

November 2025 Manchester Senior Center Newsletter

Thanksgiving Luncheon!

Gobble 'til you Wobble! Get ready for a heartwarming Thanksgiving Feast at the Manchester Senior Center. Join us for a delicious lunch filled with all your holiday favorites including turkey with gravy, stuffing, mashed potatoes, green beans and pie! This special event will take place on **Tuesday, November 18th at 11:30 AM**. Cost: suggested lunch donation of **\$2.50**. Enjoy good company and great food as we celebrate the season of gratitude. You can register for this event beginning **November 1st**. Please visit the front office or call **860-647-3211** to sign up.

This is a special event that requires its own registration. Your usual lunch reservation will not count. Lunch is for Thanksgiving Luncheon participants only, no take-out lunches on this day.



Election Day:



The senior center will be **OPEN** and operating normal business hours on Election Day **Tuesday, November 4th**. For more information on voting please visit: <https://www.manchesterct.gov/Government/Departments/Registrars-of-Voters>

Senior Center Closing Policy:



If Manchester Public Schools are closed due to inclement weather, all Senior Center programs, meals, and transportation for that day are canceled.

However, Center staff will still be available in the office during regular scheduled office hours. **If Manchester Public Schools are on a two-hour delay, the Senior Center will open at 10:30 AM.** Any programs, activities, or meals scheduled to begin **before 10:30 AM are canceled**. For the most up-to-date information, please call the Center to listen to our voice recording or check local news sources like **WFSB** or **NBC CT** for the exact time of opening.

SENIOR CENTER STAFF

Eileen Faust

Director

Missy Rankin

Recreation Supervisor

Kathy Nohmy

Senior Administrative
Secretary

Amy Judd

Clerical Assistant

AJ Jackson

Custodian/Bus Driver

Rick Bosco

Ed Cassala

Reggie Ginotti

Bus Drivers

Maria Rios

Bilingual Program Assistant

Lisa Cammilleri

Whitney Evans

Kitchen Technicians

Ed Paquette

Kitty Dudley

Social Workers

Diana Martin R.N.

Health Department Nurse

MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

Hours of Operation: Monday—Friday

8:30 AM—4:30 PM

Phone: 860-647-3211

FAX: 860-647-3240

CONTACT INFORMATION

Senior Center: **860-647-3211**

(SAFS) Senior Adult, and Family Services: **860-647-3096**

Health Department: **860-647-3173**

Missy Rankin: **860-647-3210**

Email us at:

seniorcenter@manchesterct.gov

WE ARE ON FACEBOOK

“like” us and follow along for updates and information:



<https://www.facebook.com/ManchesterCTSeniorCenter>

WE ARE HANDICAP ACCESSIBLE



Senior Center Operations



Lunch Program – Meals are served from 12:00 PM — 12:30 PM Monday through Friday. Manchester Residents who are 60 years of age or older, or the partner of an eligible individual regardless of age, may eat lunch at the Senior Center for a suggested donation of **\$2.50**. Reservations must be made by **12:30 PM** on the day before you are joining us for lunch. Register by calling (860) 647-3211. Reservations can not be made more than a week in advance. You do not have to be a Senior Center Member to eat lunch here. Lunch menu and service questions can be directed to the front office at (860) 647-3211.



Senior Center Transportation – Bus rides to and from the Senior Center can be scheduled up to **3:00 PM** the day before your ride is needed. Call the Senior Center at (860) 647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.

TOWN OF MANCHESTER Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester **Senior Center Transportation** (see above).

Please direct questions or comments to Senior, Adult & Family Services at **(860) 647-3096** if you need more information.

Dial-a-Ride serves Manchester residents who are 60 years of age or older and people with disabilities. Rides are provided free of charge, Monday through Friday in Manchester for medical appointments, grocery shopping (Limit of 3 shopping bags per shopper), work, bank, post office, town hall, gym, library and social events. First pick up is 8:30 AM and last pick up is 4:00 PM. Excluding Holidays. Reservations & registration are required. **Please call (860) 870-7940, Monday - Thursday between 8:00 AM - 4:30 PM, on Fridays 8:00 AM— 1:30 PM.** In case of inclement weather, please watch WTNH or WFSB for closing or late start.

