

AVON SENIOR CENTER



635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary

MARCH 2019

See our newsletter online at: <http://www.avonct.gov>

Senior Center Coordinator's Message

Happy Spring!! I know everyone is so excited for spring! The flowers, warmer weather, longer days and time outside! Enjoy the season changes and take time for yourself and each other.

We have some fantastic programs this month! Our Interns are running groups, giving presentations and cooking! You do not want to miss out on any of these events! Our Interns are Robertina, Madison and Shannon!

We are starting a new program this month: Science for Seniors!!! We are thrilled for this new series and look forward to seeing you there!

The warmer weather makes people think of trips. We have some great trips coming up. Please sign up early to ensure your space.

March is National Social Work Month! Be sure to thank a social worker this month. Our Interns: Robertina, Madison and Shannon are all pursuing degrees in social work so please thank them for all that they're doing this month and this semester for the senior center.

We continue with our Movie Matinees with the Avon Free Public Library. These movies are free and open to the public. The movies are held at the Library.

Thank you for coming to the senior center and participating in all that we have to offer. We appreciate you and enjoy seeing you at the senior center!

Have a great month!

Take care,
Jennifer Bennett, LMSW



Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for community dwelling older adults. The CT State Unit on Aging has embraced TJQMBB and is working with the Dartmouth- Hitchcock Aging Resource Center to implement the program in CT. Avon Senior Center is part of a Senior Center Collaboration with CCC (CT Community Care) & the CT Healthy Living Collective that received a NCAAA (North Central Area Agency on Aging) Grant for the program titled Tai Ji Quan: Moving for Better Balance® (TJQMBB). Certified leaders teach classes of 10-15 participants that meet twice a week for 24 weeks. Our certified & trained instructor, Tom Atwood will run the program. **You must have attended the screening and been asked to join this program.**

Movie Musicals: Then & Now

March 5, 2019	Paint Your Wagon	1969
March 12, 2019	Chicago	2002
March 19, 2019	Mamma Mia	2008
March 26, 2019	La La Land	2016

1:30 p.m. at Avon Library FREE & Open to the public

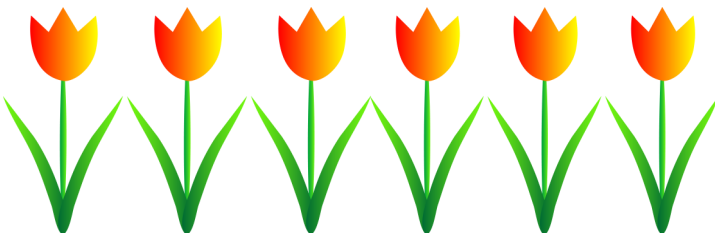
Movies are in partnership with the Avon Library
& Avon Senior Center

Free Tax Assistance Offered by AARP Tax-Aide

AARP Foundation Tax-Aide offers free tax assistance to middle & low income taxpayers on Wednesdays through April 10 at the Avon Senior Center. Special attention is given to those 50 & older. Appointments required. For more information or to schedule an appointment, call the Avon Senior Center at 860-675-4355.

Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to people & animals in need. If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.



MARCH EVENTS 2019

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Friday, March 1, 2019 at 1:00 p.m. "Pocket Billiards"
Greetings fellow pocket billiard players! I (Richard Duncan) would like to thank all of the frequent Friday attendees of my billiards classes. I've had a great time so far and I hope you can say the same. I am going to be changing things up a little bit but don't worry, it's all for the better :-). Each week there will be a different theme or focus to the class so we can not only continue to have fun but also get better in the process. The "Reality Check" is a skills assessment divided up into 5 games to help identify strengths and trouble areas that we can work on together and improve. Please call the Senior Center at 860-675-4355 to sign up.

Monday, March 4, 2019 from 9:15-10:15 a.m.
Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program for older adults. Avon Senior Center is part of a Senior Center Collaboration with CCC (CT Community Care) & the CT Healthy Living Collective that received a NCAAA (North Central Area Agency on Aging) Grant for this program.

