

# BRISTOL SENIOR TIMES

OFFICIAL PUBLICATION OF  
THE BRISTOL SENIOR CENTER



VOLUME 33

APRIL 2017

ISSUE 4

## B.S.C. IN THIS ISSUE

- Department Info. Pg. 2
- Lectures Pg. 3
- Movies Pg. 4
- Trips Pg. 5
- Spring Class Reg. Pg. 6
- Sport's Page Pg. 7
- Daily Activities Pg. 8
- Special Activities Pg. 9
- Friends Page Pg. 10
- Advocates Page Pg. 11
- Room Offerings Pg. 12
- Programs & services Pg. 13
- New Programs Pg. 15

## BEALS SENIOR COMMUNITY CENTER

240 STAFFORD AVE, BRISTOL, CT. 06010

860-584-7895



Bristol Senior Center members Jean-Paul Maheu and Ray Pelletier

**Hours of Operation 8:30am - 5:00pm Monday - Friday**  
**Free Membership for Bristol Residents - 55 and Older**  
[www.ci.bristol.ct.us](http://www.ci.bristol.ct.us)

The Senior Center is  
Closed

Friday April 14, 2017 for  
Good Friday



Spring

### **ELVIS REMEMBERED!**

Sponsored by the Pines

David Devonshuk is an accomplished musician and performer. He has been singing and doing impersonations for years.

The "Elvis Remembered" show is a recreation of an actual Elvis Presley concert showcasing David's unbelievable voice and comes complete with music and costumes. This show is free with a non perishable food item, and snacks will be provided.

**Please get a ticket in the office as space is limited!**

**Monday, April 17, 2017**  
**2:00pm**



### **Art Show**

**Friday, April 28 &  
Saturday, April 29, 2017**

**from 9:00am-12:00pm**

Any Bristol Senior Center member or Bristol resident age 55 and over is invited to submit up to two entries in 12 different categories at our first annual event. Judging will be people's choice. See the Article on Page 6 for more information!





From the Director::

April will be a busy month here at the Senior Center. Hopefully the weather will be spring like, and we will hear the singing of the birds soon.

Speaking of birds....The Wood Shop will be selling their "Famous" Bird Houses this month. They will have a table set up in the hallway weekday mornings displaying their backyard and garden items. Be sure to check it out.

The Community Garden Plot sales will begin on April 7<sup>th</sup>. Ground plots are \$20.00 for the season, and raised beds are \$10.00 for the season. Plots can be purchased in the main office weekdays between 8:30 a.m. and 5:00 p.m.

Registration for our next set of classes will be held on Thursday, April 13<sup>th</sup> from 9:00 to 11:00 a.m. in the gym. The full listing of classes is available in this newsletter.

If you are looking for something fun to do, then join us on Monday, April 17<sup>th</sup> at 2:00 p.m. in the Dining Room for Elvis Remembered. "Elvis Remembered" is a truly unique Elvis experience provided by one of the premier voices in the business today. Tickets are free and available in the main office. Light snacks will be served. We are asking that you bring a non-perishable food item the day of the show for our local food pantries.

If you, or anyone you know is interested in getting their boating license, we will be holding the State Basic Boating Class here at the Senior Center on Monday nights from 7:00 – 9:00 p.m. from April 10<sup>th</sup> – May 15<sup>th</sup>. The fee for the class is \$45.00, payable at the first class. To sign up please go to [www.bristolrec.com](http://www.bristolrec.com).

Do you like to take pictures? Then you should join our newly formed Photography Club. The club meets on Tuesday mornings from 8:00 – 10:00 a.m. They are busy planning field trips. Be sure to stop by and let them know you are interested joining the group.

Calling all artists. We will be holding our second annual Bristol Senior Center Art Festival on April 28<sup>th</sup> & 29<sup>th</sup>. If you would like to display your artwork, please stop by the office and pick up an application, or call the office at 860-584-7895. Any Bristol resident aged 55 or older may enter their artwork in one of 10 categories. Patrons will vote for their favorite pieces.

Save the date: April 7<sup>th</sup> – Community Gardens Plots Open  
 April 17<sup>th</sup> – Elvis Remembered  
 April 22<sup>nd</sup> – Advocates Tag Sale  
 April 28 & 29 – Art Show  
 May – Senior Olympics  
 May 12<sup>th</sup> – Mother's Day Dinner  
 May 19<sup>th</sup> – Simply Swing Concert

Have a great month!

Patty



**AGING DEPARTMENT INFORMATION**

**BRISTOL DEPARTMENT OF AGING SERVICES**

Hours: Monday through Friday 8:30 - 5:00p.m.

**Senior Center Office: (860) 584-7895**

Fax: (860)584-7897

**Executive Director: Patty Tomascak, ext 110**

**Assistant Director: Jason Krueger, ext 109**

**Staff Assistant: Ellen McCusker, ext 111**

**Senior Benefits Coordinator: Lauren Scappaticci ext 112**

**Maintenance Supervisor: Jeff Holley, ext 127**

**Evening Custodian: Tom Adams**

**Evening Custodian: Jeff Bogazis**

**Volunteer Woodshop Supervisor: Dino Bossi**

**Volunteer Boutique Manager: Carol Kallberg**

**Volunteer Coffee Shop Managers: Rosalie Beals,  
Phyllis VanGorder**

**Volunteer Trips Coordinator: June McCarthy**

**Volunteer Computer Room Coordinator : Sherri Raboin**

**COMMISSION ON AGING(Meet 3rd Thursday @ 3:30 p.m.)**

**Helen Lobaczewski: Chairperson Terry Barton: Vice Chairperson**  
**Natale Barrett: Commissioner Patricia Malone: Commissioner**  
**John Hartman: Commissioner Larry Zbikowski: Commissioner**  
**Dino Bossi: Commissioner David Preleski: Council Liaison**

**FRIENDS OF THE BRISTOL SENIOR CENTER**

**Office: (860) 583-2562 (Meet 3rd Wednesday @10:00 a.m.)**

**Mon - Friday 9:00-12:00 President: Ron Zaniewski**

**ADVOCATES FOR BRISTOL SENIORS**

**Office: (860)583-9553 President: Terry Barton**  
**(Meet 2nd Monday @ 1:00 p.m.)**

**BRISTOL SENIOR WELLNESS CLINIC**

**Foot Clinic - Every other Wednesday 9:00am-4:00pm**  
**(860)584-7895**

**Blood Pressure Clinic - Tuesdays 9-11 am (860)584-7895**

**Dental Clinic - Thursdays & Fridays 8:15am - 3pm**  
**(860)583-9353**

**SENIOR LUNCH PROGRAM/MEALS ON WHEELS**

**(860)582-5928 10:00AM - 1:00PM**

**Site Managers: Michele Rochette & Marlin Bendickson**  
**(24 hours notice required for lunch)**

**DIAL-A-RIDE TRANSPORTATION**

**(860)589-6968 (Human Resources Association - 24 hours notice required for a ride) Last pickup at center Mondays at 1:00pm, Tuesdays, Wednesdays, Thursdays and Fridays pickup at 1:00 & 3:00pm.**