ENERGY ASSISTANCE 2025/2026

To apply for assistance, please speak with Ed Paquette. Ed can be reached at the Manchester Senior Center by phone: **860-647-5255**, or email: [**epaquette@manchesterct.gov**](mailto:epaquette@manchesterct.gov).

Documents needed to apply:

- Proof of income: 2025 Social Security statement, paystubs for previous 4 weeks, 1099 tax form for pensions; Bank statements are ONLY allowed for spousal/child support.
- Current utility bills or utility account numbers (CNG and/or Eversource)
- SNAP benefit letter or State of CT DSS ID (if you receive SNAP)
- Current lease if your heat is included in your rent and proof of subsidized housing if it applies to you.

First time applicants must also provide:

- Social Security cards or numbers for all household members
- Name, address, and phone number of landlord (if you are a renter)
- Mortgage or tax statement if you are a homeowner

Once your application is submitted, you will be notified by the Community Renewal Team within 45 days as to whether you have been awarded a benefit and the amount of your benefit. The benefit amount will go directly to your heating company (CNG or Eversource) and will appear as a credit on your May or June account. Oil delivery customers will receive a credit on their oil account. Energy Assistance applicants are expected to make monthly payments towards their heating bills and are encouraged to participate in CNG and Eversource payment plans.

Income Guidelines (Family Size and Income Amount)						
1	2	3	4	5	6	7
\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002

MEDICARE OPEN ENROLLMENT

OCTOBER 15— DECEMBER 7, 2025

Want to make sure you have the best **Medicare Advantage** or **Prescription Drug Plan** for the upcoming year? You can meet with **Kitty Dudley**, a Medicare specialist, for a free, one-on-one appointment. To make an appointment call the front desk at **(860) 647-3211**. We are scheduling now for appointments from **October 15—December 7**.

Appointments can only be made for 1 individual at a time.

**If you and a partner both need to review coverage please make
2 separate appointments.**

Please be sure you **bring the following to the appointment:**

- Your ORIGINAL Medicare Card
- Current Medicare Insurance Card (Advantage or Supplement Plan and RX Card)
- Silver CT Department of Social Services Card (if you have one)
- List of ALL Current Medications with Names, Dosages (milligrams), and Frequency
- List of ALL Current Doctors
- Cell Phone for verification Text Message

******IF YOU DON'T BRING ALL OF THE ABOVE INFORMATION, YOUR
APPOINTMENT WILL NEED TO BE RESCHEDULED******

**It's in your best interest to check your Medicare benefits EACH year, as many plans
change and cost you more MONEY!**



Medicare

HEALTH SERVICES

Pain Management

Learn practical, effective strategies and useful tips to help you manage aches and discomfort. This presentation is designed to empower you with knowledge to live a more comfortable and active life. Whether you deal with arthritis, back discomfort, or other ongoing pain, this presentation offers practical, easy-to-implement advice to help you feel your best. Join us on **Thursday, November 13th**, at **11:00 AM** and start managing your pain. Please register in advance by calling 860-647-3211.



Free Health Information from the Hispanic Health Council

The Hispanic Health Council will be at the Senior Center on **Thursday, November 20th** from **10:00 AM to 12:00 PM**. They will be providing information on general immunizations and all the vaccines recommended for adults. Stop by to learn about important health safeguards while enjoying some fun games and goodies!

Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** from **9:30 AM—12:30 PM**! If you have any questions, or concerns, please contact the Manchester Health Department at 860-647-3173.

File of Life Medication Review

30 minutes now can save valuable time in an emergency! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! Nurses from the Manchester Health Department can help create your own File of Life. Please call **860-647-3211** to schedule an appointment for **Thursday, November 20th**. On the day of your appointment bring all **PRESCRIBED** and **OVER THE COUNTER** medications in a bag.

