Limited seats! Cost:\$5.00 per member & per guest (only 1 guest per member) and includes Bingo cards for 14 games. Specials not included. Bring your own markers or stampers!! Lots of prizes from area businesses. Doors open at 4:30PM...no early birds!!

**AARP CHAPTER MEETING:** On **Tuesday, September 17th at 1:30PM** AARP will be having their monthly meeting. Membership begins today. All seniors are invited. Refreshments will be served.

**ELDER LAW SESSION:** On **Wednesday, September 18th at 10:30AM** Certified Elder Law Attorney, Attorney Drazen's topic this month is "Elder Law."

**GRIFFIN HOSPITAL VALLEY PARISH NURSES:** On **Friday, September 20th from 10:30AM-12:00PM** will be here for medical needs. Medical Van WILL NOT be here. By: Maggie Sessa R.N.

**JUST ADDED!! FOXWOODS CASINO:** A Shelton Senior Center sponsored trip will be held on **September 24th**. Bus transportation, food and game vouchers included. Cost \$23.00 member & \$28.00 guest. **Registrations begin on September 6th**.

**RITZ BALLROOM SPEAKER:** On **Wednesday, September 25th at 11:00AM** Jeff Williams well known speaker on the Ritz Ballroom will be here. Come learn and reminisce of the years of past. Enjoy Jeff's wealth of knowledge about this well known establishment.

**HOT TOPICS:** Join Jan and others every fourth Thursday of the month with fun and rousing conversations about topics pertaining to nowadays society. Kick off is on **Thursday, September 26th at 10:00AM**. Coffee served.

**DANCE, DANCE, DANCE PARTY:** On **Friday, September 27th at 12:00PM** enjoy a whole variety of genre of music by the well known band "Coconuts." Lunch will be served: Hot dogs with the works, coleslaw, chips, root beer floats, coffee/tea and dessert. Cost: \$10.00 member and \$15.00 guest. Tickets on sale until sold out.

**FLU CLINIC:** The Naugatuck Valley Health Department will be sponsoring a clinic here on **Wednesday, October 23rd 9:00AM-12:00PM**, covered by Medicare. Both shots will be available.

**HALLOWEEN PARTY:** A fun filled afternoon on **Friday October 25th at 12:00PM**. Costumes encouraged! Prizes given for funniest, the most creative and best overall costumes. Music entertainment by band "Over Easy." Lunch includes ziti, meatballs garden salad, bread and butter, dessert, coffee and tea. Cost: \$10.00 member and \$15.00 guest. **Tickets on sale September 20th**.

**HEALTH AND WELLNESS FAIR:** On **Monday, October 28th from 9:00AM-12:00PM** State and local organizations will be on site to provide health screenings and information about programs and services available to seniors. FREE and open to the public.

**MGM SPRINGFIELD CASINO & HOLYOKE MALL:** A Shelton Senior Center sponsored trip departing on **November 4th** to the NEW casino in Massachusetts. Enjoy 2 hours of leisure time shopping at the Mall & Christmas Tree Shoppe followed by departing to the Casino for a 4 hour visit to MGM where you will receive \$20.00 slot play and \$20.00 food voucher. Cost: \$35.00 per person. So you are really travelling for FREE! **Registrations begin on September 20th.**

**TANGLE TIME WITH ROSEMARIE:** Try something new and different on **Friday, November 15th at 1:30PM.** Relax and enjoy this new creative drawing class with certified Zantangle instructor Rosemarie Mai. Each class is 2 hours long. **Cost: \$15.00 per class. Registrations begin on October 1st.**

### UPCOMING TRIPS

**9/11 MEMORIAL AND MUSEUM:** On **September 5th** depart to NYC to visit the national tribute of remembrance and honor to those lost in 9/11. After the museum have a family style lunch at the famous Italian restaurant Carmine's. Cost: \$115.00. Registrations going on now.

**THE BIG E:** Celebrate Connecticut Day on **September 18th** at New England's Great State Fair in Mass. Cost: \$53.00. Registrations going on now.

