



FEBRUARY 2011

North Stonington Senior Center

Volume 2, Issue 2

Newsletter Date

Inside this issue:

North Stonington Notes	2
Senior Center House Notes Continued	2
Lunch Menu	2
Calander	3
Programs	4

Happy Birthday

Fred Hill

Frances Balestracci

- Francis Eldidge
- Elly Gradilone
- Charles Knapp
- Kathy Nichols
- Angie Rocco
- Alice Sloan
- Peggy Vargus
- Happy Anniversary
- Cliff & Elaine Button

Senior Center House Notes

Oh! What a cold and snowy January. Are you sick of the weather Yet! I know I am. It looks like February is starting out nasty also.

Please remember, if school is cancelled, so are all activities at the senior center.

Speaking of the senior center , we had a leak in the kitchen wall and the ladies bathroom faucet pipes froze. It took a better part of the

day for the plumber to repair everything, but all is well.

Our terrible weather has given our town employees at lot of extra work. We need to give Melanie a special thank-you for keeping the parking lot clear and ensuring our safety.

Also on our list for a special thank-you is David Fede. David started volunteering as our lunch cook in October and he's still going



strong. (I think he likes us)

We sure are fortunate to have a real chef cook for us!

Continued on page 2

Board of Education and Services for the Blind

On February 9th, Heidi Ross, a Connecticut State worker , from Services for Adults will be our speaker.

The BESB was established in 1893 and is the oldest continually operating state agency in the

United States.

The BESB's mission is to enable its clients to become more self-sufficient and to maximize their participation in the community.

The BESB works

with children who are legally blind or visually impaired and adults who are legally blind.

Please come at 11:15 am on February 9th to hear Heidi speak . Lunch will be served at noon.



North Stonington Notes of Interest

Did you know that Darryl Del Grosso, our town assessor, is the president of the Tri City Amateur Radio Club? Darryl will be testing radio enthusiast on Feb. 10 at the Mac Hall, Coast Guard Academy in New London @ 7.00 pm. The cost is \$15.00. Not ready to be tested? That's okay! Darryl will be offering new class starting on Feb. 5th at Uncas on the Thames from 9:00 am till noon. Give Darryl a call about the details at (860) 535-2877

ext. 23.

On Wed. , March 9th, at 11:30 am, Darryl will come to the center to discuss the levels of qualifying income for the Elderly and Totally Disabled Tax Relief Program. Information concerning this program is posted in the Senior Center.

On Wednesday, March 23 rd, At the North Stonington Congregational Church, there will be a Health Screening Pro-

gram. Life line screening will be providing an affordable , non-invasive , painless health screening related to: blocked arteries, abdominal aortic aneurysms, hardening of the arteries in the legs, and atrial fibrillation (irregular hear beat). All four screenings take 60-90 minutes to complete. Register for the Stroke, Vascular Disease and Heart Rhythm Package for \$139.00

Call 1-888-653-6441 to pre-register.

Senior Center House Notes Continued

Please note the Feb. 16th lunch will be limited to 50 people. You must make reservations!

The magic show starring "Mr. Magic" AKA Attorney Richard Rothstein will start at 2:00 pm. There is no cost for the program. If your unable to attend lunch, please try and see the program. The program is being paid from the funds

generously given to the Senior Center from the Antique Automobile Club and the Lion's Club.

I am currently looking into planning a trip in September. It will be an Autumn Rail and Sail tour of the New York Adirondack Mountains & Vermont Green Mountains.

I'm hoping if we have a number of fund raisers this summer, more people will be able attend. Let's put our heads together and raise some money for this trip!

I look forward to discussing the tour with you. Details for the trip are posted in the center



Lunch Menu

Feb. 9 Pasta with meat sauce, salad and garlic bread, dessert. \$4.00

Feb. 16 Surf & Turf

Broiled Sirloin of beef, thinly sliced and served with a light pan sauce along with Gulf style

shrimp, sautéed with butter garlic and fresh lemon. Baked stuffed potato, tossed green salad and French bread. \$6.00

Feb. 23 Asian Style Stir Fry

Fresh chicken tenders

quickly sautéed with garlic and ginger , tossed with fresh vegetables. Your choice of fried rice or noodle bowl. Grilled fruit salad and dinner rolls. \$4.00

Please make reservations (860) 535-8188

February 2011

MON	TUE	WED	THU	FRI
	1	2	3	4
		Golden Agers Meeting & blood pressure 12:30 pm	Exercise 10 Quilting 1:00 pm Tai Chi 3:15 pm	Art 10:00 am Chair Aerobics 1:30 pm
7	8	9	10	11
Crafts 10:00 am		BESB 11:15 am Lunch noon Bingo	Exercising Quilting Tai Chi	Art Chair aerobics
14	15	16	17	18
Crafts		LUNCH NOON Mr. Magic 2:00 pm	Exercise Quilting Tai Chi	Art Chair Aerobics
21	22	23	24	25
Crafts		SNAP 11:15 am Lunch Bingo	Exercise Quilting Tai Chi	Art Chair Aerobics
28				
Crafts Breakfast Club				


**NORTH STONINGTON
SENIOR CENTER**

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 40 Main St.

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

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– Esther Perkins

GA Treasurer-John Holliday

GA Sunshine Lady– Margaret Ward

Upcoming Programs

Feb. 9th
Board of Education and
Services for the Blind
11:15 am.

Feb. 16
Mr. Magic

Feb. 23
SNAP
Food Stamp Program

Andy Cooney’s “Forever
Irish”

Leaving the center at 10:00
am for Mohegan Sun Buffet
Included. The show is at the
Guard Arts Center. Cost
\$40.00.

April 7

Yakov Smirnoff. E will
leave the center at 10:00
am. For Foxwood Buffet
included . Show begins at
2:00 pm.

Tentative programs

March
Trip to Superior Court/
Lunch

April/May
Daffodils Fest, Nantucket

September

Sail & Rail
New York /Vermont

The North Stonington Bi-
Centennial Scholarship is
now available in the
Wheeler Library and the
Town’s website.



Think Summer!