Foot Care

Schedule a 30 minute appointment to meet with a nurse from Footcare By Nurses LLC. **Cost: \$45.00** (cash, check or card). Call the Manchester Health Department, **860-647-3173**, to schedule your appointment. **Upcoming Dates: November 7th & November 21st**. Please allow at least 48 hours advance notice if you must cancel. **Diabetics are excluded from the nurse nail care services (see below).**

Podiatry Doctor Appointments

Anyone with chronic pain or a foot/ankle injury may benefit from the specialized care of a podiatrist. Dr. Vera Halbfass can assist with fungal infections, foot/ankle wounds, and the unique foot care needs of those with diabetes, and circulatory conditions. To schedule an appointment, for **Friday, November 21st**, please call **860-647-3175**. **REGISTRATION IS REQUIRED**. Appointments will be in the First Choice Mobile Clinic Unit in the Senior Center parking lot. If you don't already see a Podiatrist take advantage of this beneficial medical service. It's time to start feeling better from the ground up!



UPCOMING EVENTS

Senior Center Advisory Committee

The senior advisory committee meets on the 1st Tuesday of every month. Next Meeting: **November 4th at 9:00 AM**. We invite all seniors to join us at the meeting. Come share your thoughts, ask questions, and help us make our center even better for everyone!

FREE Denture Clinic:

Are you or someone you know struggling with dentures that don't fit right or make your mouth sore? We are happy to announce Dr. Kevin Hall, from The Health Collective, is back and offering another **NO-COST** denture repair and replacement service. Some of the services offered by the Denture Repair Program include: replace missing dentures, duplicate existing dentures, make new full upper dentures, full lower dentures, flippers, or partial dentures. If you would like to participate in this program or want to find out more information please contact The Health Collective at **860-278-4163**!

Mobile Mammography Van: Screening Opportunity

Don't miss a critical screening! The **Mobile Mammography Van** will be at the **Community Y Parking Lot** on **Wednesday, December 10th**. A mammogram is the best tool for detecting breast cancer in its earliest, most treatable stages. **Location:** Community Y—78 North Main Street, Manchester, CT 06042. **To Schedule Your Appointment:** Please call the **Manchester Health Department** at **860-647-3173**. If you leave a voicemail, be sure to include your name and phone number for a callback to secure your spot.



Make a Difference: Volunteer with AARP Tax-Aide!

Do you have strong organizational skills and a passion for helping others? AARP Tax-Aide is looking for new **Site Coordinator** volunteers for our Manchester team. This is a crucial role for the largest AARP Tax-Aide Site in Connecticut, which serves over 800 local families annually. You don't need any tax expertise for this position! Your main role will be to use your people skills and knack for planning to help our site run like a well-oiled machine. Are you ready to make a real difference in your community? Get in touch with us at ct1@aarpfoundationtaxaide.org

Senior Center Cookbook



Do you have a beloved recipe you'd like to share? We're creating a **Senior Center Cookbook**, and we're inviting all members to contribute their favorite recipes! This is a fantastic opportunity to preserve your culinary legacy and share it with the entire community. To participate, please submit your recipes by **December 12**. You can submit your recipes at the front desk or email them to **mrarkin@manchesterct.gov**. Please be sure to include your name and the name of your recipe with your submission.

PROGRAMS

AARP Smart Driver Course

This course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. You may qualify for a Auto insurance discount, check with your insurance agent for details. **Monday, November 10th, 8:45 AM—12:45 PM. \$20 AARP Members and \$25 Non-Members.** Register in advance at the Senior Center. Check only made out to **AARP**.

Birthday Lunch

We're celebrating member birthdays on the last Wednesday of each month. Our November birthday celebration is on **November 26th**. Cake will be provided with lunch; be sure to register for lunch ahead of time.

Book Group

Join the book club and connect with fellow book lovers! **Tuesday, November 18—The Frozen River**, by Ariel Lawhon. Meetings take place in the Senior Center Library at **10:30 AM**, register in advance. If you have questions about the book club, please contact **Janis Bouley** at Jrbwmb40@gmail.com. Books are available for the book club at the Manchester Public Library in the reference room. ALL readers are WELCOME!

