

To: Rivereast FROM: Vi Schwarzmann, Marlborough Senior Center

**Marlborough Senior Center Activities
Sept. 4th 2017**

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, Sept. 4^h Senior Center Closed in Observance of Labor Day Holiday

Tues. Sept. 5th
Assistance 10:00 AM – 2:00 PM
Food Bank 10:00 AM to Noon/ 3:30 5:30 PM
Red Hot Flashes 10:30 AM
Meals on Wheels @ Noon – 12:30 PM
Gentle Chair Exercise w/Anne 1:45 PM
Parkinson's Disease Exercise 3:00 – 3:45 PM
Weight Watchers 5:00 PM

Wednesday, 6th h
Grocery Shopping 8:00 AM :- Noon
Transportation Noon – 4:00 PM
Assistance 10:00 AM – 2:00 PM
Meals on Wheels 12:00 – 12:30 PM
Congregate Meal @ Noon Corn Chowder, Breaded Fish
Square,
Potato Wedges, Tartar Sauce, Saltine Crackers, Creamy
Coleslaw w/Carrots, purple & Green Cabbage, Peaches &
Pears
Not Just Quilting 9:00 AM -
Exercise w/Janice 1:15 PM
Say Good-by to Simmer Bingo 1:00 – 3:00 PM
8-Ball Pool 1:00 – 3:00 PM
Sophisticated Ladies 5:00 - 6:30 PM

Thursday, Sept. 7th
Assistance 10:00 AM – 2:00 PM
Tai Chi 10:30 – 11:30 AM
Meals on Wheels Noon – 12:30 P
American Red Cross Blood Drive 1:00 PM to 6:00 PM
Parkinson Exercise w/ Anne 3:00 – 3:45 PM
All Levels of Yoga 4:30 – 5:30 PM

Friday, Sept. 8th t
Transportation 8:30 AM – 4:00 PM
Assistance 10:00 AM – 2:00 PM
Not Just Quilting 9:00 AM – Noon

Meals on Wheels - 12:00 Noon 12:30 PM
Congregate Meal @ Roast Turkey w/Gravy, Cut-up Sweet
Potatoes,
4-Way Vegetable Blend, Cranberry Sauce, Wheat Bread,
Fresh Orange
8-Ball Pool 1:00 – 3:00 PM
Exercise w/ Janice 1:

TO: Rivereast

FROM: Marlborough Senior Center

**SENIOR CENTER SCHEDULE
AND
SENIOR AND SOCIAL SERVICES
Sept. 4th 2017**

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 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. Starting this week 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

**Fri. Sept. 8
Mon. Sept. 11
Wed. Sept. 13th
Thurs. Sept. 15th
Sunday, Sept. 17th**

**No Transportation
Bingo 1:00-3:00 PM
Commission on Aging 1:00 PM
Cemetery Committee 9:30 AM (Town Hall)
Health and Safety Fair at Marl. Vol. Fire Dept.,**

Station 1

Htfd. Hospital's Digital Mobile Mammography Coach is coming also 10:00 AM– 2:00 PM.

These screening mammograms are offered for women age 40 and

Older who have not had a mammogram in over a year. Call Heidi Moody, 860-966-6436

Monday, Sept. 25th

All Boards Meeting 7:00 PM

Sunday, Oct. 8th

Bushnell Theatre, 2:00 PM "LesMiserables" Seats are located in the Rear Mezzanine.

Section of the theatre. Registration is \$60.00

per person

Monday, Oct 9th

Columbus Day, Senior Center Closed

Wed. Oct. 11th

Bingo 1:00 – 3:00 PM October Kitchen, Chef Paul

Thurs. Nov. 2nd

Red Cross Blood Drive 1:00 – 6:00 PM

Fri., Nov. 10th

Veteran's Day, Senior Center Closed

Tues. Nov. 14th

Trip to Aqua Turf Club 11:00 AM – 3:50 PM

Thurs., Nov. 23rd.

Thanksgiving Day, Senior Center Closed

Fri., Nov. 24th

Day after Thanksgiving, Senior Center Closed

Fri, Dec. 22nd

Holiday Brunch, 10:00 AM

Mon. Dec. 25th

Christmas Day, Senior Center Closed

Tues. Dec. 26th

Day After Christmas, Senior Center Closed

Wed. Dec. 27th

Holiday Bingo, 1:00 PM

Mon., Jan. 1st, 2018

New Year's Day, Senior Center Closed