



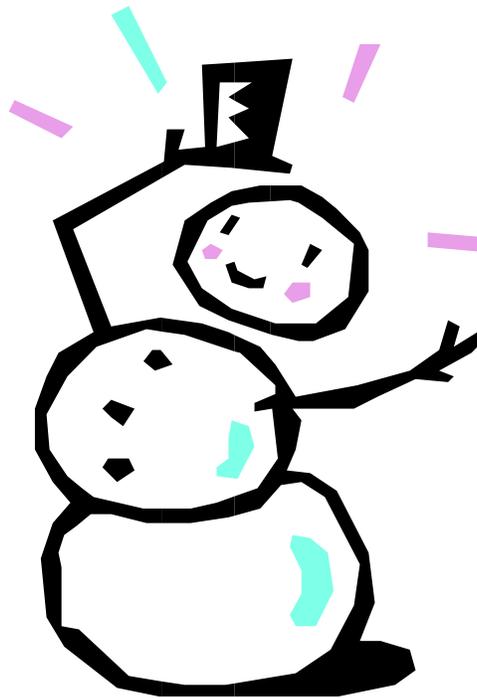
A HAPPY AND HEALTHY NEW YEAR TO ALL

I hope that everyone had a great holiday. I know I did! One important aspect that made my holiday special was the good will demonstrated by the numbers of donations to families in our town.

To all the people who cared and shared B for people less fortunate, I'd like to

thank :

The Town Hall em-



ployees .

The L&M staff at the Route 1 facility .

The three second grade classes at the North Stonington Elementary School who collected food for needy Seniors.

The VFW Ladies Auxiliary for their \$150.00 donation to the Senior Center.

FREE TAX PREPARATION

Free tax preparation as part of AARP tax aide program will be held on February 9th,

March 8th and 22nd. Tax consultants Bob Mason and Richard Ware will be available

from 11 AM till 2 PM. Sign-up sheets are handing on the bulletin board.

HAPPY BIRTHDAY

- *Ester Ayrtded*
- *Julia Baldwin*
- *Gwen Coughlin*
- *Kathleen Handley*
- *Arlene Morton*
- *Eunice Schaub*
- *Patricia Shafer*
-
- *Happy Anniversary*
- *Francis & Lucy Eldridge*

Inside this issue:

Lunch Menu	2
Trips and In climate	
Weather	
Continued from pg1	
calendar	3
Trips 2012	4



LUNCH MENU

Jan. 11, 2012

Vegetable Beef Stew over Rice, Tossed Salad, Rolls, dessert, coffee.

Jan 18, 2012

Crispy Baked Chicken, mashed potatoes and gravy, veggies, cranberry sauce, dessert, coffee.

Jan. 25, 2012

Ham and bean dinner, Mac-cheese, salad, Rolls, dessert and coffee.



Trips and Inclimate Weather

Jan 26, 2012

Mystery Lunch & shopping
Leaving center at 9:15 am.

Jan 24, 2012 Colleen Hicks, an Audiologist, will speak to us at 11:30 am. About hearing loss and hearing aid technology. Light lunch at 12:30. \$3.00

Feb. 6 at 1pm. County Western singer, Cameron Suthphin.

February 13, 2012

The Cornerstone Playhouse Present, "From Mystic with Love". The cost for the play is \$37.95 plus driver.

May 2, 2012

Vicki Lawrence at Mohegan Sun Casino, cost \$45.00 plus driver.

If school is cancelled due to the weather so are all activities and the POPPIN Food Program.

Continued from page 1

On a personal note, David and I would like to thank the Seniors for our generous gifts. We were both very surprised and truly appreciative of your thoughtfulness.

God Bless and Have a Good New Year

I would like to also thank JoAnn McMurry, Cliff Burdick, Kathy Nichols, Rosemary Rathbun, and Joyce Berbeck for their gifts to me.





January 2012

Mon

Tue

Wed

Thu

Fri

2 <i>Wii</i> 10 am-noon	3 <i>Chair</i> <i>Aerobics</i> Noon	4 <i>Blood</i> <i>Pressure</i> 11:30am <i>GA Meeting /</i> <i>Bingo</i>	5 <i>Zumba</i> 10 <i>Quilting</i> Noon-3pm <i>Tai chi</i> 3:15 pm	6 <i>Art</i> 10am-noon <i>Poppin</i>
9 <i>Wii</i>	10 <i>Chair</i> <i>Aerobics</i>	11 <i>Lunch</i> Noon	12 <i>Zumba</i> <i>Quilting</i> <i>Tai Chi</i>	13 <i>Art</i> <i>Poppin</i>
16 <i>Closed</i> <i>MLK Day</i>	17 <i>Chair</i> <i>Aerobics</i>	18 <i>Lunch</i> Noon	19 <i>Zumba</i> <i>Quilting</i> <i>Tai chi</i>	20 <i>Art</i> <i>Poppin</i>
23 <i>Wii</i>	24 <i>Chair</i> <i>Aerobics</i>	25 <i>Lunch</i> Noon	26 <i>Zumba</i> <i>Quilting</i> <i>Tai Chi</i>	27 <i>Art</i> <i>Poppin</i>
30 <i>Wii</i>	31 <i>Breakfast</i> <i>Club</i> <i>Chair Aero-</i> <i>bics</i>			

North Stonington Senior Center

391 Norwich-Westerly Road
Mailing Address
40 Main Street
North Stonington, Ct 06359
Address Line 4

Phone:(860)-535-8188
Fax: (860)-535-3021
Email: north.stonington@snet.net



NORTH STONINGTON SENIOR CENTER

Transportation is provided by seniors for medical reason, by appointment only! Appointments must be made at least a month in advance.

North Stonington Golden Agers Club

Board of Directors:

GA President— Jerry Ward

GA Vice President— Dot Costa

GA Secretary-Ester Perkins

GA Treasurer— John Holliday

GA Sunshine Lady— Margaret Ward

Trips for 2012

March 30-April 2
Washington, DC. “Cherry Blossoms in Washington” plus a great deal more.

June 19-23
Cape Cod Nantucket Island. We will see places such as: Heritage Plantation Museum and Gardens, John F. Kennedy Museum and more.

Sept. 18-20
Lancaster, PA “Jonah” At the Millennium Sight & Sound Theater. We will go to Bethlehem, Lancaster & Philadelphia