Computer Room

The Computer Room is open Monday—Friday, 8:30 AM – 4:15 PM. A senior center volunteer may be in the lab Monday, Wednesday, and Friday mornings to help with computer questions.



Friendship Circle -

Join the Friendship Circle on **Wednesday** mornings from **8:30 AM to 11:30 AM** for crafting and connection. Bring your own knitting or crochet project and enjoy the company of like-minded crafters. Drop in anytime during the meeting hours – we can't wait to welcome you! Please register in advance.

Movie

Tuesday, November 25 @ 1:00 PM—*Here (2024)* A heartwarming drama that tells stories of families living in the same home across centuries. Starring: Tom Hanks and Robin Wright. Rated: PG-13 Runtime: 1 H. 44 M. Please register in advance.

Music Circle

Join the music circle to sing or play acoustic instruments with fellow music lovers. Song suggestions are welcome! **Mondays from 1:00 PM—3:00 PM**. Please register in advance.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60+. Join us **Wednesday, November 19 at 11:00 AM**, in the Senior Center Library. You will receive introductions to our programs, and tour the facility. Please register in advance.

Paint Program

A local artist will guide and assist you in creating your own masterpiece. No experience necessary. Class starts at **9:00 AM**. All supplies will be provided. **Cost \$15**. The next class is on **Tuesday, November 25**. Register beginning, November 3.

PROGRAMS

Pinochle

The pinochle group is looking for NEW players. This group meets every **Monday** at **12:30 PM**. If you're looking for a mental challenge and a bit of friendly competition this is your group! Our Pinochle group welcomes players of all skill levels, and is a supportive group that enjoys the game and each other's company. Join today by calling 860-647-3211.

Royal Scarlett Gadabouts

The **Royal Scarlett Gadabouts** are the Manchester chapter of the Red Hat Society. This lively group meets on the **first Tuesday of every month** from **1:00 PM to 4:00 PM**. The next meeting is **Tuesday, November 4th**. New members are always welcome! If you're interested in attending, please reach out to Maelene Williams at 860-375-8460 before your first meeting.

Square Dancing

Join us on **Thursdays** from **12:30—2:15 PM**. **November class dates: 11/6, 11/13, 11/20**. **Cost: \$5 per class**. Pre-registration is required before class and is done at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate!! Join this group to have fun, get exercise, and make friends!

Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, November 4** from **10:30 AM – 11:30 AM**. Please feel free to come anytime during the hour to meet the dogs. If you have any questions or would like to register, please call the front desk at 860-647-3211.

Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. Walk starts at **9:00 AM**, members meet at 8:50 AM. Join this group to walk with friends around local trails. To get the walking schedule, or if you have any questions please call Missy Rankin at 860-647-3210. Register to be updated with any changes. Must be a senior center member to participate.

Hiking Schedule—Thursdays 1:00 PM—3:00 PM.

Join this group to hike local trails across CT with fellow members. Hikes range from 2-4 miles. Hike substitutions or cancellations may be necessary due to weather, participants will be notified of changes by e-mail. To get the most up to date information please provide your e-mail to Jim Oliphant, jimoliphant50@gmail.com. Carpooling is greatly encouraged for all out-of-town locations. Must be a Senior Center member to participate.

- **November 13—Edith Toomey Clark Preserve, Bolton**
- **December 4th—Hockanum River trail South, Vernon**



Explore our Calendar for a full lineup!
Find your favorite exercise classes,
card games, educational series,
health classes, art programs, sports
leagues, and more!

Manchester—*Silk City Travelers*

New Trip—

Register beginning November 3

The Metropolitan Opera—La Bohème

New York City

Come see ***La Bohème*** at the magnificent Metropolitan Opera House. ***La Bohème***, Puccini's most popular opera, is the immortal tale of tragic young love set among the rooftops of bohemian Paris in the early 1800's. Grab a bite to eat on your own in the city before the 1:00 PM performance. The show runs 3 hours, and we have balcony seating. **Date:** Saturday, April 11, 2026 **Cost:** \$195 pp. **Includes:** Show ticket, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** February 23 **Departs:** 7:15 AM **Return:** 7:15 PM.