## World-class cancer care in a beautiful, healing environment.

Being diagnosed with cancer is difficult enough. That's why we've made it easier for people in greater Bristol to access the most advanced clinical care, in a convenient setting. You can see incredible oncologists right in Bristol at The Hospital of Central Connecticut's Family Health Center. And we offer all the latest treatments less than 10 minutes away at The Hartford HealthCare Cancer Institute at The Hospital of Central Connecticut.

As the charter member of the Memorial Sloan Kettering Cancer Alliance, we deliver care that meets the highest standards of excellence. Care is delivered under one roof, in a beautiful building that has everything from serene healing gardens and stone clad fireplaces, to navigators who coordinate your care, listen to your concerns, and hold your hand if you need it.

For an appointment with an oncologist in Bristol, call **860.827.4185**

To learn more about our cancer care services, visit **Thocc.org/cancer**

**Hartford HealthCare**  
**Cancer Institute**  
 at The Hospital  
 of Central Connecticut

## COUNTRYSIDE MANOR OF BRISTOL

*Offering short-term rehabilitation,  
 long-term, respite, hospice  
 and dementia care.*

Call our admissions department for more information or to schedule a private tour

**860.583.8483.**

1660 Stafford Ave., Bristol, CT 06010

Athenanh.com/countryside

Managed Athena Health Care Systems

## UPGRADE TO A

**VIBRANT**  
*ad*

Contact us for details

**800-477-4574**

LET US PLACE  
 YOUR AD HERE.

**Roger B.**

**MICHELE'S  
 BARBER/styling**

Children • DISCOUNTS • Seniors

13 Jerome Ave., Bristol

**860-582-5087**

Tues.-Fri. 7am-6pm

Sat. 7am-5pm • Sun. 8am-3pm

**Health Insurance  
 Medicare Plans**

**Confused about  
 Medicare Plans?**

Turning 65?

Some plans at 0 cost!

**Steve Ardussi**

860-309-4137

"Your Personal Benefits Advisor"  
 "Trusted and Local"



**HEARING  
 CARE  
 CENTERS**

"Care is our  
 middle name"

Jack Felix,  
 BC-HIS, ACA  
 President,

Audioprosthologist

Board Certified in  
 Hearing Instruments  
 Sciences

97 South St., Suite 112  
 West Hartford, CT 06110

(860) 247-7724

1019 Farmington Ave.  
 Bristol, CT 06010

(860) 583-5332

9 Norfolk Road Torrington,  
 CT 06790

(860) 482-7944

www.hearingcarecentersct.com

**THIS SPACE IS  
 AVAILABLE**

Call LPi at  
**1.800.477.4574**  
 for more  
 information.

*"We Touch People's Lives"*

**The Pines**  
 at Bristol

Center for Health & Rehabilitation

- Post-hospital, medical and rehabilitative care
- Physical, Occupational and Speech Therapies
- Respite Stays
- Long Term Care

61 Bellevue Ave., Bristol CT 06010

**www.PinesBristol.com**

**860-589-1682**

## APRIL LECTURES

- 4/5/17 - Fyzical Therapy- Jennifer Brester - 11:00am
- 4/7/15 - Breast Health Lecture & Breakfast - 8:30am
- 4/10/17 - SCC Balance & Fear of Falling - 2:00pm
- 4/20/17 - Brain Drain/Brain Games - 10:30am
- 4/26/17 - Medicare Boot Camp - 10:00am
- 4/27/17 - Streaming Devices - 10:00am

**Please sign up in the office, or call 860-584-7895 for all lectures and seminars!**

### Wheeler Clinic & Shady Oaks Offer a Breast Health Lecture and Breakfast



Come and listen to experts as they discuss breast health and enjoy a breakfast of scrambled eggs, bacon, sausage, pancakes, fruit, coffee and orange juice.

Registration is required as space is limited. You can register by calling the Office at 860-584-7895

**Friday, April 7, 2017**

**8:30am in the Dining Room**



### Streaming Devices And How They Work

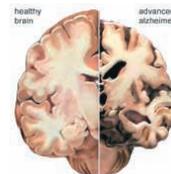
Are you curious how streaming devices work for your TV? Come and see what the hype is all about. Join Jason from the Senior Center as we learn the differences between devices and the benefits and negatives.



**Thursday,  
April 27, 2017  
10:00am in Room #109**

### Brain Gain or Brain Drain (take your pick)

Come join the crowd for New Ideas



**BRAIN GAIN OR BRAIN DRAIN** Take your pick - combines ideas for moving well, eating well and thinking well in order to minimize the dementia that happens as we age. Carolyn Finch, Speech/Language Pathologist, teacher, coach and Professional Speaker will share her knowledge, research and experiences to make life more pleasant. YOU and YOUR friends and associates will learn how to tweak your lifestyle and grow new neurons to prevent more brain shrinkage. Attendees will leave with powerful ideas, profound body movements and preparations of foods that will astound you. Carolyn has been a Nutritionist for several decades.

**Thursday, April 20, 2017  
10:30am in Room #109**



Dizzy? Balance Issues? Vertigo? Please join us as Jennifer Brester, DPT and Clinical Director at FYZICAL Therapy and Balance in Bristol discusses and shows new and innovative ways that dizziness and balance issues can be assessed and treated.

**Wednesday, April 5, 2017  
11:00am in Room #109**

### “Medicare Boot Camp”

Come join us on **Wednesday, April 26, 2017 at 10:00am** to find out if you know all there is to know about Medicare. Bet you don't! We'll talk about how Medicare works,

what it pays for, what it doesn't pay for, and how you may be able to save money on your Medicare expenses. If you are about to retire or know someone who is, or are having that special birthday soon, we'll tell you everything you need to know about signing up.

**Cindi Del Favero** from the North Central Area Agency on Aging will be here to guide you through the Medicare maze with humor and a ton of great information. No need to bring your caffeine to this presentation! Bring your friends and learn something that can put some change back in your pocket.

