

To: Rivereast FROM: Vi Schwarzmman, Marlborough Senior Center

**Marlborough Senior Center Activities
Week of November 28st 2016**

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

Monday, Nov 28st 2016 Transportation
LIVE Well Chronic Disease Program /Chatham Health District
A Community based six week workshop series meeting once a
WEEK, FOR ADULTS AND THEIR CAREGIVERS WHO
WANT TO LEARN WAYS TO MANAGE THEIR CHRONIC
DISEASES 9:30 AM - Noon
Congregate Meal at Noon Country Fried Steak, Lyonnaise Potatoes,
Caribbean Blend Vegetables, Pumpernickel Bread, Fresh Apple
Bingo 1:00 PM
8 Ball Pool 1:00 PM

Tuesday , Nov.29^h Transportation available
Not Just Quilting 9:00 AM
**Congregate Meal – Noon Barbeque Chicken,
Potato Salad**
Corn Corrbette, Wheat Dinner Roll, Fresh Banana
Trans. To Food Bank, FB Hours - 10:00 - Noon, /3:30-5:30
Gentle Chair Exercise – 1:45 – 2:45 PM
3:00 – 3:45 PM Parkinson Exercise with Anne
Weight Watchers 5:00 PM

Wednesday Nov.30th **Grocery Shopping 8:30 AM to 11:30 AM**
Not Just Quilting 9:00 AM
Congregate Meal @ Noon **Italian Sausage & Red/Green
Peppers with Italian Sauce, Rotini W/ Italian Sauce, Zucchini,
12-Grain Bread, Fresh Banana**
Exercise w/ Janice 1:00 PM
8 Ball Pool 1:00 PM
Sophisticated Ladies 5:50 PM

Thursday, Dec 1st Transportation
Tai Chi 10:30 – 11:30 AM

Art w/ Marilyn @ 12:30 PM
PB Exercise w/ Anne
All Levels of Yoga with Anne

Friday, Dec. 2nd

Transportation
Not Just Quilting
Congregate Meal @ Noon Orange Juice, Meatloaf w/Gravy
Egg Noodles, Broccoli & Cauliflowe, 100% Whole Wheat
Bread, Apple Oatmeal Bar
Exercise w/ Janice 1:00 PM
Senior Walkers – Elementary School. 2:15 – 3:00 PM

SENIOR CENTER SCHEDULE
AND
SENIOR AND SOCIAL SERVICES
Week of November 28st 2016

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Assistance with State Applications/Re-determinations by appointment..
Assistance with Applications for benefits/ programs for Veterans

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. Appointments on Tuesday will be in town, while those are Thursday will be for those appointment out of town The driver is required to contact the dispatcher before any additional stops or changes to the schedule are made.. .

The Food Bank is located at 3 Wilhenger Drive (860-295-6008) and is open every Tuesday from 10:00 am to Noon and again at 3:30 to 5:30 pm. Due to higher than normal inflation and unemployment, the food bank is open to **qualified residents** in need of food. Transportation for seniors and/or physically challenged individuals is available. Please call the senior center if you need assistance to the food bank.

In Case of Bad Weather for Senior Center Closings or late openings - Tune in to WFSB early Warning Network or NBC Connecticut's Weather Center.

DATES TO KEEP IN MIND

Tuesday, November 22nd

Wednesday, Nov. 23rd

Wednesday, Nov. 23rd

Thursday, November 24th

Friday, November 25th

Friday, December 2nd

Saturday, Dec. 3rd.

Monday, December 5th

Wednesday, Dec. 7th

Thursday, Dec. 8th

Wednesday, Dec. 14th

Snow Date: Dec. 15th

Monday, December 19th

Friday, Nov. Dec. 23rd

Friday, December 23rd

Monday, December 26th

Monday, January 2nd 2017

Thursday, Jan. 5, 2017

Monday, January 16th

Special Senior Lunch @ Noon

Senior Lunch @ Noon "Liver & Onions"-

Day Before Thanksgiving, No Activities After Lunch

Thanksgiving – Senior Center Closed

Day After Thanksgiving, Senior Center Closed

Walking Club 2:15 – 3:00 PM

Gathering on the Green sponsored by the Marlborough

Volunteer Fire Dept. & the Knights of Columbus 4:30 PM

Sing-a-Long w/ Dolly & Jean 12:30 – 1:00 PM ,

Sachem Village Meeting 6:00 PM

East Hampton Lions Club, 2nd Annual Holiday Special

1:00 PM \$5.00 Donation

Elementary School "Winter Concert" 1:30 PM/7:00 PM

Same Times ,Same Place

Family Holiday Night 6:30 PM (RML)

Day Before Christmas, Closing at Noon

Breakfast – 10:00 AM

Day After Christmas, Senior Center Closed

Day After New Years Day, Senior Center Closed

Red Cross Blood Drive 1:00 – 6:00 PM

Closed in Observance of Martin Luther King Day