Previously Advertised Trip—

Register today!

A Smoky Mountain Christmas

Aqua Turf, Plantsville CT

Come see the nation's #1 Kenny and Dolly Tribute show, a captivating recreation of country music's most beloved duo, Kenny Rogers and Dolly Parton! Family style menu includes: Salad, Pasta, Roast Turkey, Baked Scrod, Vegetable, Potato, Rolls, Dessert, and Coffee. **Date:** Wednesday, December 10 **Cost:** \$129 pp. **Includes:** Entertainment, lunch, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** November 3 **Departs:** 10:00 AM **Return:** 5:00 PM.

Trip Policies:

1. All participants must fill out and sign an Emergency Contact Form/Liability waiver before participating.
2. Make all checks out to the Tour Company listed. Include name, address and phone number on the check.
3. All Trips depart from the Senior Center Parking lot unless stated otherwise.
4. Sign up for new trips does not begin until date stated.
5. You can sign up any time for trips that have been previously advertised.
6. You do not have a secured spot on the trip until payment has been made.
7. If a trip is full your name will be placed on a waitlist, open spots will be filled in order from the wait list
8. If a person cancels a trip for any reason, no refunds will be given once payment is received unless we are able to fill your spot on the trip.

****SEE FLYERS FOR MORE DETAILS****

Questions, call Missy at

860-647-3210



CARD RENEWAL and MEMBERSHIP DETAILS

Starting **Monday, January 5, 2026** members can renew their membership and new members can purchase a first time membership. All memberships will be valid until December 31, 2026.

Anybody participating in Senior Center **Winter/Spring 2026** programs needs to purchase a Senior Center Membership before your program begins. Membership renewal begins on **Monday, January 5, at 8:30 AM**. Please be prepared to renew your membership before your class begins in order to be able to participate.

Winter/Spring 2026 PROGRAM REGISTRATION PROCESS

Registration for ALL Winter/Spring 2026 programs begins on **Wednesday, December 3**. Seniors may register at any location, or by calling (860) 647-3211, beginning December 3 at **9:00AM**. Registration Locations: Manchester Senior Center, Community “Y” Recreation Center, and Center Springs Recreation Office. For information on registering for classes included in the lottery please see **Page 12** for more details.

— IN THE LOOP—

1. **Manchester Matters** – Sign up today to receive weekly Town of Manchester newsletters on all things Manchester: <https://www.manchesterct.gov/Government/Departments/Customer-Service-Information-Center/Manchester-Matters-E-Newsletter> or call the Customer Service & Information Center at **860-647-5235**.
2. **Support our Troops & Honor our Veterans** – Please take a moment to express your gratitude and thank a soldier for the Holiday Season. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Or you may contact the Military Personnel and Military families through the **Connecticut National Guard Foundation at 360 Board Street, Room #101, Hartford, CT**. They accept monetary donations to benefit the Connecticut National Guard and organized militia members and their families and retirees in need. Open Monday-Friday from 8:00am-4:30pm. Contact them at **860-241-1550** or go online <https://ctngfi.org/>. Please find additional information on our website: <https://www.manchesterct.gov/Government/Departments/Human-Services/Veterans-Programs-and-Services>
3. **Foodshare**—Located at 2 Research Parkway Wallingford, CT. Dial **860-286-9999** and **#1** for food donations, **#5** if you would like to volunteer, and **#7** to make monetary donations.

Lottery Class Registration Policy Update:

We're updating our registration policy to ensure more members get into the classes they love! To help reduce waitlist numbers, you may register for **ONE section of each exercise class** initially. On **Monday, December 22nd**, you may register for one *additional* class if there are still openings. If you have any questions, please call **Missy at 860-647-3210**.

