



# NORTH STONINGTON SENIOR CENTER

## Senior Center House Notes

Ladies and Gentleman, start your engines. We are now ready to pursue the road to physical fitness with the latest in technology.

Our center is now the proud owner of a 42 inch, Samsung TV, a Wii Sports Resort and a Wii Fit Plus program.

On Wednesday, March 2, there will a sign-up sheet for Wii Bowling and health fitness.

Our first meet-

ings will be held on Monday, March 7th at 11:00 am and Tuesday, March 8th at 10:00 am.

Please note that the North Stonington Golden Agers' Pearl Farnum Scholarship Application is now available. North Stonington residents of any age seeking to further his or her post secondary education in the health field is encouraged to apply.

The application may be obtained on the Town's



Web site, at the Wheeler Library and at the North Stonington Senior Center.

## NORTH STONINGTON HEALTH CENTER WESTERLY HOSPITAL HEALTHCARE

On Wednesday, March 9th, AT 11:00 AM, Dr. Motyl and Radiologist, Dale Porter will speak at the center.

Dr. Motyl and

Dale Porter will discuss the wide range of programs and services that are offered at the newly opened North Stonington Health Center located at 183 Providence-New

London Turnpike in North Stonington . ( Route 184)

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### Happy Birthday

• Carol Holliday

3/16

• Norman Rogers

3/10

• David Sellins

3/19

Happy Anniversary

Clarence Bradely

3/12

# March 2011

Schedule of Events

**March 9**

**Dr. Paqui Motyl**

**Dale Porter**

**Radiology**

**11:00 am**

**March 9**

**Elderly and To-  
tally Disabled**

**Tax Relief 11:45  
am**

• **March 11,**

• **Wright's Farm  
Restaurant  
Leaving the  
center at 10:00  
am**

**Cost \$17.30**

**March 24,  
Tentative date  
to New London  
Superior Court  
Lunch**

**March 31,  
Mystery Lunch**

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
		<i>Golden Agers</i>	<i>Exercise 10:00 Sewing 1:00-3:00</i>	<i>Art 10-Noon Chair aerobics</i>
		<i>Blood Pressure</i>	<i>Tai Chi 3:15 pm</i>	<i>1:30 pm</i>
7	8	9	10	11
	<i>Wii 10.00 am</i>	<i>Lunch Noon Bingo</i>	<i>Exercise Sewing Tai Chi</i>	<i>Art Chair Aerobics</i>
14	15	16	17	18
<i>Crafts 10:00</i>	<i>Wii</i>	<i>Lunch Noon Bingo</i>	<i>Exercise Sewing Tai Chi</i>	<i>Art Chair Aerobics</i>
21	22	23	24	25
<i>Crafts</i>	<i>Wii</i>	<i>Lunch Noon Bingo</i>	<i>Exercise Sewing Tai Chi</i>	<i>Art Chair Aerobics</i>
28	29	30	31	
<i>Crafts Breakfast Club</i>	<i>Wii</i>	<i>Lunch Noon Bingo</i>	<i>Exercise Sewing Tai Chi</i>	



## Senior Center Notes Continued

On Wed. , March 9th, at 11:45 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 At the North Stonington Congregational Church,

there will be a Health Screening Program. 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. Regis-

ter for the Stroke, Vascular Disease and Heart Rhythm Package for \$139.00

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

Please note that there are still appointments available for the AARP Free Tax Preparation Program . Call (860) 535-8118 for an appointment.



## Brooke's Exciting Mission

Our wonderful chair aerobic instructor, Brooke Chappell, will be leaving on March 29th for a four month hiatus.

Brooke and at times, some of her family members, will be working with an organization called New Tribes Mission (NTM). The NTM

and the North Stonington Bible Church are sponsoring the mission .

Brooke's first leg of her journey will take her to Thailand for a couple of weeks. The majority of the time, Brooke will be working in Papua, New Guinea . The last leg of her mission will be in Austral-

ia.

We wish Brooke and her family a safe and happy experience.

We look forward to hearing about Brooke's adventures and hope she will take a lot of pictures to share with the Seniors.



## Up and Coming Activities

April 7, 2011

Yakov Smirnoff, the famous Russian Comedian will be at the Fox Theater.

The cost for the show is \$35.00. The trip will include a free meal at the buffet. The bus will leave the center at

10:00 am.

September 12 –13, 2011  
Autumn Rail & Sail

This tour features New York Adirondack Mountains & Vermont Green Mountains. Information is available at the center.

October 9-14, 2011

Biltmore Estate & Asheville, NC This is a guided tour of Asheville, NC including Grove Arcade, Biltmore Estate , Folk Art Center and the St. Lawrence Basilica. Call for more information.



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*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*



## LUNCH MENU



### **March 9 th**

#### **Ash Wednesday**

Jumbo shells; some filled with herbs and ricotta cheese, others with spring vegetables. You will have a choice of tomato basil sauce or a creamy parmesan sauce. A salad garlic bread and dessert will also be served.

### **March 16th**

#### **St. Patrick's Day**

Corned beef and cabbage  
Sliced beef brisket served

over wedges of green cabbage, red boiled potatoes & fresh buttered carrots with a choice of spicy mustard or creamy horseradish sauce. Afresh fruit, jell and cottage cheese platter will also be served.

### **March 23rd**

#### **The Last of Winter**

New England Beef stew.\Tender cubes of beef simmered in a rich broth, and accompanied by roasted root vegetables, tossed salad, and Teresa's own

baked bread. Coffee and dessert.

### **March 30th**

#### **Sunday Dinner Style Chicken Cutlets**

Boneless chicken , breaded and baked to a golden brown. It will be served with a lite pan gravy, with real mashed potatoes and fresh vegetables. Warm buttered biscuits, dessert and coffee will also be served.