

To: Rivereast FROM: Vi Schwarzmann, Marlborough Senior Center

**Marlborough Senior Center Activities**

**Jan 29<sup>th</sup> ,2018**

The Marlborough Senior Center, 17 School Drive, is open Monday through Friday from 8:00 am to 4:30 pm. Please call 860-295-6209 for information regarding senior issues or schedule a van reservation. We are requesting a 36 hour advance notice when making a transportation reservation. Transportation is available only on Monday, Wednesday, Friday.

**Monday January 29<sup>th</sup>**

**Transportation 8:00 AM – 4:00 PM**

**Assistance 10:00 AM – 2:00 PM**

**Meals on Wheels Noon**

**Congregate Meals @ Noon Grande Cheese Ravioli**

**w/Italian Sauce,**

**Mixed Greens w/ Tomatoes & Cucumbers,**

**Raspberry Vinaigrettes**

**Dressing, Italian Bread, Fresh Orange**

**Bingo 1:00 PM**

**8-Ball Pool 1:00 PM**

**Exercise w/ Janice 3:15 PM**

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**Tuesday, Jan 30<sup>th</sup>**

**Not Just Quilting 9:00 AM until Noon**

**Meals on Wheels, Noon**

**Simple Chair Exercises with Anne 1:45 – 2:45 PM**

**PD Exercise with Anne 3:00 – 3:45 PM**

**Weight Watchers 5:00 PM**

**Wednesday, Jan31st .**

**Grocery Shopping 8:00 AM :- Noon**

**Not Just Quilting 9:00 Noon**

**Transportation Noon – 4:00 PM**

**Assistance 10:00 AM – 2:00 PM**

**Meals on Wheels 12:00 – 12:30 PM**

**Congregate Meal @ Noon Six Bean Soup,**

**Roast Pork Hawaiian Style, Brown & White Rice**

**Medley,**

**California Normandy, Saltine Crackers , Peaches &**

**Pears**

**Exercise w/ Janice 1:30 PM**

**8-Ball Pool 1:00 – 3:00 PM**

**Thursday, Feb 1<sup>st</sup>**

**Assistance 10:00 AM – 2:00 PM**

**Tai Chi 10:30 – 11:30 AM**

**Meals on Wheels, Noon**

**PD Exercise w/ Anne 3:00 – 3:45 -  
All Levels Yoga 4:30 PM**

Friday , Feb 2<sup>nd</sup>

Transportation 9:00 – 4:00 PM  
Assistance 10:00 AM – 2:00 PM  
Not Just Quilting 9:00 AM – Noon  
Meals on Wheels  
Congregate Meal @ Noon  
8-Ball Pool 1:00 PM:

TO: Rivereast

FROM: Marlborough Senior Center

**SENIOR CENTER SCHEDULE  
AND  
SENIOR AND SOCIAL SERVICES  
Jan 29<sup>th</sup> 2018**

**Assistance** with State Applications and/or /Re-determinations by appointment. Monday thru Friday - 10:00 AM – 2:00 PM.

**Community Café** - meals are being served Monday, Wednesday and Friday at the Marlborough Senior Center to people 60 years of age or older, their spouses or special guests. A pre-sign-up is recommended in order to accommodate everyone. Suggested donation is \$2.50. Meals are also delivered to homebound clients through the “Meals on Wheels” Program.

**Transportation** is offered 3 days each week with a 36-hour advance reservation. The transportation system offers rides to the senior center, shopping, doctor appointments we well as other professional or recreational activities. This service is for any senior or disabled person, however, there are rules and regulations that must be adhered to such as advance notice as to stops other than requested reservation. The driver is required to contact the dispatcher before any additional stops or changes to the schedule are made. There are no exceptions. Transportation is also offered once a month to an area mall or activity of the senior’s choice which has been approved, time permitting. Transportation can only be offered Monday, Wednesday, and Friday. Thank you for your understanding.

**In Case of Bad Weather, for Senior Center Closings or late openings, Tune in to WFSB The Early Warning Network or NBC Connecticut’s Weather Center.**

**DATES TO REMEMBER**