**This is NOT a sales presentation!** The North Central Area Agency on Aging is a private non-profit organization that offers free objective information on Medicare and other insurance available to people over 65 or who are disabled. For more information about NCAAA, please call 860-724-6443.

**ARE YOU  
READY FOR  
BOOT  
CAMP?**

# Free Wednesday Movies!

**Films are Shown every Wednesday at 12:45 pm in Room #109**

**Sponsored by Friends of the Bristol Senior Center**

Movies are selected by Anita Nyberg (All movies are subject to change without notice.)



**April 5, 2017 - "The Boss" - 99 min. R 2016**

**Starring: Melissa McCarthy, Peter Dinklage, & Kristen Schaal.**

After serving time in lockup for insider trading, corporate tycoon Michelle Darnell sets out to reshape her public image. But her hilarious attempts at forgiveness make it difficult to find redemption.

**April 12, 2017 - "The Man Who Knew Infinity" - 108 min. PG-13 2016**

**Starring: Dev Patel, Jeremy Irons, & Davika Bhise.**

This absorbing biopic recounts the life of self-taught Indian mathematician Srinivasa Ramanujan, who made his way to Trinity College at Cambridge in 1913 and rose to prominence under the tutelage of renowned math professor G.H. Hardy.



**April 19, 2017 - "Big Jake" - 109 min. PG-13 1971**

**Starring: John Wayne, Richard Boone & Patrick Wayne.**

John Wayne stars as Jacob McCandles, a rough-and-tumble rancher who's estranged from his wife (Maureen O'Hara). But when a cutthroat gang led by Richard Boone kidnaps his grandson, Big Jake gets the call to rescue him. Patrick Wayne (John Wayne's real-life son) and Chris Mitchum (Robert Mitchum's son) co-star as Jake's grown boys, who accompany him on the long trek that can end only one way -- with the death of the abductors.



**April 26, 2017 - "Ghostbusters" - 116 min. PG-13 2016**

**Starring: Melissa McCarthy, Kristen Wiig, & Kate McKinnon.**

In this reboot of the 1984 classic, it's the ladies doing the ghost-busting. After writing a book suggesting that ghosts are real, Erin Gilbert and Abby Yates are called upon to lead the fight when spooks overrun Manhattan.



## RATINGS:

G = General    PG = Parental Guidance    PG13 = Must be 13    R = Restricted  
NR = No Rating



### LUNCH WITH THE MAYOR

The Mayor of the Great City of Bristol, Ken Cockayne will join our members for a question and answer session during lunch on **Wednesday, April 19, 2017**

### LUNCH WITH YOUR STATE SENATOR

State Senator Henri Martin will be joining us for questions and answers during lunch on **Tuesday, April 18, 2017**



**Please sign up for lunch on the above days so you can get answers to your questions!**

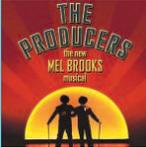


**RELAX ON THE RIVER....**  
**The Griswold Inn & Riverquest**  
 Dine at the historic Griswold Inn and cruise the CT. River on the Riverquest seeing many of Connecticut's historic places on the lower Connecticut River.  
 \$86.00 pp  
**Tuesday, June 27, 2017**




**FRIENDSHIP TOURS**  
**THE SHIP SHOP**  
 533 Cottage Grove Road • Bloomfield, CT 06002  
 (860) 243-1930 • Toll Free: (800) 243-1930  
 Around the corner, around the world!

**STAGELOFT THEATER**  
**Lunch at Salem Cross Inn -**  
**Sturbridge, MA.**  
**Sunday, June 11, 2017**  
**Matinee Performance of**  
**the Producers along with a Fresh**  
**Baked Chicken or Fresh Baked Boston**  
**Scrod Lunch. \$84.00 pp**

**FRIENDSHIP TOURS**  
**THE SHIP SHOP**  
 533 Cottage Grove Road • Bloomfield, CT 06002  
 (860) 243-1930 • Toll Free: (800) 243-1930  
 Around the corner, around the world!

# BSC 2016-2017 TRIPS

(860)584-7895



The Bristol Senior Center announces its 2017 Trip schedule. All trips are open to the general public as well as Senior Center members.

<b>April 22-30:</b>	<b>Caribbean &amp; Bermuda Cruise</b>	<b>\$1,199.00 pp</b>
<b>May 15:</b>	<b>Glenn Miller Orchestra at the Aqua Turf</b>	<b>\$77.00 pp</b>
<b>May 15-17:</b>	<b>Jonah: Sight &amp; Sound tours -</b>	<b>\$451.00 pp</b>
	<b>Lancaster, PA &amp; Historic Philadelphia - PA</b>	
<b>May 24:</b>	<b>Friesians of Majesty Horse Show - VT</b>	<b>\$92.00 pp Full</b>
<b>June 8:</b>	<b>One World Observatory, NY (2nd Bus!)</b>	<b>\$80.00 pp</b>
<b>June 11:</b>	<b>Stageloft Dinner Theater - The Producers - MA</b>	<b>\$84.00 pp</b>
<b>June 27:</b>	<b>Relax on the River - Connecticut River Cruise</b>	<b>\$86.00 pp</b>
<b>July 18:</b>	<b>Block Island</b>	<b>\$92.00 pp Full</b>
<b>August 8:</b>	<b>Sheffield Island Norwalk - CT</b>	<b>\$35.00 pp</b>
<b>August 17:</b>	<b>Frankie Valli - Aqua Turf</b>	<b>\$76.00 pp</b>
<b>August 20:</b>	<b>Tanglewood - MA</b>	<b>\$70.00 pp</b>
<b>September 7:</b>	<b>Music on the Mountain - Mohonk Mountain-NY</b>	<b>\$109.00 pp</b>
<b>Sept. 28- Oct 7:</b>	<b>Switzerland, Austria &amp; Bavaria</b>	<b>\$3,699.00 pp</b>
<b>September 20:</b>	<b>Connecticut Lighthouse tour</b>	<b>\$94.00 pp</b>
<b>October 17:</b>	<b>Kruckers Octoberfest - NY</b>	<b>\$91.00 pp</b>
<b>October 10:</b>	<b>Jimmy Sturr : The Polka King - Aqua Turf</b>	<b>\$72.00 pp</b>
<b>November 1-3:</b>	<b>Atlantic City Resort - NJ</b>	<b>\$197.00 pp</b>
<b>November 20:</b>	<b>Friendship Tours Anniversary Gala - Aqua Turf</b>	<b>\$42.00 pp Full</b>
<b>December 4:</b>	<b>Doug Farony - Christmas Memories - Aqua Turf</b>	<b>\$66.00 pp</b>

A \$20.00 non-refundable deposit per person is required at the time the trip is booked. Trips are also non-refundable.

