



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,

Berlin, CT 06037

Phone # (860) 828-7006

Fax: (860) 828-7116

Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle

Ass't Director... Sami Wnek, CTRS

Staff.....Beth Hrubiec,

Donna Gianoni, Mary Ellen Dinda,

Kathy Moss

Drivers Joe LaVallee

Tom Chesery, Tom Zigmont & Ed

Alicea

Hours

Monday..... 8:30am-4:00pm

Tuesday8:30am-4:00pm

Wednesday 8:30am-4:00pm

Thursday..... 8:30am-4:00pm

Friday 8:30am-4:00pm

Membership (Ages 60+)

Resident: No Cost

Non-Resident: \$48 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson

JoAnn Stetson-Com. Secretary

Ann Gamelin

Roger Moss

Gerri Russell

Arlene Greco

BERLIN SENIOR CENTER LINES

October 2025

Greetings from the Director,

Happy Autumn! There's nothing quite like fall in New England — crisp air, cozy sweaters, and of course, those stunning leaves just beginning to show their vibrant colors. I encourage everyone to take some time to enjoy the season — whether it's a walk in the park or a scenic drive, this is truly the best time to experience our beautiful town.

As we head into the fall season, here are a few important reminders:

Absentee Ballots: If you need an absentee ballot for the upcoming election, you can request one through the **Town Clerk's Office**. You'll receive an application that must be completed and returned before a ballot can be mailed to you. If you have any questions, don't hesitate to call the Clerk's Office at **860-828-7036**.

Flu Clinics: The Central Connecticut Health District (CCHD) strongly encourages all residents to get their annual flu shot. This year's Flu Clinics for Berlin residents will be held indoors at the **Berlin Senior Center: Wednesday, October 15th | 2:00 PM – 6:00 PM and Thursday, October 16th | 10:00 AM – 2:00 PM**

Please note: There will be **no drive-through clinic** this year, and **appointments are required**. You can schedule your appointment through the CCHD Vaccine Portal: **Flu Clinics 2025 — Central Connecticut Health District** or call **860-785-8380 ext. 216**. Be sure to bring your **insurance card and photo ID** to the clinic.

Wishing everyone a safe, healthy, and happy fall season!

Tina



Transportation

Who Can Ride:

Berlin residents **60+** or individuals with a **disability (18+)**. Buses operate **Monday–Friday, 8:30 AM–3PM**. Vehicles are **wheelchair accessible** and operate curb-to-curb. Riders needing assistance beyond the curb must bring a companion. Drivers may refuse service if safety is at risk.

Mobility Devices:

All devices must be securely fastened. Scooter users must transfer to a bus seat.

Non-curb exceptions may be approved by the Director.

RESERVATIONS & RIDER GUIDELINES:

- **1 ride per person per day** to/from one location
- **Call by 10 AM the day before** to reserve.
- **Return ride calls must be made by 3:00 PM.**
- **Medical rides require 2 business days' notice.** Have doctor's name, address & appointment time ready.
- **Reservation Hours:** 8:30 AM–3:00 PM. *No voicemail reservations accepted.*
- **Be ready 1 hour before pickup.**
- **Call early to cancel—don't wait until the driver arrives at your home.**

REGULAR TRANSPORTATION AVAILABLE FOR: Groceries • Pharmacies • Post Office • Town Buildings • Hair/Nail Salons • Local Specialty Shopping

WEEKLY BUS SCHEDULE

MONDAY & WEDNESDAY

Stop & Shop – 9:00 AM & 11:00 AM

3rd Wed: Specialty Shopping – 12:30 PM

All other errands – 9:00 AM–2:00 PM

TUESDAY

ShopRite (Cromwell) – 9:00 AM & 12:00 PM

Other errands – 9:00 AM–2:00 PM

THURSDAY (Last Thursday of Month)

Kohl's – 1:30 PM

FRIDAY

Ocean State Job Lot – 10:00 AM

Walmart – 1:30 PM

Foodshare – 12:00 PM (alternates weeks)

Other errands – 9:00 AM–2:00 PM

For Return Rides call 860-250-0510. Last call for a ride home must be by 3 PM.