**TRAINS OF NEW ENGLAND:** From **September 30th through October 6th** enjoy New England at its finest. Itinerary can be viewed at the Center. Cost: \$1719.00 PP Double. \$2319.00 Single. \$1669.00 PP Triple. Registrations going on now.

### FUTURE TRIPS

**SOUTHERN ITALY & SICILY:** Enjoy touring the beautiful country of Italy on **October 10th—21st, 2019.** For itinerary please see Center. Cost: \$4,039.00 PP. Deposits/ Registrations going on now.

**FRIESIANS OF MAJESTY:** Retreat to the hills of Vermont on this amazing foliage tour on **October 10th.** Make a stop in MA to the Kringle Candle Company followed by lunch at the New England House in Brattleboro, VT followed by visiting the Friesians of Majesty Horse Farm. Cost: \$119.00PP. Registrations going on now.

**NAUGATUCK VALLEY RAILROAD & MYSTERY DESTINATION:** On **October 15th** enjoy a fall foliage trip on aboard a train followed by an Octoberfest Lunch at East Side Restaurant. Cost: \$109.00PP. Registrations going on now.

**OKTOBERFEST AT THE LOG CABIN:** On **October 22nd** head to Holyoke, MA to enjoy a day full of festivities and German food! Enjoy the German band, The Schnitzel Brothers. Cost: \$106.00 PP. Registrations going on now.

**DOVER DOWNS CASINO:** Embark to Delaware for an extended stay at the Dover Downs Casino from **October**

**23rd-25th.** Cost is \$299.00 PP Double, \$435.00 PP Single, \$289.00 PP Triple and includes transportation, hotel, \$80.00 Slot Play, 2 Buffet Breakfasts, \$30.00 Food Credit, Tribute Show admission and gratuities. Registrations going on now.

**SALEM:** Get ready for a spellbinding day in Salem MA on **October 29th.** Tour the House of Green Gables, enjoy a luncheon at the Historic Hawthorne Hotel and visit the Salem Witch Museum. Cost: \$130.00PP. Registrations going on now.

**ACE IN THE HOLE "TAKE ME HOME COUNTRY ROAD—A TRIBUTE TO GLEN CAMPBELL AND JOHN DENVER":** On **November 7th** depart to The Brownstone in Paterson, New Jersey. Family style lunch will be served along with two complimentary drinks. Cost: \$115.00 PP. Registrations going on now.

**WESTCHESTER BROADWAY "AN AMERICAN IN PARIS:"** Travel to Elmsford, NY on **November 14th** for lunch and a show. Cost: \$105.00PP. Registrations going on now.

**RADIO CITY CHRISTMAS SPECTACULAR:** Visit NYC on **November 20th** and see the newest edition of the Rockettes Christmas show! Upon arrival enjoy lunch at the famous Italian restaurant Carmine's. Cost: \$210.00 PP. Registrations going on now.

**AMISH CHRISTMAS GETAWAY:** The Miracle of Christmas at Sight and Sound will take place **December 4th-6th.** Visit all different sites in Lancaster, Pennsylvania. For full itinerary please see the Center. Cost: \$477.00PP Double \$609.00PP Single and \$457.00PP Triple. Registrations going on now.

**CHRISTMAS IN NEWPORT FEATURING LASALETTE SHRINE:** On **December 5th** depart to The Breakers or Marble House Mansions in Newport, Rhode Island. Next, head to the Old Grist Mill Tavern in Seekonk, MA followed by mass and a dazzling display of Christmas lights at LaSalette Shrine in Attleboro, MA. Cost: \$120.00 PP. Registrations going on now.

**HOLIDAY WINTER WISHES AT THE AQUA TURF:** Depart to one of CT's premier banquet facilities on **December 10th** and dine on a holiday luncheon then dance the day away to the band The Cartells. Cost: \$82.00PP. Registrations going on now.

**A NASHVILLE MUSICAL CHRISTMAS AT CHEZ JOSEF:** On **December 10th** head to Agawam, MA for lunch and a Christmas show by Country Jamboree Cast performing holiday classics followed by the viewing of Bright Nights. Cost: \$115.00PP. Register now.