**Daytrips with June McCarthy**  
**(senior volunteer)**

Mondays & Tuesdays 10:30am-2:30pm, Wednesdays 12:00-2:30pm or Fridays 10:30am-2:30pm 860-584-7895. **June is off on Thursdays.** Or call her at home: 860-589-1468  
**Make sure you are on the bus! Sign up today!**





## Bristol Senior Center 2017 Spring Class Registration



The Bristol Senior Center Spring Class Registration will begin on Thursday, April 13, 2017 from 9:00am - 11:00am in our Gymnasium, and will continue Monday, April 17, 2017 weekdays between the hours of 8:30am - 4:00pm in the main office. Classes are 8 weeks long and the fee for each class varies depending on the length of the class. Registration is first come, first serve until classes are full. See class details for additional supply fees. Checks should be made out to the Bristol Senior Center. Proof of Bristol Senior Center Membership is required to register.



**Mondays:** \*Strength & Tone - 10:45-11:45am in the Gym - \$16.00 - starting 5/1/17  
 \*\*Watercolors - 9:30-11:30am in Room #100 - \$24.00 - starting 5/1/17  
 \*\*Decorative Painting - 12:30-2:30pm in Room #100 - \$24.00 - starting 5/1/17  
 Tap Dancing - 1:00-1:45pm on the Stage - \$16.00 - starting 5/1/17

**Tuesdays:** Ladies Exercise - 9:30-10:30am in the Gym - \$16.00 - starting 5/2/17  
 Experienced Quilting - 9:30-11:30am in Room #100 - \$24.00 - starting 5/2/17  
 Chair Caning - 12:30-3:30pm in Room #100 - \$24.00 - starting 5/2/17



**Wednesdays:** Co-Ed Exercise - 9:30-10:30am in the Gym - \$16.00 - starting 5/3/17  
 \*Chair Yoga - 10:45-11:45am in the Gym - \$16.00 - starting 5/3/17  
 Beginner Quilting - 9:30-11:30am in Room #100 - \$24.00 - starting 5/3/17  
 \*\*Ceramics with Sandi - 9:30-11:30am in Room #104 - \$24.00 - starting 5/3/17  
 \*\*Ceramics with Sandi - 12:30-2:30pm in Room #104 - \$24.00 - starting 5/3/17  
 \*\*Pastel Art Painting - 1:00-3:00pm in Room #100 - \$24.00 - starting 5/3/17

**Thursdays:** Zumba Gold - 9:30-10:15am in the Gym - \$16.00 - starting 5/4/17  
 Line Dance - 10:30am-12:00pm in the Gym - \$16.00 - starting 5/4/17  
 Beginner Tap Step & Routine - 10:15-11:15am on the Stage - \$16.00 - starting 5/4/17  
 \*\*Ceramics with Donna - 9:30-11:30am in Room #106 - \$24.00 - starting 5/4/17



**Fridays:** \*Chair Yoga - 9:30-10:30am in the Gym - \$16.00 - starting 5/12/17  
 \*Stretch & Relax - 10:45-11:30am in the Gym - \$16.00 - starting 5/12/17  
 \*\*Jewelry Making - 1:00-2:30pm in Room #100 - \$16.00 - starting 5/5/17

\* In Stretch & Tone participants should bring their own hand weights. In the Yoga classes participants should bring their own Yoga mat. \*\* Daily fees for Ceramics are \$2.00 per class for paints. You will also purchase your own Ceramic piece to paint. In the Painting classes you will be required to supply your own paints, brushes & canvases. Daily Fees for Pastel Art Painting is \$2.00 per class for supplies. In the Jewelry class you will be given a supply list prior to the first class.



The men in the woodshop have birdhouses of all shapes and sizes available for purchase during the month of April. Simply stop by the woodshop Monday through Thursday between 8:30am and 11:00am.



# SPORT'S PAGE



COMING IN MAY.....

## BRISTOL SENIOR OLYMPICS

Any Bristol Resident 55 or older or member of the Bristol Senior Center has the option to compete for the thrill of it in our first annual Olympic Games

Events will include:

Wii Archery, Bocce, Billiards, Wii Bowling, Pickleball, Horseshoes, Table Tennis, Darts, Card Tournaments, Cooking Competitions, and much, much more.

May 2017

Look for a more complete schedule coming soon!



## First Annual BSC BOCCE League



Be Among the first to participate in our first annual BSC Bocce League.

Participants will be paired up into teams. Scheduled times to play every week will be assigned.

League play will be on Tuesdays and Thursdays between 9:00am and 12:00pm

Each team will have one match a week.

For more information see Jason in the office.



## Congratulations to Jackie Letandresse for bowling a perfect 300 game!



## End of Season Pizza Party

For everyone that participated in our 29 week in-house bowling league, There will be a Pizza Party on Wednesday, April 19, 2017 at 11:00am. Please RSVP to Jason



Don't forget about our horseshoes and bocce as the weather gets warmer! Equipment can be signed out from the office.



## Wii Bowling Results Bristol Team 1 - 5220 East Hartford - 4720

Bristol Team 1 - 5941 Avon - 5346  
Bristol Team 2 - 5334 Torrington - 5554

## In House League:

- 2/17/17: Marcella Scoville - 923
- 2/24/17: Jack O'Dell - 969
- 3/3/17: Carol Berardy - 960
- 3/10/17: Stan Morin - 936

**Come and join the fun!**



## Next Competitions

Team #2 Home vs. Rocky Hill  
Wednesday, April 6, 2017 @9:30am

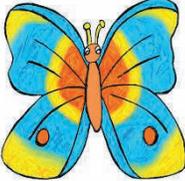
Team #1 @ Glastonbury  
Thursday, April 7, 2017 @ 11:00am



## Next Competitions

4/12/17 @ Middletown 10am  
4/19/17 Home vs. Wallingford 9:30am  
4/26/17 @ Calendar House 1pm