DIALYSIS & MEDICAL PROCEDURES ~We **DO NOT** provide transportation for **medical procedures/dialysis.**

GRANT-FUNDED VEHICLE ~The Town of Berlin was awarded a **Section 5310 grant** (CTDOT & FTA) to purchase a new wheelchair-accessible bus. The program is **80% federally funded** with a **20% local match**, ensuring continued transportation access for seniors and individuals with disabilities.

MOBILE FOODSHARE Fridays, Sept 12 & 26 at 11:00 AM Sacred Heart Church – 48 Cottage St., East Berlin. Bus transportation available – *No ID or paperwork required.*

Services

Footcare Program (By Appointment Only) ~ The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, Carol Raza, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics**. Call the senior center at 860-828-7006 to schedule your appointment. **This month's program is scheduled for Wednesday, October 8th.**

Ladies' Free Manicures ~ Wednesday, October 8th from 9:30- 12:30pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins.

Catholic Charities Counseling Services ~ Come meet our new Catholic Charities Outreach Worker, Maria Torres on **Wed, Oct. 8th at 9am**. If you find yourself needing some extra support, or someone to talk to, then make an appointment at 860-757-0845 with Maria Albino Torres- Outreach and Support Worker with Catholic Charities. This is a free service.

Blood Pressure Screenings ~ The Berlin VNA will hold **FREE** Blood Pressure Screenings every Tuesday from 10:30-11:30 AM in the Health Room. No appointment necessary.

Berlin Police Dept Senior Center Hours ~Thursday, Oct. 9^h from 9-11am - Officer Musanti joins us once a month to meet and talk with folks. Stop in and say hello. No sign up necessary.



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General Information



The Office of the Healthcare Advocate (OHA)

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders. **Toll-free number: 1-866-466-4446 Email: Healthcare.advocate@ct.gov**

CT State Parks and Forests Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly**. It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

Consumer Law Project For Elders is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9:00 AM to 9:00 PM.

Senior Transportation Services, Inc. (STS) The mission of STS is to assist residents of Berlin, Meriden, New Britain, Plainville, Southington and Wallingford, ages 50 and over, to live independently in their own homes. STS volunteer drivers use their own vehicles to provide curb to curb, safe, reliable and economical medical transportation to out of town appointments, pharmacy and care facilities to visit loved ones. This allows our clients to age in place without being homebound. Visit www.seniorrides.org or call 860-224-7117 to sign up. There is a 10 day notice to book all appointments not including weekends or holidays.

Energy Assistance Program ~ New Opportunities of Greater Meriden (NOGM) is now taking Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included. Please call NOGM automated system at 203-235-0278 to set up a telephone intake interview. Clients must provide the following: **Income:** Current -SSA/SSI/SSDI-budget letter for Year 2025 (Bank statement- **ONLY** if you have direct deposit).
-**Pension**- we need the 1099 form or a copy of the check (Bank statement not required). Pension is taxable and we need the gross income.
-**Paystubs**- if employed (weekly pay)- last four (if bi-weekly) last two
-**Gas and Electric bill** -(electric bill is required for all clients regardless of heating source)

Open Enrollment for Medicare D ~ **Starts October 15th ~Deadline: December 7th** ~Any clients – new or returning who wishes to be screened should call Robin Evans, Town Social Worker, 828-7059, or Jaymee Miller, Director, Community Services 828-7007 or Tina Doyle, Sr. Ctr Director, 828-7006. All three of these ladies are CHOICES counselors.

Shred It Event ~ Friday, October 24th, 2025 8:30am—11:30am Berlin Senior Center, 33 Colonial Drive, Berlin. **FREE for Berlin Seniors ONLY! 3 Box Maximum, No Businesses.**

Senior Center Activities & Event

Please sign up for the following programs at the front desk or by calling 860-828-7006:
Sign up begins Wednesday, October 1st.

Medicare Lunch & Learn : Tuesday October 7th at Noon ~ The Medicare annual enrollment period is fast approaching. Join Ashley Anton from A. Taylor Insurance Agency LLC for an educational program on the importance of reviewing your coverage. Lunch will be provided.

Book Club– Wednesday, October 8th at 1:30pm ~ This month's book is "Behold the Dreamers" by Imbolo Mbue and copies are available at the Berlin Peck Memorial Library. The group will meet at the Senior Center in our library. Looking forward to discussing some of our favorite books! No sign up required. The Library Director Carrie Tyska will be leading the group.

