



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, Ed Alicea & Mark
Wnuk

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

February 2026

Greetings from the Director,

February is a special month—it's *American Heart Month* and also the month of Valentine's Day, so it's the perfect time to take good care of our hearts. Let's all remember to keep spreading kindness, compassion, and love to one another. February also means a visit from our famous friend, **Punxsutawney Phil**! Fingers crossed he sees his shadow and brings us an early spring.

I'd also like to remind everyone that the **free AARP Tax Aide program** will begin on **Thursday, February 5th**. If you would like assistance with your taxes, please call the center at **860-828-7006** to schedule an appointment. Appointments will be available on **Thursdays from February 5th through April 9th, from 9:00 a.m. to 2:30 p.m.**, by appointment only.

With flu season upon us, I kindly ask that you please stay home if you are feeling sick. The flu virus goes wherever you go when you're infected, so staying home helps protect everyone. Be sure to check with your healthcare provider when needed.

"The one thing we can never get enough of is love. And the one thing we never give enough is love." — **Henry Miller**

"There are never enough I love you's." — **Lenny Bruce**

Tina

HAPPY
VALENTINE'S
DAY



Transportation

Who Can Ride: Berlin residents **60+** or individuals with a **disability (18+)**. Buses operate **Monday–Friday, 8:30–3 PM**. 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**
- **All Rides are first come first serve but medical appointments take priority**

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 – 11:00 AM (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, Feb. 13th & 27th at 11:00 AM at 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, February 11th.

Ladies' Free Manicures ~ Wednesday, February 11th 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 ~ Wednesdays at 10am. 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.

Energy Assistance Program ~ New Opportunities of Greater Meriden is taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included. Please call New Opportunities of Greater Meriden at 203-639-5060 ext 403 or 410 to set up your appointment.

Berlin Police Dept. Senior Center Hours ~Thurs Feb 19th from 9-11am. Officer Maegan Musanti joins us once a month to meet and talk. Stop in and say hello! No sign up needed.



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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 AM to 9 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.



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.



Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.

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.

Tai Ji Quan: For those that pre-registered. Meets on Mondays at 2pm and Wednesdays at 2:30 pm from January-June. This class is available thanks to a grant from Connecticut Community Care.

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 comfortable clothing and bring a mat or rug.

Drop Ins

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

Rummikub-Tuesdays at 10am ~ Drop in at 10am in the game room to enjoy this classic tile based game. Experience is helpful but not required.

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.

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

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.

Valentine’s Bingo ~ Thursday, February 12th at 1:30 sponsored by Laura Bates from the Bradley Home. **No sign up is necessary.**

Special Bingo ~ Thursday, February 19th at 1:30 PM Ledgecrest Convalescent will be sponsoring this special bingo A special refreshment will be served. Our regularly scheduled games will be played. **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 have any questions please contact Tina or Sami.



Senior Center Activities & Events

Please sign up for the following programs at the front desk or call 860-828-7006

AARP Tax Aide ~ starting February 5th and running through April 9th Once again the volunteers from AARP Tax aide will be here on Thursdays with appointments available between 9am-2:30pm They are offering their services free of charge. You may sign up at the front desk or by calling 860-828-7006. If you sign up by phone please note that you will need to have someone pick up your tax packet ahead of your appointment so that you will be sure to have all required paperwork with you at the time of your appointment.

New Britain Art Museum Bus Trip– Norman Rockwell: from Camera to Canvas ~ Tuesday, February 10th at 10:00 a.m. We have 12 spots available on our bus for this fun and educational program. Trip includes private guided tour of the Norman Rockwell exhibit and admission following the tour to explore the museum on your own. We will **meet at the Senior Center at 10am.** Our tour begins at 10:30 and the bus will be picking us up at 1pm. **This trip is sponsored by the Myrna Pauloz Berlin Senior Center Fund.**

Felt Flowers Valentine's Craft with Lisa ~ Tuesday Feb 10th at 1pm – Local Artist, Lisa Salamon will be teaching us how to make bright cheerful felt flowers in time for Valentines day to be used in cards and crafts. All supplies provided. Limit 12 ~ Registration Required.

Preventing Heart Attacks - What You Need to Know ~ Wednesday, February 11th at 1pm. February is Heart Health Month so we will be having Jennifer Perri MD/MBA, Saint Francis Hospital Cardiac surgeon speak about the warning signs of heart disease and the steps to take to prevent a heart attack. 80% of heart attacks are preventable. The saying knowledge is power applies in this situation. Regarding treatment when surgery is indicated, Dr. Perri will advise on how to make an educated choice when stents or heart surgery is recommended. This is an invaluable opportunity to hear from a heart surgeon first-hand before an adverse medical event happens. Dr Perri is a graduate of Princeton University and Columbia P&S Medical School. Sign up Required.