# Daily Activities at the Senior Center

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Walking Club 6:45-8:30am	Walking Club 6:45-8:30am	Walking Club 6:45-8:30am	Walking Club 6:45-8:30am	Walking Club 6:45-8:30am
Cribbage 10:00am	Blood Pressure Clinic 9:00-11:00am	Korean War Vets 8:00-9:30am	Dental Clinic 8:00am-3:00pm	Dental Clinic 8:00am-3:00pm
Pinochle 12:30-2:30pm	Video Exercise 9:15-10:15am	Foot Care Clinic 9:00am-4:00pm	Bridge 9:00-11:30am	Needlework Club 9:00am-12:00pm
Pickle Ball 1:00pm	Scrabble 10:00am	Lectures 10:30am	Lucky Strikes 10:00am	Brush & Palette Club 9:00am-12:00pm
Chinese Mahjong 12:30pm	Senior Social Dance 1:00-3:00pm	Pickleball 1:00-3:00pm	Mahjong 1:00-3:00pm	Video Exercise 9:15-10:15am
BBHD Immunization Clinic 2:15-4:15pm	Ping Pong 1:00pm	Canasta 12:30-2:30pm	BINGO 1:15-3:00pm	Charlemagne 10:00am-12:00pm
Set Back Tournament 5:45pm	Caregivers Support Group 6:30-7:30pm	Movie 12:45pm	BSC Chorus 3:30pm	Setback 12:40pm
Computer Room open 10-12pm	Computer Room open 2-3pm	Pickleball 7:00-9:00pm	Pickleball 2:00-4:00pm	CC Stroke Club 1:00-3:00pm
	Pinochle 12:30-2:30pm	 <b>PERSCRIPTION DRUG TAKE BACK DAY</b> Saturday, April 29, 2017 10am-2pm at the Bristol Police Dept.	Pickle Ball 1-3pm	
	Photo Club 8:00-10:00am		Coloring 12:45pm	

**Join our Rock Hiding Effort!**  
Last fall our Art classes decorated several rocks to be hid around the community in an attempt to inform more people about the benefits of the Senior Center. If you would like to volunteer to place these rocks around the community in hidden locations by obtaining the consent from the locations, please see Jason or Patty in the office.



**Texas Hold'em**  
If you enjoy this variation of Poker and would like to play for fun, please give your name to Jason in the office. We are looking to try to play Tuesday afternoons from 12:30-2:30pm.





**Sheriden Woods**  
HEALTH CARE CENTER  
Specializing in Short-Term Rehabilitation, Long-Term, Respite, Hospice and Secured Dementia Care  
321 Stonecrest Drive ~ Bristol, CT 06010  
860.583.1827  
athenanh.com/Sheriden  
Managed by Athena Health Care Systems

*Always*  
**BEST CARE**  
SENIOR SERVICES  
of Greater Bristol

We are the leader in Non-Medical In-Home Care

- In-Home Care from 2hr - 24hr
- Covering needs from companionship to personal & specialty care
- We meet with you to discuss & determine your needs

**Partner with Agency on Aging**  
Phone: 860.261.4405 • www.abcofgreaterbristol.com  
22 Pine Street • Ste. 213 • Bristol

# APRIL SPECIAL ACTIVITIES

## APRIL 2017



**Monday, April 3, 2017:** Reiki with Karen DeVille R.P.T., E.M.T. - 9:00am - 1:00pm, appointment needed

**Tuesday, April 4, 2017:** Reflexology with Kim Stewart - 12:00pm in the office, appointment needed

**Wednesday, April 5, 2017:** Bristol Lucky Strikes Team #2 Home vs. Rocky Hill 9:30am in the Recreation Room

Lecture: Jennifer Brester- "Fyzical Therapy of Bristol" - 11:00am in Room #109

**Thursday, April 6, 2017:** Bristol Lucky Strikes Team #1 @ Glastonbury 11:45am

**Friday, April 7, 2017:** Breast Health Lecture & Breakfast sponsored by Wheeler Clinic & Shady Oaks - 8:30am

**Monday, April 10, 2017:** Advocates for Bristol Seniors meeting - 1:00pm in Room #109

Lecture: Southington Care Center - "Balance and the fear of Falling" - 2:00pm in Room #109

**Tuesday, April 11, 2017:** I-Pad or Mac help with Sherri Raboin - 9:00am-12:00pm in Room #103. Appointment needed

**Wednesday, April 12, 2017:** Bristol Prime Eights @ Middletown - 10:00am

**Thursday, April 13, 2017:** Class Registration 9:00-11:00am in the Gymnasium

**Friday, April 14, 2017: SENIOR CENTER IS CLOSED - GOOD FRIDAY**

**Monday, April 17, 2017:** Elvis Entertainment - Tickets available in the office - 2:00pm in the Dining Room

**Tuesday, April 18, 2017:** Triad Spring Conference at the Plainville Senior Center - 10:00am

Lunch with State Senator Henri Martin - 11:45am - Please sign up for lunch



**Wednesday, April 19, 2017** - Friends of the Bristol Senior Center meeting - 10:00am in Room #106

Lunch with mayor Cockayne - 11:45am - Please sign up for Lunch

Wii Bowling In-House League Pizza Party - 11:00am in the Recreation Room

Bristol Prime Eights Home vs. Wallingford Senior Center

**Thursday, April 20, 2017:** Lecture - "Brain Drain or Brain Gain" 10:30am in Room #109

Commission on Aging Meeting - 3:30pm in Room #101



**Friday, April 21, 2017:** Reflexology with Kim Stewart - 9:00am in the office, appointment needed

**Saturday, April 22, 2017:** Advocates for Bristol Seniors Tag Sale - 9:00am-1:00pm in the Gymnasium

**Monday, April 24, 2017:** Hearing Testing with Jack Felix - 9:00am-11:00am in the Clinic - Appointment needed

**Wednesday, April 26, 2017:** Lecture - Cynthia DeFavero from the NCAA - "Medicare Boot Camp" - 10:00am in Room #109

Bristol Prime Eights @ the Calendar House - 1:00pm

**Thursday, April 27, 2017:** Lecture - "Streaming" - 10:00am in Room #109

**Friday, April 28 & Saturday, April 29, 2017:** 2nd Annual Art Festival - 9:00am-12:00pm in the Gymnasium



### COME JOIN THE PHOTO CLUB!

The Photo Club will meet every Tuesday from 8:00-10:00am in Room #101.

The club will be discussing picture taking techniques as well as how to edit photographs.

There is a possibility of photo taking field trips!

Check out the Photo Club!

### SCRABBLE

Join our Volunteer on the third Tuesday of the month at 10:00am in the Card room for a fun and challenging game of Scrabble. The room will be available for Scrabble on the other Tuesdays without supervision. Drop ins are welcome!