Carousel Museum Presents: Ghosts of Amusement Parks Past -Tuesday, October 14th at 1pm ~Today, less than 200 historic wooden carousels operate across the United States. But what about the countless carousels and amusement parks that once brought joy to thousands during the peak of American carousel history? Ghosts of Amusement Parks Past unveils the stories of these closed parks and carousels, some with mysterious endings. Do remnants still exist? Are you brave enough to uncover the truth?

Meet the Candidates: Friday October 17th at 1:00pm ~ Come and listen to the candidates that are running for public office in Berlin. Each candidate will be allowed to speak for 5 minutes with a Question and Answer period at the end.

Fraud Prevention w/ Carol from Bank of America– Tuesday, October 21st at 1pm ~ Carol from Bank of America will be reviewing the current scams that are targeted at older adults to help prevent us from becoming victims of identity theft and other financial exploitation

10 Warning Signs of Parkinson's Wednesday, Oct. 22nd At 1pm It can be hard to tell if you or someone you know has Parkinson's disease. (PD) PD is a neurodegenerative disorder that predominately affects dopamine-producing neurons in a specific area of the brain. Symptoms generally develop slowly over the years. Join this class to learn more about the 10 warning signs and next steps. The speaker will be Patty O'Brian, Dementia Specialist, Hartford Healthcare Center for Healthy Aging and Parkinson's Foundation Ambassador.

CFA Fall Social ~Thursday, October 23rd at 4:00PM

Come celebrate with our Commission for Aging at our Annual Fall Social on Thursday, Oct 23rd at 4:00PM. We start the evening with the music of Tre Johnson. After this wonderful musical performance a delicious dinner will be served. The Social is limited to 100 people. You may sign up for yourself and one other person. Transportation will be provided for this evening program. Please call the Center to make bus reservation. Sponsored by the Berlin Commission for the Aging

Signs & Symptoms of Dementia Presentation: Tuesday, October 28th at 1:00 ~ Join Oasis Senior Advisors' Mary Klatt, CDP, for an informative discussion on the early warning signs of dementia, how they differ from normal aging, and what to do if you're concerned. She will cover common symptoms (memory, language, judgment, behavior), when to speak with a doctor, and simple ways to document changes. The session will also include practical resources and time for Q&A.

This is ideal for families, caregivers, and professionals.

Senior Center Activities & Event

Please sign up for the following programs at the front desk or by calling 860-828-7006:

Oil Painting with Brianna Colbath: Wednesday, October 29th at 1pm ~ Each participant will complete an oil color painting under the instruction of West Hartford Artist Brianna Colbath who has over 20 years experience painting and teaching locally. Limit of 12 students per class. All supplies will be provided. Registration required.

Halloween Bingo, Thursday, October 30th at 1:00PM ~ Come and celebrate Halloween at Bingo. Wear a costume and be entered to win a prize! Halloween treats will be given out at break. Our regularly scheduled games will be played. No sign up necessary. Sponsored by Bradley Home.

Halloween Parade with Kensington Preschool: Friday, October 31st at 9:15am ~ We will have some very special guests during our regular coffee hour– the little ghouls and goblins from Kensington Nursery School will walk through the Senior Center in their Halloween Costumes. No need to bring candy to hand out. The Center will make sure each child gets a goody bag.

Lunch Bunch: October 31st Each month we organizes a “lunch bunch” trip with transportation provided by the senior center bus. Participants pay \$1 for their ride plus the cost of their own meal. This month’s trip will be to on October 31st at 11:30 am. **Sign up begins on Wed, October 15th at 9am** in person. You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 15th. If you went on last month’s trip you will need to wait until 12 noon to sign up.

COMING SOON:

Indoor Pickle Ball Returning in October 6th at Vale Co-Op located at 510 4 Rod Rd in Berlin~ Sign up by scanning the QR code on the flyer posted on our bulletin Board, walk-in or email Ed@valesc.com for more information.

Diabetes Prevention Program -Sign up now– Space Limited to 10 participants

12 week course Fridays from 1-2:30 from November 7th to February 6th in the Craft Room

(No class November 28th or December 26th)~This free course will focus on individuals who want to decrease their risk for diabetes and chronic illness OR those who have already been diagnosed with diabetes and wish to improve their health and wellbeing to avoid complications of uncontrolled disease. This class is sponsored by the Friends of the Berlin VNA in partnership with the Central CT Health District.

