

Charles Rietdyke (Wolcott) Senior Center
211 Nichols Road, Wolcott, CT 06716
APRIL 2017 ACTIVITIES 203 879-8133 FAX 203 879-7605

Come & Join Our Senior Center—FREE Join in the daily activities and bus trips
You DO NOT need to be a Wolcott resident to become a member—**EVERYONE** welcome
*****We are on the website: www.wolcottct.org** under “senior center”

Mon-Thurs 9:00AM-3:30 PM Fri-9:00AM-12:30PM

REMINDER: An Emergency contact Form is needed for every Senior Center Participant. Please fill out a new or update your emergency contact form if any information has changed—address, phone # (cell phone) or contact person

Mon 10:00-10:45 Arthritis /Weight Strengthening Exercises

Mon 12:00-3:30 Mah Jongg

1:30-3:00 Line Dancing

Tues 10:00 Weight Strengthening & Stretching

Exercises w/ Kim Stewart

12:30 Pokeeno

Wed 10:00 Zumba Gold

12:30-3:00 Bingo

Thurs 10:00 Chair Exercises w/ Fitness Fury X Perience

10:00-11:30 Computer Lessons

12:30-2:30 Setback

Fri 10:00-11:30 Knitting

Mon-Fri 9:30-11:30 Setback

11:30-Lunch

Mon. Apr 3 10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for your mind and body

Tues. Apr 4 10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for your mind and body—sponsored by Connecticut Community Foundation

11:00 EFT (tapping) is a combination of ancient Chinese acupuncture and modern Psychology. It is a technique where you tap on 9 areas of the body while repeating phrases. It starts at the karate chop point on the hand and works through the other 8 points (eyebrows side of eyes, under eyes, under nose, under lower lip, at the breast bone, under the arm at the bra line & top of the head). It is very simple but effective in relieving pain, fears, anxiety etc. Sign up at the center

Wed. Apr 5 10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance moves that can be done either standing or in a chair—Sponsored by Connecticut Community Foundation

4:30-6:30 PM “Senior Prom”—Wolcott High School Community Club to sponsor this Black Tie Hollywood Event! Food by WHS Culinary Dept., Music by WHS Jazz Band, Dancing & Games--\$5.00 per senior—Please RSVP by Fr. Mar 17

- Thurs. Apr 6** **9:00-10:--Senior Breakfast—Bacon, Egg & Cheese on a Toasted Roll w/ Fruit Beverages--\$2.00 pp—Call for reservations**
- 10:00 Chair Exercises & Weight Strengthening w/ Lissette from Fitness Fury sponsored by Connecticut Community foundation**
- 11:00 Bus leaves for lunch at the Great Taste of Chinese—Sign up for the bus**
- Fri. Apr 7** **9:00 Bus leaves for The Christmas Tree Shop—Sign up for the bus**
- 11:30 Lunch Special—Cheese Pizza w/ Salad & Dessert--\$3.00 pp**
- Mon. Apr 10** **10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for your mind and body**
- Tues. Apr. 11** **9:00 Bus leaves for shopping at Tanger’s Outlets—Sign up for the bus**
- 10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for your mind and body—sponsored by Connecticut Community Foundation**
- 11:00 “Jeopardy”—sponsored by Home Helpers—come and compete for prizes Sign up at the senior center**
- Wed. Apr 12** **8:00 Bus leaves for shopping on Arthur Ave—Visit the Italian Markets and Dine in the famous Italian Restaurants! Sign up for the bus**
- 9:00-10:00 Senior Breakfast—Sausage, Egg & Cheese on a Toasted Roll w/ Fruit & Beverages--\$2.00 pp—Call for reservations**
- 10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance moves that can be done either standing or in a chair—Sponsored by Connecticut Community Foundation**
- Thurs. Apr 13** **10:00 Chair Exercises & Weight Strengthening w/ Lissette from Fitness Fury sponsored by Connecticut Community foundation**
- 11:00 Easter Brunch—Scrambled Eggs, Pancakes w/ strawberries & Whipped Topping, Sausage,, Bacon, Turkey Breast w/ gravy, Oven Potatoes, Sliced Fruit, Dessert & Beverages--\$7.00 pp—pay by Tues. Apr 11**
- Fri. Apr 14** **CLOSED FOR GOOD FRIDAY**
- Mon. Apr 17** **9:00 Bus leaves for shopping at Boscov’s—Sign up for the bus**
- 10:00 Chair Exercises & Weight Strengthening w/ Lissette from Fitness Fury**
- Tues. Apr 18** **7:30 Bus leaves for Foxwoods Casino—sponsored by the Wolcott Senior Association—call Cheryl at 203-879-3257**
- 10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for your mind and body—sponsored by Connecticut Community Foundation**
- 11:30-3:00 Foot Reflexology w/ Kim--\$20.00 pp for 20 minutes of relaxation! Sign up every half hour at the senior center**

- Wed. Apr 19** **10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance moves that can be done either standing or in a chair—Sponsored by Connecticut Community Foundation**
- Thurs. Apr 20** **10:00 Chair Exercises & Weight Strengthening w/ Lissette from Fitness Fury sponsored by Connecticut Community foundation**
- 11:00 “Elder Care Planning” with Attorney Amy Orlando—Looking to the long term is wise, it’s tough to make decisions in a crisis situation. Sit with Attorney Amy Orlando as she discusses the future of aging services in CT. Funding sources you should know about and how to navigate the health care system with confidence. Attorney Amy Orlando practices in the areas of elder law, special needs, estate planning, estate administration and taxation. She is also an accredited Attorney and Federal Fiduciary with the Veteran’s Administration. Sign up to attend at the senior center or call 203-879-8133**
- Fri. Apr 21** **9:00-10:00 Senior Breakfast—Blueberry Pancakes w/ Bacon & Fruit--\$2.00 pp**
Call for reservations
- 10:45 Bus leaves for lunch at the Chowder Pot in Branford—Sign up for the bus**
- 11:30 Lunch Special—Soup & Sandwich w/ Chips & Dessert--\$3.00 pp**
- Mon. Apr 24** **10:00 Chair Exercises & Weight Strengthening w/ Lissette from Fitness Fury**
- Tues. Apr 25** **9:00-10:00 Senior Breakfast—Belgium Waffles w/ Bacon, Fruit & Beverages \$2.00 pp—Call for reservations**
- 10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for your mind and body—sponsored by Connecticut Community Foundation**
- 11:00 Bus leaves for lunch at the Blue Colony Diner—Sign up for the bus**
- Wed. Apr 26** **10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance moves that can be done either standing or in a chair—Sponsored by Connecticut Community Foundation**
- 10:00 Bus leaves for Hubbard Park to see the daffodils & feed the ducks**
Lunch to follow at Slice of the Bronx-10% discount for seniors
- Thurs. Apr 27** **10:00 Chair Exercises & Weight Strengthening w/ Lissette from Fitness Fury sponsored by Connecticut Community foundation**
- 5:15 PM Bus leaves for Circus Xtreme at XL Center--\$18.00 pp**
Pizza, Salad, Dessert & Beverages will be offered at the senior center at 4:15
\$5.00 pp--Call for reservations
- Fri. Apr 28** **11:30 Lunch Special—Cheese Pizza w/ Salad & Dessert--\$3.00 pp**