LET US *carry*  
YOUR MESSAGE  
TO *Senior*  
THE *Community*

For ad info. call LPI  
1-800-477-4574



### James J. Rybczyk Plumbing & Heating & Air Conditioning, Inc.

James Rybczyk, President

WE SPECIALIZE IN RESIDENTIAL AND COMMERCIAL REPAIR WORK  
860-589-2527

**SAME DAY SERVICE AVAILABLE**

24 HOURS A DAY • FREE -ESTIMATES • FULLY INSURED

CT Master Plumbers License #P1-00203021 CT Heating/Cooling License #SI-00302972  
CT Home Improvement License #0641236 Sheet Metal Contractor SM1 License #5600

NO PROBLEM TOO SMALL - WE HANDLE THEM ALL FROM DRIPPY FAUCET - TO A WHOLE NEW PLUMBING, HEATING & AIR CONDITIONING SYSTEM WATER HEATERS - WATER PUMPS/TANKS - BOILERS



Bristol Chamber of Commerce

**CLIP & SAVE - CALL TODAY: \$30.00 OFF SERVICE CALL**

# FRIENDS OF THE SENIOR CENTER

The next meeting of the Friends of the Senior Center is: **Wednesday, April 19, 2017 10:00am.**  
 All are welcome and encouraged to attend  
**Elected Officers:** President - Ron Zaniewski,  
 Vice-President - Ellie Cote,  
 Secretary - Cathy Duck,  
 Treasurer - Pat Kelly  
**Board Members:**  
 Robert Badal, Terry Barton, Claudine Galitello,  
 Larry Cote, Chris Leigh, Claire Mackey, Lorna  
 Baxter, Dolores Ricker, Beverly Zaniewski,  
 Gertrude Ciccomascola, and Patricia Ward

**The Friends of the Senior Center are  
 now accepting items for their Tag  
 Sale!**

If you have items that you are  
 looking to get rid of but are in good  
 condition, consider donating them to  
 the Friends group.



**Sorry, no electronics.**

**BRISTOL SENIOR TIMES  
 SUBSCRIPTION FORM**

Yes, I want to receive the Bristol Senior Times at home!  
 Enclosed is my \$8.00 check made out to the "Friends of  
 the Bristol Senior Center" to subscribe or continue my  
 subscription. The \$8.00 covers postage for the year.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Send to: Friends of the Bristol Senior Center,  
 240 Stafford Ave., Bristol, CT. 06010

**Application for Friends Membership**

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Enclosed please find my membership fees:

Individual Membership (\$3.00) \$ \_\_\_\_\_

Husband & Wife (\$6.00) \$ \_\_\_\_\_

Willing to Volunteer? \_\_\_\_\_ yes \_\_\_\_\_ no \_\_\_\_\_ later

Send to: Friends of the Senior Center  
 240 Stafford Ave. Bristol, Ct. 06010



**Cognition &  
 Creativity**  
*The Power of Lifelong  
 Learning and the Arts*  
**5th Annual Conference**

**Tuesday, April 18, 2017,  
 Plainville Senior Center**

Registration: 9:30 a.m. Program: 10:00 a.m. – 1:30 p.m.  
 Lunch provided  
 Speakers: Dr. Margarita Reyes, Bristol Hospital  
 Thomas Hayden, Alzheimer's Resource Center  
 Interactive demonstrations and activities. Raffle prizes,  
 give-aways and more!

Please RSVP to Elizabeth Hill at 860-582-9559 x 406 or  
 ehill@uwwestcentralct.org

*West Central Connecticut TRIAD Mission:  
 TRIAD strives to strengthen community partnerships that  
 help to improve the quality of life, health and safety of  
 older residents of Bristol, Plainville and Plymouth/  
 Terryville.*



West Central Connecticut  
 200 Main Street  
 Bristol, CT 06010





# ADVOCATES FOR BRISTOL SENIORS



The next meeting of the Advocates for Bristol Seniors Board of Directors is:  
**Monday, April 10, 2017 in Room #109 at 1:00pm.**  
All are welcome and encouraged to attend!

**Elected Officers:**

- President - Terry Barton**
- Vice-President - Perry Spinelli**
- Secretary - Dolores Ricker**
- Treasurer - Ingrid Gilona**
- Financial Secretary - Christine Leigh**

## Membership Form

### ADVOCATES FOR BRISTOL SENIORS

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Date \_\_\_\_\_

DUES \$2.00 New\_\_\_ Renewal\_\_\_\_\_

240 Stafford Ave., Bristol, CT 06010

Can be dropped off in Senior Center Office



## INDOOR TAG SALE

For the third consecutive year, Advocates for Bristol Seniors is sponsoring its immensely popular indoor tag sale. Featuring at least 40 individual sales, the event will take place on Saturday, April 22, 2017 from 9 a.m. to 1 p.m.

at the Bristol Senior Center, 240 Stafford Ave., Bristol, Ct. Spaces are available for rent at \$20, which includes one six-foot table, and for \$15 when a table is supplied by the vendor.

This program is tailor-made for vendors because it takes place rain, snow or shine. It is especially ideal for those living in rural areas with little traffic to support a single household sale. The event attracts hundreds of buyers, exudes a light-hearted atmosphere and is filled with camaraderie.

The setup is ideal for buyers. Admission is free, and ample parking is free. The tables sport a wide-ranging offering of goods at take-home prices.

The sale hours of 9 a.m. to 1 p.m. are appealing to both buyers and sellers, and to help with the browsing, refreshments will be available in the Senior Center coffee shop. Anyone interested should contact Terry Barton at 860-583-9553



## Southington Care Center "Balance and Fear of Falling" Lecture

An estimated 50% of people over the age of 65 suffer from the "Fear of Falling" (FOF). The consequences of FOF lead to social isolation, restricted activities, eventual loss of muscle strength, and, of course, actual falls. Happily, FOF can be treated and overcome. A therapist from the Southington Care Center will speak on **April 10, 2017 at 2:00pm at the Bristol Senior Center** concerning FOF, balance, and flexibility. The program is sponsored by the Advocates for Bristol Seniors and is free and open to the public. Please reserve a seat by calling **860-584-7895**.



## 2017 BRISTOL COMMUNITY GARDENS

Garden Applications will be taken at the Bristol Senior Center beginning Friday, April 7, 2017 at 9:00 a.m. in the Main office of the Senior Center, 240 Stafford Ave. Bristol, CT. Gardeners can also download an application, rules and regulations on the City of Bristol's website at [www.bristolct.gov/garden](http://www.bristolct.gov/garden) - click on Senior Center on the left hand of the screen then "Community Gardens". Bring in registration and select a plot. Make checks payable to the "Bristol Senior Center".