**THE WHITE MOUNTAIN HOTEL AND RESORT:** Enjoy two night three day deluxe accommodations in the style of a Colonial Christmas on **December 11th to 13th.** Itinerary is at the Center. Cost: Double: \$499.00 Triple \$469.00 Single \$639.00. Registrations going on now.

**WESTCHESTER BROADWAY:** Travel to Elmsford, NY on **December 19th** to enjoy lunch and the show "It Happened One Christmas Eve". Cost: \$105.00PP. Registrations going on now.

The Shelton Senior Center would like to give a special THANK YOU to all of our wonderful area businesses for their generosity and helping make our Senior Center Bingo a success! We appreciate these establishments greatly!  
Please support them too with your patronage.

Thank you to the following...

ANTONIO'S RESTAURANT

OUTBACK

APPLE REHAB OF SHELTON

PAGLIARO'S

BENCHMARK @ SPLIT ROCK

ROMA IMPORTING

BIG Y MARKET

ROYAL BAKERY

CALOROSO RESTAURANT

SASSAFRAS RESTAURANT

COMMON BOND MARKET

SHOP RITE MARKET

CT IN HOME ASSISTANCE

STOP AND SHOP MARKET

DIMARCO'S PASTA

SUBWAY

DJ'S PIZZA

THE GREEKS

DONUT CRAZY

THE SPOTTED HORSE

EXECUTIVE CARE

TOWN NAIL & SPA

GIOVE'S PIZZA

VAZZY'S

HUNAN PAN

VINCENTS RESTAURANT

LITTLE CHOPSTICK

VJ FLOWERS

LONGHORN

WELLS HOLLOW FARM



# SEPTEMBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.)</p> 	<p>3.) <del>9 &amp; 10:30</del> STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS(OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30: MAH JONGG 1:00: POOL LESSONS</p> <p>* NO STRENGTH TRAIN TODAY</p>	<p>4.) <del>9-10</del> ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE <b>1:00: BINGO BONANZA SPONSORED BY EXECUTIVE CARE</b> 1:30: INTERMEDIATE LINE DANCE</p> <p>* NO ZUMBA GOLD TODAY</p>	<p>5.) 9/11 MEMORIAL NYC <del>9 &amp; 10:30</del> STRENGTH TRAIN <b>10:00: ORGAN WITH FRIENDS</b> 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:30: SWEATING TO OLDIES <b>2:00: MOVIE</b> 2:00: Wii BOWLING 2:30: TAI CHI</p> <p>* NO STRENGTH TRAIN TODAY</p>	<p>6.) 8:00: WALKING CLUB 9-12:00: HAIR BY DONNA <b>9:30: REGISTRATIONS BEGIN FOR FOXWOODS</b> 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTER &amp; PHOTO CLUB 10:00: BEYOND BEGINNERS BRIDGE 10:00: DOMINOES 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>9.) 9:30: COMPUTERS #1 9:30 &amp; 10:15: EXERCISE 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> 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>10.) 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS(OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30: MAH JONGG 1:00: POOL LESSONS <b>1:00: MEET &amp; GREET SINGLES SOCIAL</b>  <b>3:30: COMMITTEE MEETING</b></p>	<p>11.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>12.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING <b>11:00: MEDICINE SHOPPE</b> 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:00: GRIEF SUPPORT #1 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>13.) 