Monday, March 4, 2019 at 1:30 p.m.
"Cooking with Intern Madison"
Intern Madison is making stuffed cherry peppers with sausage today! Come and join us! This will be delicious! Please call the senior center at 860-675-4355 to sign up.

Tuesday, March 5, 2019 "Thankful Tuesdays!"
Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating & encouraging ideas, feelings and words.

Tuesday, March 5, 2019 "Free Blood Pressure Screening"
Farmington Valley VNA will provide Blood Pressure Screening.

Wednesday, March 6, 2019 from 1-3 p.m. "Crafty Crew"
Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects & if you do not have a project, we do & we can help! We do have donations of yarn and you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, March 7, 2019 from 9:15-10:15 a.m.
"TJQMBB- Tai Ji Quan Moving for Better Balance"

Thursday, March 7, 2019 "Thinking Thursdays"
Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to "think" and work your brain muscles by completing the challenges!

Friday, March 8, 2019 at 10 a.m. "Intern Group"
Interns Madison and Robertina will be running a group this morning. This is part of their education & you do not want to miss out on all the information, fun, learning & excitement. We will enjoy coffee & pastries during the group. Please call the senior center at 860-675-4355 to sign up.

Friday, March 8, 2019 at 1:00 p.m. "Pocket Billiards"
The "10 Round Run" is a series of 10 unique games where each game requires a specific discipline to beat. You must conquer each individual game to move onto the next one. Can you can successfully complete the 10 Round Run? Please call the Senior Center to sign up.

Monday, March 11, 2019 from 9:15-10:15 a.m.
"TJQMBB- Tai Ji Quan Moving for Better Balance"

Monday, March 11, 2019 "Free Blood Pressure Screening"

Monday, March 11, 2019 "Foot Care"
Dr. Lindsay will be at the Avon Senior Center on the 2nd Monday of every month for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Tuesday, March 12, 2019 "Thankful Tuesdays!"

Tuesday, March 12, 2019 "Birthday Cake to Celebrate Birthdays!"
Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people who celebrate a birthday this month.

Tuesday, March 12, 2019 at 1:30 p.m.
"Science for Seniors- Hovercraft"
Science for Seniors is a new program that we're offering! Each time we offer this program, we will be doing different project relating to science! This is a great way to have fun, learn, meet people and stretch your brain while doing science! This project is going to be a small, paper hovercraft. Come see what it's all about! Please call the senior center at 860-675-4355.

Wednesday, March 13, 2019 from 1-3 p.m. "Crafty Crew"

Thursday, March 14, 2019 from 9:15-10:15 a.m.
"TJQMBB- Tai Ji Quan Moving for Better Balance"

Thursday, March 14, 2019 "Thinking Thursdays"

Friday, March 15, 2019 at 1:00 p.m. "Pocket Billiards"
Three Out & Up is a game where you must pocket 3 balls in any order calling each shot starting with ball in hand. Once you make 3 then it goes up to 4, then 5, 6, etc. Come see how many you can successfully run. Can you can successfully complete the 10 Round Run? Please call the Senior Center at 860-675-4355 to sign up.

Monday, March 18, 2019 from 9:15-10:15 a.m.
"TJQMBB- Tai Ji Quan Moving for Better Balance"

Tuesday, March 19, 2019 "Thankful Tuesdays!"

Tuesday, March 19, 2019 at 1:30 p.m.
"Science for Seniors- Rocketology"
Science for Seniors is a new program that we're offering! Each time we offer this program, we will be doing different project relating to science! This is a great way to have fun, learn, meet people and stretch your brain while doing science! This project is going to be a small rocket. Come see what it's all about! Please call the senior center at 860-675-4355.

Wednesday, March 20, 2019 at 12:00 p.m. "Lunch & Learn"
Carmon's Funeral Home will be here today to provide us with lunch and we will learn about Advance Planning. This is free and open to the public. Come and get your questions answered regarding planning. Please call the senior center at 860-675-4355 to sign up.