Lottery Class Registration Process:

Members can register for Lottery Classes from **Wednesday, December 3 — December 17**. Please register at the front desk, or call **860-647-3211**. Payment must be made at the time of registration, we accept **Cash, Check, Mastercard, or Visa**. No lottery registration can be accepted after Wednesday, December 17. The class lists of acceptance will be posted in the senior center lobby on **Monday, December 22**. Please **DO NOT call the office before Monday, December 22 to check your class acceptances**. Participants who did not get accepted into their lottery class will automatically be placed on a waitlist, and a credit will be applied to their account. If you missed the lottery registration period, or would like to register for additional classes, you may register for classes with openings beginning on **Monday, December 22**. Please call Missy at 860-647-3210 if you have any questions! Classes included in the lottery are listed below.

Body Sculpt: You may register for 1 out of 2 classes

Monday (starts 1/12)	12:30 – 1:15PM	\$5.00
Wed. (starts 1/14)	12:30 – 1:15 PM	\$5.00

Cardio Drumming

Thursday (starts 1/15)	10:00—11:00 AM	\$5.00
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Ceramics: You may register for 1 out of 2 classes

Monday (starts 1/12)	9:30 AM—11:30 AM	\$5.00
Friday (starts 1/16)	9:30 AM—11:30 AM	\$5.00

Light-n-Lively: You may register for 1 out of 4 classes.

Monday (starts 1/12)	11:00—12:00 PM	\$5.00
Monday (starts 1/12)	1:20 – 2:15PM	\$5.00
Wed. (starts 1/14)	1:20 – 2:15PM	\$5.00
Friday (starts 1/16)	11:00 – 12:00PM	\$5.00

Line Dancing: You may register for 1 out of 2 classes.

Tues. Beginner (starts 1/13)	10:00 – 11:00 AM	\$5.00
Tues. Advanced (starts 1/13)	11:00 – 12:00PM	\$5.00

Steady as we Go

Tue./Thur. (starts 1/13)	11:00—12:00 PM	\$5.00
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Strength and Flex: You may register for 1 out of 4 classes.

Monday (starts 1/12)	10:00 – 11:00AM	\$5.00
Wed. (starts 1/14)	10:00 – 11:00AM	\$5.00
Wed. (starts 1/14)	11:00 – 12:00PM	\$5.00
Friday (starts 1/16)	10:00 – 11:00AM	\$5.00

Yoga Plus: You may register for 1 out 4 classes.

Monday (starts 1/12)	2:20 – 3:15PM	\$5.00
Monday (starts 1/12)	3:20 – 4:15PM	\$5.00
Wed. (starts 1/14)	2:20 – 3:15PM	\$5.00
Wed. (starts 1/14)	3:20 – 4:15PM	\$5.00

Zumba Gold

Thursday (starts 1/15)	2:30 – 3:30PM	\$5.00
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***Please note that all class dates are**

subject to change due to instructor availability.*

Manchester Senior Center Lunch Menu—November 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 11/3 – 11/7	Fish Sandwich Slaw Fruit <i>*Contains seafood, gluten, dairy*</i>	Philly Cheesesteak Pasta <i>*Contains gluten, dairy*</i>	Pork Chop Root Vegetables Applesauce	Bahn Mi Turkey Burger Carrot, cucumber, cilantro Slaw Chips <i>*Contains gluten, dairy*</i>	Egg Roll Bowl Chicken Thighs <i>*Contains nuts, soy*</i>
Week 2 11/10 – 11/14	Chicken Cordon Blue Sandwich Potato Salad <i>*Contains gluten, dairy*</i>	Closed Veteran's Day	Stuffed Shells Garden Salad Bread <i>*Contains gluten, dairy*</i>	Chicken Tikka Masala Rice Naan <i>*Contains gluten, dairy*</i>	Tuna Sandwich Chips Fruit <i>*Contains seafood, gluten, dairy*</i>
Week 3 11/17 – 11/21	Eggplant Parmesan Sandwich 3 Bean Salad <i>*Contains gluten, dairy*</i>	Thanksgiving Luncheon! Turkey & Gravy Mashed Potatoes Stuffing Green Beans Pie <i>*Contains gluten, dairy*</i> <u>No Takeouts</u>	Chicken Wings Mac & Cheese Fruit <i>*Contains gluten, dairy*</i>	Southwest Ground Turkey Sweet Potato Black Beans	Korean Beef Rice Cucumber & Carrots
Week 4 11/24 – 11/28	Broccoli Cheddar Quiche Hashbrowns Fruit <i>*Contains gluten, dairy*</i>	Mexican Chicken Rice Corn <i>*Contains dairy*</i>	Cheeseburger Potato Wedges Fruit <i>*Contains gluten, dairy*</i>	Closed Thanksgiving	Closed Thanksgiving