April 4-7.... **Open to Bristol residents who are returning gardeners**

April 8.....Open to all Bristol residents

Raised Beds plots 1 – 12 4 x 6' \$10.00 (handicap accessible)

Regular Beds plots 1 – 22 16 x 16' \$20.00



**R  
O  
O  
M  
O  
F  
F  
E  
R  
I  
N  
G  
S**

- Dining Room** - Meals Daily, Bingo, Tap, & Special Activities
- Billiards Room** - Men's and Woman's Billiards
- Gymnasium** - Pickle Ball, Exercise Classes, Dances
- Art Room #100** - Quilting, Painting, Jewelry Making, Chair Caning
- Conference Room #101** - Commission on Aging, Knitting, Life Stories
- Woodshop Room #102** - Woodshop Monday through Thursday
- Computer Room #103** - Computer classes
- Ceramics Room #104** - Ceramics, Brush & Palette Club, One Stroke
- TV Room #105** - Cable TV, sitting room
- Card/Game Room #106** - Pinochle, Canasta, Mahjong, Setback, Bridge
- Library Room #107** - Library, Puzzles, Personal Computer Use
- Coffee Shop and Boutique Room #108** - Coffee Shop, Boutique
- Community Room #109** - Lectures, Clubs, Seminars, Movies
- Friends/Advocates Offices Room #111a & b** - Tag Sale
- Health/Dental Clinic** - Health clinics
- Fitness Room** - Cardio and Weight training
- Rec Room** - Wii, Darts, Ping Pong, Board Games, Pinball

**Library Rm #107**  
 Come visit the Library. Build a puzzle, take out a book, watch some TV, use our personal computer, or just relax in a comfortable setting. All books and puzzles are donated.



**RECREATION ROOM:**  
**Wii Bowling** - In our Rec. Room Mon, Wed, & Thurs. 8:30-5:00pm  
 Tues. and Fri. 10:15 - 5:00pm. Play alone or with a partner!  
**Video Exercise**  
 - Tues & Fri 9:15am  
**Ping Pong** - Tuesdays 1:00pm, Table is also open during Wii Bowling



**JOIN THE BILLIARDS PARLOR**  
 Annual dues are \$20.00 for all the pool you can play! Sign up in the Main office!



**CARD ROOM # 106**  
 Daily offerings to include pinochle, bridge, mahjong, canasta, set back and much more. If you have played before and would like to re-learn, we would love to have you join us!



**Silver Fox Fitness Center**  
 Open Daily  
 Yearly Membership fee \$25.00  
 one time Training fee \$15.00  
 Fitness Center Hours  
 Mon- Fri 8:00am - 5:00pm  
 Volunteer Monitors NEEDED!




**SENIOR CENTER COFFEE SHOP**  
 Daily specials – Breakfast sandwiches, Lunch sandwiches, soups, eggs, muffins and more! Monday-Friday 8:30 a.m.-1:00 p.m. Rm #108  
 Volunteers Needed!



**Let's Do Lunch!**  
 Don't forget about our Congregate meals which are served Monday through Friday at the Senior Center. Meals are nutritious and very tasty. The cost of the meals are \$2.50. Please call 860-582-5928 at least 24 hours before to reserve your meal. If you are homebound and would like Meals on Wheels, also call 860-582-5928.



**The Computer Room #103** is open for use and general help on Mondays & Fridays from 10:00am - 12:00pm, and Tuesdays from 2-3pm



**Boutique Rm #108**  
 Seasonal clothing is needed for the boutique. Women's & Men's Clothing, as well as jewelry and accessories. Only donations of clean clothing in good condition will be accepted in the main office.  
 Open Monday - Friday 9-1pm  
 Tuesdays open until 2:30pm. (all proceeds benefit the Senior Center)  
 Volunteer opportunities are available.



**Woodshop Rm #102**  
 The Woodshop is open Monday through Thursday from 8:30-11:00. We are looking for Volunteer Woodshop Supervisors. If you are interested, see Dino in the Woodshop!



**Gymnasium:**  
**Pickleball** - Various days and times. See Page 7.  
**Exercise Classes**  
 Check out our exercise classes daily!  
**Walking Club** weekdays 6:45am  
**Social Dances**- Tues. 1:00pm




**Mondays** - Hearing, Reiki, Balance, or Memory Tests  
**Tuesdays** - Blood Pressure 9-11am, Reflexology 12pm  
**Wednesdays** - Foot Clinic 9am-3pm  
 Social Security Office 9am-12pm  
**Thursdays** - Dental Clinic 8am-3pm  
**Fridays** - Dental Clinic 8am-3pm, Reflexology 9:00am

**PROGRAMS & SERVICES**



**Dial-A-Ride**  
 Sponsored by HRA



\$50.00 per year unless you have the grey card  
**Call (860)589-6968**  
 24 hours notice required for a ride Last pickup at center Mondays at 1:00pm, Tuesdays, Wednesdays, Thursdays and Fridays pickup at 1:00 & 3:00pm.



**AARP MATURE DRIVER COURSE**  
 Room #109

**\$15.00 AARP Members, \$20.00 non members due upon registration**  
**9:00 a.m. – 1:00 p.m.**  
 Get a discount on car Insurance  
 April 7, 2017  
 May 4, 2017  
 Class Size is limited.  
 Register in the Main Office.



**BRISTOL ELDERLY DENTAL CLINIC**  
 Please stop by

the main office of the senior center for an application \$50.00 fee  
**For cleaning and screening (sponsored by the Bristol Burlington Health District)**  
**Open Thursdays and Fridays**



**Assistance & Referral**  
 By Appointment only call **860-584-7895**

Trained CHOICES staff and volunteers are available to assist with Medicare, Supplemental Insurance, Medicare Part D and state assistance programs. **Please note:** (Our staff or volunteers staff are not trained in financial planning or Legal Advice.)

**ADA Paratransit Service**  
**Central Connecticut Regional Planning Agency**

Alternative transportation for disabled seniors & visually impaired adults. Call 860-724-5340 for an application.



**Social Security Satellite Office**  
 Every **Wednesday**



**9:00am - 12:00pm**  
**No Appointment Necessary**



**Reflexology**

Kimberly Stewart - Nationally Certified Reflexologist

Reflexology is a scientific art based on the principle that there are reflex areas in the feet and hands which correspond to all parts of the body. Come and see how this process can help reduce stress and bring about relaxation. **Now two times a month!**  
**Tuesday, April 4, 2017 starting at 12:00pm**  
**Friday, April 21, 2017 starting at 9:00am**  
 \$15.00 for a 20 minute session. **Sign up in the main office or call and make a reservation!**

**FREE HEARING SCREENINGS**



Come and get your hearing checked by Jack Felix, a certified Audioprothologist will be giving hearing screenings from 9:00-12:00pm on **Monday, April 24, 2017.** Please sign up in the office.