MARCH EVENTS 2019

TRIPS

Wednesday, March 20, 2019 from 1-3 p.m. "Crafty Crew"

Thursday, March 21, 2019 from 9:15-10:15 a.m.
"TJQMBB- Tai Ji Quan Moving for Better Balance"

Thursday, March 21, 2019 "Thinking Thursdays"

Thursday, March 21, 2019 at 6:30 p.m. at the Library
"Find your Oasis in the Overwhelm"

Find your Oasis in the Overwhelm: 60-second Sanity Strategies with Millie Grenough! Looking for calm in the chaos? Don't have time to get yourself on track? These 60-second strategies will help you take control, be healthier and happier, at work and at home. Millie Grenough inspires people to do what they thought was impossible. She teaches non-singers to sing, shy speakers to present confidently in public, Type A personalities to work smarter, and frazzled people to focus. An ex-nun turned nightclub singer, ex-shy Kentuckian turned international speaker, Millie walks her talk. After a near-death accident impacted her high-velocity lifestyle, she developed strategies to help herself live a saner, more balanced life and wrote OASIS in the Overwhelm that has helped thousands. Coach, author of ten books, Motivational Speaker, and Clinical Instructor in Psychiatry at Yale University School of Medicine, Millie coaches people in all walks of life from CEOs to harried parents and imparts her strategies in workshops, lectures and individual sessions internationally. Millie's books and materials will be for sale at this event. This program will be held at the Avon Free Public Library. This program is part of the Take Care of yourself: a series of community conversations and training that promote good mental health that is co-sponsored by Avon Free Public Library and Avon Senior Center. This project is funded in part by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under the Cooperative Agreement Number UG4LM12347 with the University of Massachusetts Medical School, Worcester.

Friday, March 22, 2019 at 1:00 p.m. "Pocket Billiards"

Film Fridays I will bring in a short clip of an interesting piece of pocket billiards footage to show. It could be a movie clip or something from a professional match. After we watch it, we will head to the table to try our luck with what we watched. Please call the Senior Center at 860-675-4355 to sign up.

Monday, March 25, 2019 from 9:15-10:15 a.m.
"TJQMBB- Tai Ji Quan Moving for Better Balance"

Tuesday, March 26, 2019 "Thankful Tuesdays!"

Tuesday, March 26, 2019 DRESS DOWN DAY!!!!
 Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Tuesday, March 26, 2019 at 12:45 p.m.
"Intern Shannon Presentation"

Intern Shannon is doing a presentation on Diversity. This is part of her education and training. Please come to this informational and educational presentation.

Chocolates, Wines and Good Times, Boston, Tuesday, April 9
 \$128.00 per person

Corsets and Top Hats Not Required—A Gilded Age Driving Tour of Newport with lunch at La Forge, Tuesday, April 16
 \$105.00 per person

MGM Springfield - A Day at the Casino, Wed., April 17
 \$41.00 per person (includes \$20.00 slot bonus and \$10.00 food voucher)

Mamma Mia! at the Warner Theater with lunch at San Marino, Sunday, May 5, \$111.00 per person

Southern Maine Coast and Coves Tour, May 29-31
 \$525.00 per person, double occupancy

Tuscany & the Italian Riviera, October 4-11
 \$3,849 per person, double occupancy

For information, please call the senior center at 860-675-4355.



Tuesday, March 26, 2019 at 6:30 p.m. "Medicare 101"

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Please sign up early! This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up. This program will be held at the Avon Senior Center.

Wednesday, March 27, 2019 from 1-3 p.m. "Crafty Crew"

Thursday, March 28, 2019 from 9:15-10:15 a.m.
"TJQMBB- Tai Ji Quan Moving for Better Balance"

Thursday, March 28, 2019 "Thinking Thursdays"

Thursday, March 28, 2019 at 6:30 p.m.
"Retirement Planning" This FREE seminar by Lou Pelletier from American Senior Benefits will be informational & educational. Please sign up early! This program is sponsored by the Avon Senior Center & the Avon Free Public Library. Please call the senior center at 860-675-4355 to sign up. This program will be held at the Avon Senior Center.

