

To: Rivereast FROM: Vi Schwarzmann, Marlborough Senior Center

Marlborough Senior Center Activities

Jan 8th, 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 8st

Transportation 8:00 AM – 4:00 PM
Assistance 10:00 AM – 2:00 PM
Congregate Meal @ Noon, Swedish Meat Balls
w/Gravy.
Peaches & Pears
Bowties, Peas & Diced Carrots, Wheat Bread,
Meals on Wheels @ Noon
Bingo 1:00 – 3:00 PM
Exercise w/ Janice 3:15 – 4:15 PM
Sachem Village Meeting 6:00 PM

Tuesday, Jan 9th

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, Jan 10th

Grocery hopping 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 – Orange Juice, Roast
Pork a La Orange,
Sweet Potatoes & Apples, Caribbean Blend
Vegetables , Corn Muffin,
Fresh Banana
Exercise w/ Janice 1:30 PM
8-Ball Pool 1:00 – 3:00 PM

Thursday, Jan 11th

Assistance 10:00 AM – 2:00 PM
Tai Chi 10:30 – 11:30 AM
Red Cross Blood Drive 1:00 – 6:00 PM
PD Exercise w/ Anne 3:00 – 3:45 -
All Levels Yoga 4:30 PM

Friday , Jan 12th

Transportation 9:00 – 4:00 PM
Assistance 10:00 AM – 2:00 PM
Not Just Quilting 9:00 AM – Noon
Congregate Meal @ Noon Breaded Fish Filet, w/

Tartar Sauce,

Potato Puffs, California Blend Vegetables, 12 Grain

Bread,

Fruit Cocktail

8-Ball Pool 1:00 PM:

TO: Rivereast

FROM: Marlborough Senior Center

**SENIOR CENTER SCHEDULE
AND
SENIOR AND SOCIAL SERVICES**

Jan 8th 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 daily with a 36-hour advance reservation. The transportation system offers rides to the senior center, shopping, doctor appointments as 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

Mon., Jan. 1st, 2018	New Year's Day, Senior Center Closed
Tues. Jan. 2nd	Gentle Chair Yoga 1:45 PM
Tues. Jan. 2nd	PD Exercise 3:00 – 3:45 PM
Tues. Jan. 2nd	Weight Watchers 5:00 PM
Wed. Jan. 3rd	Not Just Quilting 9:00 AM - Noon
Wed. Jan 3rd	Bingo, 1:00 PM
Wed. Jan. 3rd.	Sophisticated Ladies 5:00 PM
Thurs., Jan 4th	American Red Cross Blood Drive 1:00 - 6:00 PM
Thurs. Jan. 4th	PD Exercise 3:00 – 3:45 PM (Pool Room)
Thurs. Jan 4th	All Levels of Yoga 4:30 – 5:30 PM
Mon. Jan. 8th	Exercise w/ Janice 3:30 PM
Mon. Jan. 8th	Elite Properties – Sachem Village 6:00 PM
Mon. Jan 15th	Martin Luther King, Day, Center Closed.
Tues., Jan 16th	Commission on Aging 1:00 PM
Mon. Jan.19th	President's Day, Senior Center Closed