

To: Rivereast FROM: Vi Schwarzmann, Marlborough Senior Center

Marlborough Senior Center Activities . January 7th 2019

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, Jan 7th

Transportation 8:00 AM – 4:30 PM
Community café @ Noon – Swedish
Meatballs, Bowties, Peas & Diced Carrots
Wheat Bread, Peaches & Pears
Assistance 10:00AM- 2:00 PM
Meals on Wheels Noon
Bingo 1:00 – 3:00 PM
Exercise w/ Janice 3:30 – 4:30 PM

Tuesday, Jan 8th

Transportation 8:00 AM – 4:30 PM
Assistance 10:00 AM – 2:00 PM
Chair Yoga 1:45 – 2:45 PM
PD Exercise 3:00 – 3:45 PM
WW 5:00 PM

Wednesday, Jan. 9th

Grocery Shopping
Not Just Quilting 9:00 – Noon
Community Meal @ Noon, Mediterranean Soup,
Roast Pork A La Orange, Sweet Potatoes Apples,
Caribbean Blend Vegetables, Corn muffin , Cherry
Apple Crisp
Meals on Wheels
Bingo 1:00 – 3:00 PM
Exercise w/ Janice 3:00 – 4:00 PM
Sophisticated Ladies 5:30 – 6:30 PM

Thursday, Jan 10th

Transportation 8:00 AM – 4:30 PM
Assistance 10:00 AM- 2:00 PM
Tai Chi 10:30 – 11:30 AM
Red Cross Blood Drive 1:00 – 6:00 PM
Meals on Wheels 12:3 PM
East Haddam Round Table Comm. on Aging
1:00 – 3:30 PM

**PD Exercise 3:00 – 3:45 PM (Pool Room)
All Levels of Yoga w/ Anne (Pool Room)**

Friday, Jan. 11th

**Transportation\
Not Just Quilting 9:30 AM- Noon
Congregate Meals @ Noon, Orange Juice, Breaded
Fish Filet, Potato Puffs, California Blend
Vegetables, 12 Grain Bread, Fruit Cocktail
Meals on Wheels @ 12:30 PM
Exercise w/ Janice 1:00 – 2:00 PM**

TO: Rivereast

FROM: Marlborough Senior Center

**SENIOR CENTER SCHEDULE
AND
SENIOR AND SOCIAL SERVICES
January 7th, 2019**

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 **5 days per 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. Remember transportation is offered five days a week and is also offered once a month to an area mall or activity of the senior's choice which has been approved, time permitting.

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

**Thursday, Jan. 3rd
Monday, Jan 14th**

**Red Cross Blood Drive 1:00 – 6:00 PM
Imagineers LLC/Sachem Village Meeting 6:30**

Monday, Jan 21st 2019
Monday, Feb. 18th, 2019
Thursday, March 7th
Monday, April 15th
Thursday, May 2nd
Monday, May 20th
Monday, June 17th
Thursday, July 11th
Monday, July 15th
Monday, Aug. 19th
Thursday, Sept. 5th
Monday, Sept. 16th
Monday, Oct. 21st
Thursday, Nov, 14th
Monday, Nov. 18th

Martin Luther King Jr. Day
President's Day, Senior Center Closed
Red Cross Blood Drive 1:00 – 6:00 PM
Imagineers LLC/Sachem Village Meeting
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