Friday, March 29, 2019 at 1:00 p.m. "Pocket Billiards"

Friends are always welcome at the billiards class, but on Friendly Fridays you regulars are encouraged to invite a friend to come have fun at the table with us; someone who has not attended a class before. A big part of this great game is sharing what you've learned & urging others to enjoy it along with you. If you're curious about pocket billiards but no one has asked you to join us yet, consider yourself invited! I look forward to seeing all of you die hards this month along with some new faces as well, hint hint :-). Please call the Senior Center to sign up.



SPRING CLASSES

Tai Chi for Seniors -

Wednesdays, 3:30-4:30 p.m. - Senior Center
April 3-June 5 \$61.00 (\$54.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
April 15-June 10 \$55.00 (\$49.50 Senior)

Wednesdays, 6:00-7:00 p.m. - Countryside Park
April 3-June 5 \$66.00 (\$59.40 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
April 5-June 7 \$67.00 (\$60.30 Senior)

March 26-May 21 \$80.00 (\$72.00 Senior)

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

Bridge Players Wanted

Bridge group is looking for new players. Group meets Tuesday & Thursday from 12:30-3:00 p.m. Level of play is advanced intermediate. Please call Avon Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.

Card Group

Tuesdays
1:00 p.m.
3-13 card game.
Easy to learn.
New players welcome.



Open Yale Courses Thursdays, 1:00 p.m.

Come, watch, learn & listen to courses taught by Yale professionals in the comfort of the Avon Senior Center! **Open Yale Courses** provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.

Now showing: **"Roman Architecture"**. This course is an introduction to the great buildings and engineering marvels of Rome and its empire, with an emphasis on urban planning and individual monuments and their decoration, including mural painting.

CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the Senior Center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$9.89 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See menu below:

TUESDAY		THURSDAY	
5	Cranberry Juice Chicken Cacciatore Rotini w/ Tomato Sauce Brussel Sprouts Whole Wheat Bread Tapioca Pudding w/ Topping	7	Pot Roast w/ Veg Gravy Parslied Potatoes Sliced Carrots Wheat Dinner Roll Peaches & Pears
12	Grape Juice Beef Chili w/ Beans over Baked Potato Shredded Cheese Italian Green Beans Wheat Dinner Roll Fresh Orange	14	Turkey Stew w/ Potatoes Garden Salad w/ Toms, Cucumbers, Croutons Ranch Dressing Buttermilk Biscuit Peas Applesauce
19	Apple Juice American Chop Suey Capri Blend Vegetables Wheat Dinner Roll Pineapple Mandarin Mix	21	Ital Sausage/ Sauce Penne w/ Marinara Sauce Italian Blend Vegetables 12 Grain Bread Fresh Banana
26	Cream of Broccoli Soup Roast Chicken w/ Veg Broth Mashed Potatoes Spinach 12 Grain Bread Pears	28	Corn Chowder Baked Ham & Raisin Sauce Baked Potato Butternut Squash Saltine Crackers Peaches
			

Mah Jongg- Mondays at 12:30 p.m.—Intermediate
Bridge - Tues. & Thurs. at 12:30 p.m.— Intermediate
Card Group -Tuesdays at 1:00 p.m.
Scrabble - Tuesdays at 1:00 p.m.
Knitting—Wednesdays at 1:00 p.m.
Setback - Wednesdays & Fridays at 1:00 p.m.

SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



***President & Cheer– Marie Evans**

• Vice President, & Programs– Helen M. Toth

• Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier

• Secretary - Marian Hurlbut • Financial Secretary - Katie Ruez

Message from the Board of Directors . . .

We wish our members a Happy St. Patrick's Day...we will have a celebration luncheon on March 11th with Corned Beef, Swiss Cheese and Sauerkraut Reuben on Rye with a side of Potato Salad followed by Birthday Cake and Ice Cream. Entertainment provided by the McArdle Schools of Irish Dance.

Please be sure to sign up for the St. Patrick's event by Thursday March 7th. The luncheon is scheduled for March 11th...No Walk-Ins Please. Please contact Katie Ruez to reserve your spot...her info is listed below. Everyone is welcome... non-members can attend.