8:00: WALKING CLUB 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTER &amp; PHOTO CLUB <b>9:30: EXECUTIVE MEETING</b> 10:00: BEYOND BEGINNERS BRIDGE 10:00: DOMINOES <b>10:15: MEMBERSHIP MEETING</b> 12:30: LOW IMPACT EXERCISE <b>1:00: BOOK CLUB</b> <del>1:00: BINGO</del> <del>3:00: CARDIO LITE</del>  <b>5:30: BINGO</b></p> <p>*NO REG BINGO &amp; CARDIO LITE TODAY</p>
<p>16.) 9:30: COMPUTERS #2 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO <b>1:00: BONUS BINGO SPONSORED BY SHELTON LAKES</b> 1:00: PAINTING (OPEN STUDIO)</p>	<p>17.) 9 &amp; 10:30: STRENGTH TRAIN <b>9:15: DRIVER SAFETY AARP</b> 9:30: BRIDGE 10:00: CERAMICS(OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30: MAH JONGG 1:00: POOL LESSONS <b>1:30: AARP CHAPTER MEETING</b></p>	<p>18.) <b>BIG E</b> 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS <b>10:30: ATTORNEY DRAZEN</b> 10:30: BALLROOM AEROBICS <del>10:30: BRIDGE LESSONS</del> 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p> <p>* NO BRIDGE LESSONS TODAY</p>	<p>19.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:00: GRIEF SUPPORT #2 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>20.) 8:00: WALKING CLUB 9-12:00: HAIR BY DONNA <b>9:30: TICKETS ON SALE FOR HAL-LOWEEN PARTY</b> 9:30 &amp; 10:15: EXERCISE <b>9:30: REGISTRATIONS BEGIN FOR MGM CASINO TRIP</b> 9:30: COMPUTER &amp; PHOTO CLUB 10:00: BEYOND BEGINNERS BRIDGE 10:00: DOMINOES <b>10:30: VALLEY PARISH NURSES</b> 12:30: LOW IMPACT EXERCISE 1:00: BINGO 3:00: CARDIO LITE</p>
<p>23.) 9:30: COMPUTERS #3 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 1:00: BILLIARD MIXER 1:00: BALLROOM CARDIO 1:00: BINGO 1:00: PAINTING (OPEN STUDIO)</p>	<p>24.) <b>FOXWOODS CASINO</b> 9 &amp; 10:30: STRENGTH TRAIN 9:30: BRIDGE 10:00: CERAMICS(OPEN STUDIO) 12:00: CROCHET &amp; KNITTING 12:00: LADIES POOL 12:30: PINOCHLE 12:30: MAH JONGG 1:00: POOL LESSONS</p>	<p>25.) 9:15: ZUMBA GOLD 9:30 &amp; 10:15: EXERCISE 10:00: QUILTING 10:00: ARTS &amp; CRAFTS 10:30: BALLROOM AEROBICS 10:30: BRIDGE LESSONS <b>11:00: RITZ BALLROOM</b> <b>SPEAKER JEFF WILLIAMS</b> 12:00: CHORUS 12:30: LOW IMPACT EXERCISE 1:00: PINOCHLE 1:00: BINGO 1:30: INTERMEDIATE LINE DANCE</p>	<p>26.) 9 &amp; 10:30: STRENGTH TRAIN 10:00: SQUARE DANCING 10:00: HOT TOPICS W/JAN 12:30: BEGINNER LINE DANCING 1:00: YOGA W/JILL 1:00: BRIDGE 1:00: PINOCHLE 1:00: GRIEF SUPPORT #3 1:30: SWEATING TO OLDIES 2:00: Wii BOWLING 2:30: TAI CHI</p>	<p>27.) 8:00: WALKING CLUB 9:30 &amp; 10:15: EXERCISE 9:30: COMPUTER &amp; PHOTO CLUB 10:00: BEYOND BEGINNERS BRIDGE 10:00: DOMINOES <b>12:00: DANCE PARTY</b></p> <p>* NO LUNCH, LOW IMPACT, BINGO OR CARDIO LITE TODAY</p>
<p>30.) <b>TRAINS OF N.E.</b> 9:30: COMPUTERS #4 9:30 &amp; 10:15: EXERCISE 10:00: ARTS &amp; CRAFTS 10:30: MOVE-IT W/ DARLENE 12:00: CANASTA 12:30: LOW IMPACT EXERCISE 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 &amp; CANCELLATIONS</p>			<p>STOP IN AND JOIN US FOR LUNCH! LUNCH SERVED FROM 11:45AM-12:15PM</p>