Valentine's Bingo ~ Thursday, February 12th at 1:30pm sponsored by Laura Bates from the Bradley Home. Our special bingo caller is Allie LaRoche, from Berlin Parks & Recreation. Feel free to wear red or pink in honor of the Valentine's Day. **No sign up is necessary.**

Coffee Hour with Town Manager, Ryan Curley ~ Friday, February 13th at 8:30am Join us for our regular coffee hour with special guest, Town Manager, Ryan Curley. Ryan will likely be arriving around 9am. Come have a casual conversation about what's going on in town or just socialize and get to know Ryan better. No need to sign up. Just stop in.

Valentine Craft with Euro– American Homecare: Friday, February 13th at 1pm ~ Join Beata from Euro – American Homecare as they leads us through a fun Valentine craft. Sign up required. Limit of 15 participants. All materials will be provided.

Art History and the Moore Farm and Stonehouse ~ Tuesday, February 17th at 1pm Berlin resident Nelson Augustus Moore (1824-1902) was a 19th-century landscape painter of great talent whose house at 940 High Road, which he designed and built during the Civil War, is an architectural gem in near-pristine condition. Many of Moore's paintings depict the beauty of the Kensington landscape and speak to his fear that industrialism and development might overtake our town. The longtime, out-of-state owner of the house and the 27 adjoining acres of farmland and woods has finally agreed to sell the property. The Trust for Public Land, the Berlin Land Trust, the Berlin Town Council, and many residents have stepped up with donations to help make this happen. John Loughery, author of eight books (one a finalist for a Pulitzer Prize in Biography) and a director of the Berlin Land Trust, will speak about Moore's life and art and the current efforts to acquire and preserve this remarkable house and open space land on High Road. Seats Limited. Register today!

Senior Center Activities & Events Cont'd

Please sign up for the following programs at the front desk or call 860-828-7006

Mardi Gras Party ~ Wednesday, February 18th at 1pm. Let the good times roll with a Mardi Gras party that brings the energy of New Orleans straight to the Senior Center. Our musical entertainment, "A touch of Jazz" features Vincent Cassotta-the founder and owner who as an accomplished lead and jazz trumpet player. He toured nationally with The Glenn Miller Orchestra. Vin has also performed with Frank Sinatra, The Manhattan Transfer, Phil Woods, Dave McKenna, Ella Fitzgerald, Sergio Franchi, The Four Tops, Sammy Davis Junior, Andy Williams, The Jimmy Dorsey Orchestra, The Tommy Dorsey Orchestra and Frankie Val. This is a free event. Sign up today!

Frozen Sneak Peek -Tuesday, February 24th at 1pm. ~ Berlin High School's Upbeat Program and the music and theater Arts department will come to the senior center and provide a musical performance from their upcoming show, Frozen. Light refreshments will be served. Sign up required.

Mindfulness with Mary Klatt from Oasis: Wednesday, February 25th at 1:00pm

Mindfulness is the practice of focusing your attention on the present moment, acknowledging your thoughts, surroundings, and feelings with non-judgement. Join Mary Klatt as she gives us an overview of mindfulness and teaches us some techniques such as breathing exercises and guided imagery to reduce stress and manage our emotions. Sign up required.

Quilter's Raffle– featuring a handcrafted 45x58 inch quilt and a double insulated "Quilter's Knowledge" coffee mug. Raffle Tickets are \$1 each or 6 for \$5. You can buy them at the reception desk. The drawing will be held on **Thursday, February 26th** at bingo. Good luck!! Thank you Kathy Jedd for the donation of the quilt.

Helping the Next Generation: Friday February 27th at 10am ~ Stacey DelGiorno, Speech Language Pathologist at Berlin High School will be bringing a group of students here to the center to run an activity with our seniors. Its been proven that when older adults interact with younger individuals it is mutually beneficial. This group of students will be planning, and implementing a program by themselves. No matter what our age, humans can always find common ground and we can do great things together. Space is limited. Sign up required.

Diabetes Prevention Program (Rescheduled from November) -Sign up now- Space Limited to 10 participants 12 week course Fridays from 1-2:30 from March 20th to June 12th in the Craft Room. 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 funded by the Friends of the Berlin VNA in partnership with the Central CT Health District and Senior Center.

St Patty's Show with Pierce Campbell: Tuesday, March 3rd at 1pm ~ Because it is so early in the month of March, sign up is now open for this fun filled Irish music show. If you've never seen Pierce perform live, it is a fun interactive show sure to get your toes tapping and it'll be sure to put a smile on your face and a song in your heart! Be sure to reserve your spot today!

Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	e	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	r	o	w	r
n	r	i	r	o	s	e	s	p	x	i
t	o	h	s	d	r	d	e	i	r	e
i	s	u	h	s	p	i	n	n	h	n
n	r	g	a	r	e	l	l	k	t	d
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s	w	e	e	r	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

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Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Monday - Friday at Noon. A suggested donation of \$3.00 per person is requested. To order a meal please call 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

February, 2026

1% milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00-\$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 American Chop Suey Green Beans Light White Bread Cookies	3 Fish Filet Corn Pepper Salad Spinach Wheat Bread Fruit Cup	4 Minestrone Soup Unsalted Crackers Diced Chicken Alfredo Buttered Egg Noodles Broccoli Dinner Roll Mandarins	5 Pork Riblet Mashed Sweet Potato Cauliflower Oatnut Bread Pineapple Mango Mix	6 Meatloaf with LS Gravy Red Bliss Potato Brussel Sprouts Dinner Roll Cookies
9 Diced Grilled Chicken Confetti Rice Peppers and Onions Light White Bread Tropical Fruit	10 Hamburger Sweet Potato Peas and Pearl Onions Hamburger Bun Clementine	11 Roast Pork Macaroni and Cheese Meadow Blend Veggies  Dinner Roll Birthday Cake	12 Potato Leek Soup Unsalted Crackers Fish Sticks Herbed Couscous Coleslaw Tartar Sauce Tortilla - 2 Pineapple Mango Mix	13 Spaghetti with LS Meat Sauce Italian Blend Veggies  Garlic Bread Cookies
16 Stuffed Shells with Marinara Sauce Spinach  Oatnut Bread Yogurt	17 Grilled Chicken Breast with Lemon Garlic Butter Sauce Couscous Broccoli Multigrain Bread Pineapple	18 Chili Mac Cauliflower Wheat Bread Mandarins	19 Cream of Broccoli Soup Unsalted Crackers Chicken Patty Lettuce and Tomato French Fries Harvard Beets Hamburger Roll Applesauce	20 Pot Roast with LS Mushroom Gravy Mashed Potato Brussel Sprouts Wheat Roll Pudding
23 Diced Chicken and Broccoli Casserole Buttered Carrots Wheat Bread Cookies	24 Fish Filet Sweet Potato Fries Winter Blend Veggies Dinner Roll Peaches	25 Shepard's Pie Green Beans and Mushrooms White Bread Fresh Apple	26 Pork Loin Baked Beans Broccoli Wheat Bread Fruit Cup	27 Chicken Florentine Herbed Orzo Garlic Lemon Spinach Rye Bread Clementine

February 2nd - Did he see his shadow?



Happy
Valentine's
Day



FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

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FEBRUARY 2026

EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 Groundhog Day 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00pm Tai Chi	3 8:30am Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No	4 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 2:30pm Tai Chi	5 8:30 Coffee Hr 9am Tax Aide 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo Tax Aide by Appt	6 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
9 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00pm Tai Chi	10 8:30 Coffee Hr 9:45am Exercise 10:00 Rummikub 10:00 Norman Rockwell Exhibit Bus Trip-NBAM 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Felt Flower Valentine's Craft	11 8:30 Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1:00 Preventing Heart Attacks 1pm Canasta 1pm Sewing Club 2:30 Tai Chi Footcare-by appt	12 8:30 Coffee Hr 9am Tax Aide 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Valentine's Bingo—sponsored by Bradley Home Tax Aide by Appt	13 8:30am Coffee Hr w/ Town Manager 9:30am Yoga 11pm Foodshare 12pm Lunch 12:45pm Wii Bowl 1:00 Valentine Craft with Euro-American Homecare
16 President's Day 	17 8:30 Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Art History and the Moore Farm and Stonehouse	18 Ash Wed. 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Canasta 1:00 Mardi Gras Party w/ "A Touch of Jazz" 2:30 Tai Chi	19 8:30 Coffee Hr 9am Tax Aide 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special Bingo—sponsored by Ledgecrest Tax Aide by Appt	20 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
23 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Tournament 1pm Bridge 2:00 Tai Chi	24 8:30 Coffee Hr 9:45am Exercise 10:00 Rummikub 10:30am Blood Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Frozen Sneak Peak w/ Berlin Upbeat	25 8:30 Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1:00 Mindfulness w/ Mary Klatt from Oasis 1pm Canasta 2:30 Tai Chi	26 8:30 Coffee Hr 9am Tax Aide 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo Tax Aide by Appt	27 8:30am Coffee Hr 9:30am Yoga 10:00 Helping the Next Generation 11pm Foodshare 12pm Lunch 12:45pm Wii Bowl