Katie Ruez (860-673-9883) will take your reservations for special events. Cut-off date for making reservations is the Thursday before the event. Please call Katie and leave a message for her if she doesn't answer.

Happy Birthday to the following Members:

March 2nd – James Martino

March 3rd – Barbara Martino

March 14th – Walter Adams

March 26th – Norm Jennings

March 28th – Peter Zikowitz

Coming up on April 8th we have Jay Kaplan from the Roaring Brook Nature Center coming in to do a presentation on Bears and on April 15th our Easter Celebration with Pianist David Eberly entertaining. On May 13th Hublein Presentation and May 20th Memorial Day Celebration with the Avon Middle School providing entertainment. On June 24th Annual Picnic with the Bristol Olde Tyme Fiddlers performing. As you can see we have many programs of interest...please plan to attend.

We are in the middle of our membership drive. Please consider joining today...the fee is \$10 for the year. Your support is needed so that we can continue bringing the nourishing lunches and remarkable programs throughout the year.

Helen M. Toth

Senior Citizens of Avon Organization

March 2019 – Program Schedule

Everyone is Welcome – Reservations Recommended

March 4th 10:30 – Board Meeting
Noon – Pizza & Salad, Dessert
Bingo

March 11th Noon – St. Patrick's Day Celebration
Luncheon with Corned Beef, Swiss Cheese
and Sauerkraut on Rye with a side of Potato
Salad followed by Birthday Cake and Ice
Cream

Entertainment provided by McArdle Schools of Irish Dance from Torrington CT under the direction of Jack McArdle who has been teaching Irish Dancing for over 35 years - two decades as director of Irish Dancing schools. He has performed in many venues, including Carnegie Hall and Irish National TV. He has toured Ireland as a performer with the award-winning Emerald Dancers and was Meryl Streep's Irish Dance teacher for her movie Dancing at Lughnasa.

RESERVATIONS ARE REQUIRED SO THAT WE CAN
PLAN FOR ENOUGH FOOD. NO WALK-INS...PLEASE.


March 18th Noon - Meat Ball Grinders with Tossed Salad
and dessert
Bingo

March 25th Noon Pot Luck and dessert
Bingo

The Board of Directors wishes you a


**Happy
St. Patrick's Day!**

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div>1</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>4</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:30 Sr Org Bd Mtg 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 1:30 Cooking with Intern Madison 6:00 Zumba Gold- CSP</p>	<div>5</div> <p>9:00 Billiards 9:00 Wii Bowling 11:00 Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>6</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>7</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>8</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 10:00 Intern Group 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>11</div> <p>9:00 Wii Bowling 9:15 TJQMBB Foot Care 11:00 Blood Pressure 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>12</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch Birthday Cake 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 1:30 Science for Seniors THANKFUL TUESDAYS</p>	<div>13</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>14</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses THINKING THURSDAYS</p>	<div>15</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>18</div> <p>9:00 Wii Bowling 9:15 TJQMBB 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>19</div> <p>9:00 Billiards 9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards 1:30 Science for Seniors THANKFUL TUESDAYS</p>	<div>20</div> <p>9:00 Wii Bowling 12:00 Lunch & Learn 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>21</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 6:30 Oasis in the Overwhelm at the Library THINKING THURSDAYS</p>	<div>22</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>25</div> <p>9:00 Wii Bowling 9:15 TJQMBB 12:00 Sr Org Lunch 12:30 Mah Jongg 1:00 Setback 6:00 Zumba Gold- CSP</p>	<div>26</div> <p>9:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 12:45 Intern Shannon Talk 1:00 Scrabble & Cards 6:30 Medicare 101 THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>27</div> <p>9:00 Wii Bowling 1:00 Setback 1:00 Billiards 1:00 Knitting 3:30 Tai Chi 6:00 Zumba Gold-CSP</p>	<div>28</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 6:30 Retirement Planning THINKING THURSDAYS</p>	<div>29</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>

**RESERVED FOR
SPONSORS**

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