Please call **860-647-3211** to make a lunch reservation.
Menu is subject to change based on availability of product.

Monday			Tuesday			Wednesday			Thursday			Friday		
9:00 am	Walking Group	03	9:00 am	Senior Advisory	04	8:30 am	Friendship Circle	05	9:00 am	Exploring Memoir	06	9:00 am	Walking Group	07
9:30 am	Ceramics		10:00 am	Chess Club		9:00 am	Walking Group		9:00 am	Samba		9:30 am	Ceramics	
10:00 am	Board Game		10:00 am	Beginner Line Dancing		9:15 am	Stronger Seniors		9:30 am	Scrabble		10:00 am	Bingo	
10:00 am	Strength & Flex		10:30 am	Therapy Dogs		9:30 am	Blood Pressure Drop-in		10:00 am	Cardio Drumming		10:00 am	Strength & Flex	
11:00 am	Light & Lively		11:00 am	Advanced Line Dancing		10/11:00 am	Strength & Flex		12:00 pm	Lunch		11:00 am	Light & Lively	
12:00 pm	Lunch		12:00 pm	Lunch		12:00 pm	Lunch		12:30 pm	Duplicate Bridge		12:00 pm	Lunch	
12:30 pm	Body Sculpt/Pinochle		12:30 pm	Mahjong		12:30 pm	Body Sculpt		12:30 pm	Square Dancing		12:30 pm	Setback	
12:45 pm	Samba		1:00 pm	Red Hat Meeting		12:30 pm	Social Bridge		1:00 pm	Hand & Foot		12:30 pm	Advanced Tai Chi	
1:00 pm	Music Circle		1:00 pm	Watercolor & Oil		12:45 pm	Mexican Train Dominoes		1:00 pm	Quilting		12:45 pm	Cribbage	
1:20 pm	Light & Lively		1:30 pm	Advanced Tai Chi		1:20 pm	Light & Lively		2:30 pm	Zumba Gold		1:30 pm	Beginner Tai Chi	
2:20/3:20 pm	Yoga		2:30 pm	Beginner Tai Chi		2:20/3:20 pm	Yoga					Foot Care — By Appointment		
8:45 AM	AARP Safe Driver Course	10	Senior Center Closed <i>Veteran’s Day</i>			8:30 am	Friendship Circle	12	9:00 am	Exploring Memoir	13	9:00 am	Walking Group	14
9:00 am	Walking Group					9:00 am	Walking Group		9:00 am	Samba		9:30 am	Ceramics	
9:30 am	Ceramics					9:15 am	Stronger Seniors		9:30 am	Scrabble		10:00 am	Bingo	
10:00 am	Board Game					9:30 am	Blood Pressure Drop-in		10:00 am	Cardio Drumming		10:00 am	Strength & Flex	
10:00 am	Strength & Flex					10/11:00 am	Strength & Flex		11:00 am	Pain Management		11:00 am	Light & Lively	
11:00 am	Light & Lively					12:00 pm	Lunch		12:00 pm	Lunch		12:00 pm	Lunch	
12:00 pm	Lunch					12:30 pm	Body Sculpt		12:30 pm	Square Dancing		12:30 pm	Setback	
12:30 pm	Body Sculpt/Pinochle					12:30 pm	Social Bridge		12:30 pm	Duplicate Bridge		12:30 pm	Advanced Tai Chi	
12:45 pm	Samba					12:45 pm	Mexican Train Dominoes		1:00 pm	Hiking		12:30 pm	Cribbage	
1:00 pm	Music Circle					1:20 pm	Light & Lively		1:00 pm	Hand & Foot		12:45 pm	Beginner Tai Ch	