**“FREE” BLOOD PRESSURE CLINIC**  
**TUESDAYS 9:00 A.M. – 11:00 A.M.** In the Wellness Clinic  
 Administered by retired nurses on a volunteer basis



**REIKI**

**Karen DeVille R.P.T., E.M.T.** will be giving Reiki Sessions once a month. Reiki is the ancient laying-on of hands healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. Find out more about Karen at [www.karendevillephysicaltherapy.com](http://www.karendevillephysicaltherapy.com)

**Monday, April 3, 2017**  
**Monday, May 1, 2017**  
**Monday, June 5, 2017**

9:00am-1:00pm \$15.00 for a 20 minute session

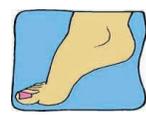
**Sign up in the main office or call 860-584-7895 and make a reservation!**



**SENIOR WELLNESS FOOT CARE CLINIC**

Three WEDNESDAYS a month!  
 March 8, 22, & 29 2017  
 9:00 A.M. - 3:00 P.M.

**Please contact the Senior Center for an appointment at 860-584-7895 Monday thru Friday**  
**\$18.00 Fee for Foot care**



**NEW PROGRAMS**



**Second Annual Art Festival and Open House**

On Friday, April 28, 2017 and Saturday, April 29, 2017 the Bristol Senior Center will be sponsoring an Art Festival and Open House from 9:00am - 12:00pm.

All Bristol Residents and members of the Bristol Senior Center 55 and older are welcome to submit entries in the following Categories: Acrylics, Oils, Watercolors, Ceramics, Photography, Quilts, Jewelry, Needlework, Sculptures and wood creations, and knittables.

Each Artist may submit up to two entries in each category.

Residents are encouraged to attend the Festival and vote for their favorite pieces of art

Bring your family and friends - Awards are People's Choice!

**Pre-Registration is Required!**

**Sign up in the Senior Center Office or call 860-584-7895 to register.**

**AARP Income Tax Preparation**



Every Friday until April 18, 2017. 8:30am - 12:30pm in room #100

Bring all of your tax documents and get help with your taxes free of charge. First come first serve.

**Pastel Art Painting**

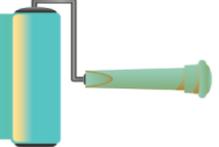


All abilities are welcome. This is a new class that will offer instruction in both charcoal and pastels taught by Eileen Smith.

**Wednesdays from 1:00-3:00pm.**

See the Class Registration on Page 6 for more information

**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**



This Space is Available

**THIS SPACE IS AVAILABLE**

Call LPi at **1.800.477.4574** for more information.

➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

**Susanne Carpenter to place an ad today!**  
scarpenter@4LPi.com or (800) 477-4574 x6348

**HELP PROTECT YOUR FAMILY & HOME**

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.



HOME SECURITY TEAM

**CALL NOW! 1-888-862-6429**



**BOWEN AGENCY, LLC**

**27 Years of Quality Service**

Medicare Plans

Home, Auto & Renters Insurance

**We'd Love to Save You \$\$\$**

26 Center St  
Winsted, CT 06098  
Phone 860-379-2885

257 Main Street, Ste 4  
Torrington, CT 06790  
Phone 860-618-5544

LET US PLACE YOUR AD HERE.

Protecting **Seniors** Nationwide

Medical Alert System



**\$29.95/Mo.** billed quarterly

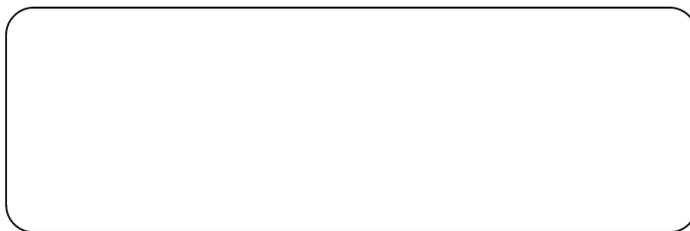
- One Free Month
- Price Guarantee
- No Long-Term Contract
- Easy Self Installation

**Call Today! Toll Free 1.877.801.7772**

Friends of the Bristol Senior Center, Inc.  
240 Stafford Ave.  
Bristol, CT. 06010

Non-Profit Organization  
U.S. Postage Paid  
Permit No. 458  
Bristol, CT.

Return Service Requested



We would like to welcome the following people who recently joined the Bristol Senior Center!

**Sam Alkas**  
**Joan Beatty**  
**Linda Beck**  
**Carl Bomar**

**Carmen Bond**  
**David Boucher**  
**Michele Boucher**  
**Janice Bush**  
**Elaine Chartier**  
**Lois Choquette**  
**William Coffey**  
**Florence Connor**  
**Joseph Cummings**  
**John Dieli**  
**Tammy Gennett**  
**Roger Guimond**  
**Louise Johnson**  
**Michele Joyce**

**Sharon Kazokas**  
**Judy Kirschner**  
**Jan Krampitz**  
**Randall Krampitz**  
**Norman Lacasse**  
**Sheila Lacasse**  
**Nancy LaFlamme**  
**Mary Larsen**  
**Eric Larson**  
**Claudette LeBel**  
**Claudia Lebosada**  
**Joel Lebosada**  
**Richard Lindquist**  
**Huguette Martin**

**Salvatore Mazzarella**  
**Mary McAllister**  
**Donald McAllister**  
**Bernard McCoon**  
**Barbara Miclette**  
**Robert Miclette**  
**Marie O'Brien**  
**Douglas O'Connor**  
**Dorothy Perry**  
**Theresa Pitts-Amico**  
**Thomas Pullen**  
**William Rioux**  
**Charles Schleicher**  
**Jeff Tucker**



**Upcoming Computer Class Opportunity**

**Internet:** Tues. April 4th & Wed. May 5th  
9:30am-11:30am



**SPRING CLASS REGISTRATION**

*Starts Thursday, April 13, 2017*  
*9:00-11:00am in the Gymnasium,*  
*Then resumes Monday, April 17,*  
*2017 weekdays in the office from*  
*8:30am-5:00pm*

**CHESS PLAYERS WANTED**

If you are interested in playing Chess once a week on a day and time to be determined, please give your name to Jason in the office!

