

To: Rivereast FROM: Vi Schwarzmann, Marlborough Senior Center

Marlborough Senior Center Activities . MAY 20th 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, May 20th

Transportation 8:00 AM – 4:00 PM
Tai Ji Quan (Moving for better Balance)
w/ Sue McCaffrey 9:30 – 10:30 AM
Book Club 10:00AM
Not Just Quilting 9:00 - Noon -
Congregate Meals @ Italian Style Meatballs
w/ Seashall Pasta in Marinara Sauce, Italian Blend
Vegs, Whole Grain White Bread, Applesauce
Meals on Wheels 12:30 PM
Bingo 1:00 - 3:00 PM
Blood Pressure 1:30 PM
Exercise w/ Janice 3:00 – 4:00 PM
Imagineers LLC

Tuesday, May 21st

Transportation 8:00 AM – 4:00 PM
Tai Ji Quan: w/ Sue McCaffrey 9:30 – 10:30 AM
Commission on Aging 11:00 AM
Chair Yoga w/ Ann 1:45 – 2:45 PM
PD Exercise 3:00 – 3:45 PM
WW 5:00 PM

Wednesday, May 22nd

Grocery Shopping 8:00 AM 12:00 PM
Not Just Quilting 9:00 – Noon
Meet & Greet the Big Y Pharmacist
Congregate Meal @ Noon , Orange Juice, Roast
Beef w/ Gravy, Mashed Potatoes, Spinach, 100%
Whole Wheat Bread, Cherry-Peach Crumble
Transportation 1:00 – 4:00 PM
Meals on Wheels
Exercise w/ Janice –1:30 - 3:30 PM

Thursday, May 23rd,

Transportation :800 AM – 4:00 PM
Assistance 10:00 AM – 2:00 PM
Tai Chi w/ Linda Herriman 10:30 – 11:30 AM
Meals on Wheels 12:3 PM
PD Exercise 3:00 – 3:45 PM Pool Room
All Levels of Yoga w/ Anne 4:30 PM Pool Room

Friday, May 24th

Transportation 8:00 AM – 4:00 PM

Assistance 10:00 AM – 2:00 PM

Quilter's Tea" 9:00 – 1:00

Meals on Wheels 12:00

Congregate Meal @ Noon –Apple Juice, Potato Crumbled Fish, Tartar Sauce, Au Gratin Potatoes, California Normandy Vegetables, Oatnut Bread, Pineapple Tidbits & Mandarins.

Tai Ji Quan w/ Sue McCaffrey 2:00 – 3:00 PM

Set-Back 2:00 PM

TO: Rivereast

FROM: Marlborough Senior Center

**SENIOR CENTER SCHEDULE
AND
SENIOR AND SOCIAL SERVICES
MAY 20th 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 only three (3) 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

LIVE *every moment*

LAUGH *everyday*

LOVE *Beyond words*

Monday, May 27th

Tuesday May 28th

Memorial Day, Center Closed

(Date Change) Chatham Health,

9:00 – 11:30 PM

Subject: Diabetes

Thurs. May 30th

Thurs. June 6th

Safety Committee Meeting 9:30 AM

AARP Fraud Watch Network 6:00 – 8:30 PM

Mohegan Sun Convention Center, Sky Convention Center – Uncas Ballroom, 1 Mohegan Sun Blvd. Uncasville, CT 06382, FREE

Registration: 1-877-926-8300 or

<https://aarp.com/AbagnaleCT2019>

Saturday, June 8th

4th Annual Veterans Stand Down

9 AM 2 PM

Danielson Veterans Coffeehouse

742 Upper Maple St., Danielson CT 06239

Monday, June 17th

Thursday, July 4th

Thursday, July 11th

Monday, July 15th

Monday, Aug. 19th

Thurs. Aug. 29th

Monday, Sept. 2nd

Thursday, Sept. 5th

Monday, Sept. 16th

Tuesday, Sept. 17th

Wednesday Sept. 25th

Monday, Oct. 21st

Tuesday, Oct. 15th

Thursday, Nov. 14th

Monday, Nov. 18th

Tuesday, Nov. 19th

Thurs., Nov. 21st

Tuesday, Dec. 17th

Imagineers, LLC/Sachem Village Meeting

Independence Day, Center Closed

Red Cross Blood Drive 1:00 – 6:00 PM

Imagineers LLC/Sachem Village Meeting

Red Cross Blood Drive 1:00 – 6:00 PM

Safety Committee Meeting 9:30 am

Labor Day, Center Closed

Red Cross Blood Drive 1:00 – 6:00 PM

Imagineers LLC/Sachem Village Meeting

Commission on Aging 11:00 AM

Mr. Magic 1:00 – 2:00 PM

Imagineers LLC/Sachem Village Meeting

Commission on Aging 11:00 AM

Red Cross Blood Drive 1:00 – 6:00 PM

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