1:20 pm	Light & Lively					2:20/3:20 pm	Yoga		1:00 pm	Quilting		1:30 pm		
2:20/3:20 pm	Yoga			2:30 pm	Zumba Gold									
9:00 am	Walking Group	17	10:00am	Chess Club	18	8:30 am	Friendship Circle	19	9:00 am	Exploring Memoir	20	9:00 am	Walking Group	21
9:30 am	Ceramics		10:00 am	Beginner Line Dancing		9:00 am	Walking Group		9:00 am	Samba		9:30 am	Ceramics	
10:00 am	Board Game		10:30 am	Book Group		9:15 am	Stronger Seniors		9:30 am	Scrabble		10:00 am	Bingo	
10:00 am	Strength & Flex		11:00 am	Advanced Line Dancing		9:30 am	Blood Pressure Drop-in		10:00 am	FREE Health Info		10:00 am	Strength & Flex	
11:00 am	Light & Lively		11:30 pm	Thanksgiving Luncheon		10/11:00 am	Strength & Flex		12:00 pm	Cardio Drumming		11:00 am	Light & Lively	
12:00 pm	Lunch		12:30 pm	Mahjong		11:00 am	Newcomer’s Meeting		12:00 pm	Lunch		12:00 pm	Lunch	
12:30 pm	Body Sculpt/Pinochle		1:00 pm	Watercolor & Oil		12:00 pm	Lunch		12:30 pm	Square Dancing		12:30 pm	Setback	
12:45 pm	Samba		1:30 pm	Advanced Tai Chi		12:30 pm	Body Sculpt		12:30 pm	Duplicate Bridge		12:30 pm	Advanced Tai Chi	
1:00 pm	Music Circle		2:30 pm	Beginner Tai Chi		12:30 pm	Social Bridge		1:00 pm	Hand & Foot/Quilting		12:45 pm	Cribbage	
1:20 pm	Light & Lively					12:45 pm	Mexican Train Dominoes		2:30 pm	Zumba Gold		1:30 pm	Beginner Tai Chi	
2:20/3:20 pm	Yoga					2:20/3:20 pm	Yoga		File of Life—by Appointment			Foot & Podiatry Care — By Appointment		
9:00 am	Walking Group	24	9:00 am	Paint Class	25	8:30 am	Friendship Circle	26	Senior Center Closed <i>Happy Thanksgiving</i>			Senior Center Closed <i>Happy Thanksgiving</i>		
9:30 am	Ceramics		10:00 am	Chess Club		9:00 am	Walking Group							
10:00 am	Board Game		10:00 am	Beginner Line Dancing		9:15 am	Stronger Seniors							
10:00 am	Strength & Flex		11:00 am	Advanced Line Dancing		9:30 am	Blood Pressure Drop-in							
11:00 am	Light & Lively		12:00 pm	Lunch		10/11:00 am	Strength & Flex							
12:00 pm	Lunch		12:30 pm	Mahjong		12:00 pm	Birthday Lunch							
12:30 pm	Body Sculpt/Pinochle		1:00 pm	Movie: <i>HERE</i>		12:30 pm	Body Sculpt							
12:45 pm	Samba		1:00 pm	Watercolor & Oil		12:30 pm	Social Bridge							
1:00 pm	Music Circle		1:30 pm	Advanced Tai Chi		12:45 pm	Mexican Train Dominoes							
1:20 pm	Light & Lively		2:30 pm	Beginner Tai Chi		1:20 pm	Light & Lively							
2:20/3:20 pm	Yoga					2:20/3:20 pm	Yoga							
<i>November 2025</i>												Available Daily 8:30am—4:15pm Billiards Double 6 Dominoes Computer Room		