

NORTH STONINGTON SENIOR CENTER

Happy Birthday

Lucy Eldridge

Helen Lauterio

Dorothy Philliber

Mirjiam Shabunia

Kathleen Thompson

Happy Anniversary

JoAnn Paradis

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Spring: A Time of Renewal

Spring is here! It sure is about time, our winter was very long and dreary.

The dreariness has been replaced by bright colored daffodils and tulips. The trees around the center are in full bloom and the colors are magnificent.

The center is also looking good. Julie and Dan are busy painting the building. Unfortunately

some wood is rotting on the building but this issue is being addressed.

I'm hoping some of our members would like to share some of their flowers for our gardens. If we all pitch in beautifying the center our home-away-from-home will look spectacular!



Senior Center Happenings

The "Flash Back Dance" is May 31, 2011. It will be held at the Wheeler Elementary School. The event will be hosted by Christina Kane, a

National Honor Society student.

Christina is hosting this event to raise money for our Senior Center.

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Seminars before Wednesday Lunches

There will be three brief seminars before our lunches.

11:30 am

May 11 Linda from the Groton Regency will be our speaker.

May 18 Bridget will speak about Title 19 spend down.

11:00 AM

May 25 Diane will speak about "Hidden Sugars".

Food Bank and Heating Assistance

The "POPPIN" food bank program is in full operation and working very well. I was happy to see some new faces and I hope to see more in the future. Please be sure to tell your friends about the program.

You will be able to apply for the energy assistance program in July. This program not only is for heating but also for electrical assistance. I will begin my training in Norwich this month. Hopefully, I will be given the program and it will not be necessary for you to go to the PNC.

Lunch Menu

May 11, 2011	Turkey Gumbo Soup	French Toast
Grilled Chicken	Salad and bread.	Home fries
Salads and veggie		

May 25

May 18, 2011	Brunch for Lunch
Chilli and/or	Quiche



May 2011

Mon

Tue

Wed

Thu

Fri

2 Wii 10	3 Wii 10 am Arthritis Exercise Noon	4 GA Meeting 12:30 am	5 Zoomba 10 am Quilting 1:00 Tai Chi 3:15	6 Art 10 am
9 Wii	10 Wii Exercise	11 Lunch Bingo	12 Zoomba Quilting Tai Chi	13 Art 10 am
16 Wii	17 Wii Exercise	18 Lunch Bingo	19 Zoomba Quilting Tai Chi	20 Art 10 am
23 Wii	24 Wii Exercise	25 Lunch Bingo	26 Zoomba Quilting Tai Chi	27 Art 10 am
30 Closed	31 Wii Exercise			



Organization

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North Stonington Golden Agers Club

Board of Directors

GA President- Jerry Ward

GA Vice President-Dotty Costa

GA Secretary- Esther Perkins

GA Treasurer- John Holiday

GA Sunshine Lady- Margaret Ward

Senior Center Happenings Continued

Tickets are available at the Center for \$4.00 and \$5.00 at the door.

Please invite your whole family to the event!

Are you in need of an electric scooter. Cliff knows someone who is selling it. It is like new. Call Cliff at (860) 599-5339

Do you need home health care? Or someone to help clean your home.? I have someone reliable in mind. Call Teresa at (860) 535-8188

I would like to start a walking group. Are you interested in seeing more of your town and get fit at the same time? Call (860) 535-8188