Bus Trip to Nelson Hall at Elim Park in Cheshire for Bruce Springsteen Tribute Show

Friday November 7th at 2pm. The cost is \$41/person and is payable by cash or check made out to Berlin Senior Center and is due at time of sign up. We have 12 spots available.

We will **meet at the Senior Center at 1:00 pm** and take the bus together. Sign up is now open ends on Friday, October 31st. There will be no refunds for cancellations unless you find your own replacement.

Rummikub Drop In ~ We are looking to start a weekly drop-in for this classic tile-based game. If you are interested contact Sami at 860-828-7051 so we can coordinate a time and place to meet and play.

Coming in January: Tai Ji Quan: Moving for Better Balance (TJQ:MBB) is an evidence based therapeutic movement program which helps participants improve balance, mobility and daily functioning and prevent falls. Participants meet twice a week for one hour for 24 weeks. The program was developed by Fuzhong Li, PhD., a Senior Scientist at Oregon Research Institute. Our class will start on Monday, January 5th and will meet on Mondays AND Wednesdays from 2-3:00pm and will be taught by Ken Zaborowski. We have spots for 15 participants but you need to **pre-register by Monday,**

December 15th. The class will be free to thanks to a grant from Connecticut Community Care.

Weekly Classes

Daily Coffee Hour Join us for informal “coffee hour” available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a fresh cup of coffee and/or tea as well as complimentary pastry. So drop by and chat with “old friends” and make new ones!

Intermediate Cardio Drumming ~

Mondays and Wednesdays from 10-10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no prior experience, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY at 9:45 AM

This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. Please check with your doctor before participating in any exercise regimen. **Cost: \$4.00 per class. Instructors are Vicki Griswold and Lorraine Jurgilewicz.**

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM –11:00AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear



Drop Ins

SENIOR POKER DROP IN—Every Monday at 10:00AM. Must have basic knowledge of poker.

SCRABBLE DROP IN – Every Monday at 11:00AM. All level of players are welcome.

Po Ke No DROP IN—Every Tuesday afternoon at 12:45PM.

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

CRIBBAGE DROP IN - Every Wednesday at 1:00 PM. All level of players are welcome.

CANASTA—Every Wednesday afternoon at 1:00 PM. All levels of players are welcome.

COLORING for STRESS RELIEF ~ Every Wednesdays at 1:00PM We will supply the coloring sheets and colored pencils.

SWEDISH WEAVING—Every Thursday @ 9:30AM. This craft is also known as “huck” weaving. Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

BINGO—Every Thursday @ 1:30PM. Cost is \$1 for the first card and 50 cents for each additional card.

Special Bingo ~ Special Bingo ~1:30PM

Thursday, October 9th~ Ledgecrest Convalescent will be sponsoring this special bingo A special refreshment will be served. Our regularly scheduled games will be played.

Thursday, October 23rd~Brightstar will be sponsoring this special bingo. Thao from Brightstar Care will call. Refreshments & prizes.

Thursday, October 30th~ Halloween Bingo sponsored by the Bradley Home. **No sign up is necessary.**

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 12:45 PM to join us for some “interactive” bowling in our multi-purpose room. It's fun and it's easy exercise. Stop in and check it out. If you are interested in joining the Friday group and

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Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Wednesday - Friday at Noon. A suggested donation of \$3.00 per person is requested. To order a meal please call Doretha at 860-921-4320 or sign up in-person at the kiosk at least 3 business days before by 10 am. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

RW Solutions Senior Community Café



Café

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Ribette Buttered Noodles Broccoli Wheat Bread Pears	2 Vegetable Barley Soup Unsalted Crackers Pot Roast with LS Gravy Baked Potato Meadow Blend Veggies Rye Bread Brownie	3 Shepard's Pie Carrots Multigrain Bread Orange
6 Chicken Parmesan Ziti with Tomato Sauce Broccoli Garlic Bread Applesauce	7 Taco Mix Yellow Rice Salsa and Sour Cream Shredded Lettuce Shredded Cheese Tortilla Chips Pineapple	8 Jumbo Ravioli with Florentine Sauce Brussel Sprouts Multigrain Bread Birthday Cake	9 Chicken Divan Red Bliss Potatoes Summer Blend Veggies Wheat Bread Mandarins	10 Breaded Pork Chop with Country Gravy Corn and Black Beans Spinach and Kale Corn Bread Watermelon
	14 Southern Chicken Stew Meadow Blend Veggies Biscuit Cookies	15 Fish Filet with Dill Sauce Rice Florentine Peas and Carrots Oatnut Bread Clementine	16 Sausage and Cheese Egg Bake Tater Tots Broccoli with Red Pepper Whole Wheat Bread Banana	17 Cobb Salad with Diced Chicken, Egg, Cheese and Bacon Beets Ranch Dressing Pineapple
20 Grilled Chicken Breast with Marsala Sauce Buttered Ziti Italian Blend Veggies Garlic Bread Peaches	21 American Chop Suey Zucchini Italian Bread Mango Pineapple	22 Meatloaf with LS Gravy Mashed Potatoes Green Beans Whole Wheat Bread Pudding	23 Orange Juice Omelet with Mushrooms Turkey Bacon French Toast Sticks Spinach Jell-O	24 Escarole Bean Soup Unsalted Crackers Fish Fillet Confetti Rice California Blend Veggie Wheat Roll Apple
27 Hamburger Baked Beans Mixed Veggies Hamburger Bun Cookies	28 Chicken Strips with Honey Mustard Sauce Sesame Noodles Asian Blend Veggies Hawaiian Roll Mandarins	29 Gyro with Tzatziki Sauce Tomato and Onion Tater Tots Cucumber Dill Salad Pita Cinnamon Rice Pudding	30 Chili Brown Rice Cauliflower Shredded Cheese Cornbread Applesauce	31 Squirming Spaghetti with Monstrous Meatballs Haunting Italian Vegetables Dastardly Dinner Roll Chilling Apple

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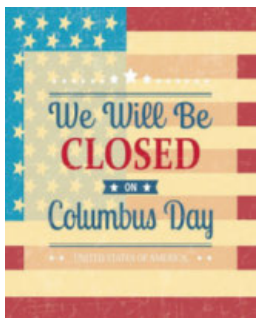
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OCTOBER 2025

Events

		<p>1 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Canasta</p>	<p>2 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club: Walnut Hill 12pm Lunch 1:30pm Bingo</p>	<p>3 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>6 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge</p>	<p>7 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 12:00 Medicare Lunch and Learn</p>	<p>8 8:30am Coffee Hr 9:30am Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 10:00am Catholic Charities 12pm Lunch 1pm Canasta 1pm Sewing Club Footcare-by appt 1:30 Book Club</p>	<p>9 8:30am Coffee Hr 9-11 BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club: Timberlin 12pm Lunch 1:30pm Special Bingo</p>	<p>10 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>13 Columbus Day</p> 	<p>14 8:30am Coffee 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Carousel Museum Presents: Ghosts of Amusement Parks Past</p>	<p>15 8:30am Coffee 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 2-6 pm Flu Clinic</p>	<p>16 8:30 am Coffee 9:30am Swedish Weaving-IN CRAFT ROOM TODAY <u>NO EXERCISE</u> 10:00 Walking Club: Pistol Creek 10-2 pm Flu Clinic 12pm Lunch NO Bingo</p>	<p>17 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch <u>NO Wii Bowl</u> 1:00 Meet the Candidates 1:30 pm Walmart</p>
<p>20 8:30am Coffee 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge</p>	<p>21 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Fraud Prevention w/ Carol from Bank of America</p>	<p>22 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00pm 10 Warning Signs of Parkinson's</p>	<p>23 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise NO WALKING CLUB 12pm Lunch 1:30pm Bingo CFA Fall Social~ 4-5 pm Music 5:00pm-Dinner</p>	<p>24 8:30am Coffee Hr 8:30-11:30am Shred It Event 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>27 8:30am Coffee 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge</p>	<p>28 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Signs & Symptoms of Dementia Pres</p>	<p>29 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Oil Painting w/ Brianna Colbath</p>	<p>30 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise NO Walking Club 12pm Lunch 1:30pm Halloween Bingo sponsored by Bradley Home</p>	<p>31 8:30am Coffee Hr 9:15am KNS Halloween Parade 9:30am Yoga 10am Ocean State 11:30am Lunch Bunch-Elaine's, Newington 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>