

North Stonington Senior Center

Volume 1, Issue 2

July 2010

HOME FRONT

Thanks to George Brennan and his crew the center looks wonderful. Not only did his crew do a great job, they also did it quickly and efficiently.

I took the time the center was closed to do some Spring cleaning. I had help from volunteers Jean-Luc, Shirley and Theralene.

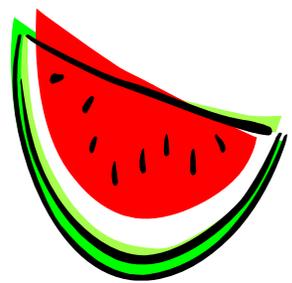
Jean-Luc gave the floors a good scrubbing and waxing. He is currently in the process of cleaning the outside of the

building. Shirley was a big help. She came to the center with a great deal of energy and washed almost all the windows.

Theralene helped me clean and rearrange some of the cabinets in the kitchen.

The crafts group has cleaned out the supply closet. Now they have a good idea what supplies are available for their next project.

Next on the



to do list is valances for the windows. The sewing group has kindly agreed to make them.

I'd like to thank everyone for all they have done. Without their help, I would not have been ready to open the center for lunch on Wednesday.

Inside this issue:

	2
Schedule of Events	2
North Stonington Fair	2
Senior Lunches	2
Calendar	3
Recipe	4

Special points of interest:

◆ **HAPPY BIRTHDAY**

Dot Costa

Jo Ann Pardis

If I missed your birthday or anniversary please let me know. Thanks

NEW IDEAS FOR ACTIVITIES

I would like to hear from you! How about a ...
Card and game day
Wii bowling games

Weekly shopping to grocery store and pharmacy

Garden Club
Attend local health fair
"Tea at Two" chat with old and new friends
Shuffle Board
Movie Day
Knitting Ideas
Computer classes

Walking and diet class

Do any of these ideas sound exciting to you? Do you have any other suggestions?
Give me a call ! Let's make arrangements to begin new ideas in the

Schedule of Events

- ◆ July 6, 2010 *Mystery Lunch* leaving center 9:45 am
- ◆ July 12, 2010 *Earl Stedman from CHOICES*
- ◆ July 22, 2010 *New Port Playhouse and Cabaret Restaurant "SUITEHEARTS!"* leaving center at 9:45 am

On Monday, July 12, 2010 at 11:00 am , the North Stonington Senior Center will host speaker Earl Stedman and his wife Cheryl.

Earl is a trained representative for CHOICES. He will discuss Medicare and the New Health Care Laws- What it Means for You.

Earl will discuss other topics such as energy and food assistance. A light lunch will

be served. Please call and make a reservation at *860) 535-8188.

HAPPY BIRTHDAY
Dot Costa
Jo Ann Pardis

The North Stonington Agricultural Fair, sponsored by the North Stonington Grange #138 and the North Stonington Volunteer Fire Co., is from July 8-11, 2010.

Lots of wonderful events are planned. I would

like to mention that Saturday is Seniors day. Tickets for Seniors will be \$4:00 and parking is free.

A ham and bean dinner will be served on Saturday from 5:00 pm till 7:00 pm. I hope to see you .
 Teresa



Fun for the whole family

SENIOR LUNCHES

July 14
 Fish and Chips or
 Grilled Salmon and
 baked potato
 coleslaw/bread
 clam chowder

July 21
 Baked macaroni
 and cheese, grilled
 sausage, veggies/
 bread

July 28
 Chicken and beef



*Good Friends
 Good Food*

kabobs, potato
 salad, veggies/
 bread

Dessert, coffee and
 cold drinks

July 2010

Mon

Tue

Wed

Thu

Fri

1
Sewing 1-3
Tai Chi
3:15-4:00

2 Art 10-noon
Chair aerobics 1:30-2:00

5

6
Mystery Lunch

7
GA Meeting 12:30
Bingo

8
Sewing 1-3
Tai Chi
3:15-4:00

9 Art 10-noon
Chair aerobics 1:30-2:30

12
Choices 11 am
Light lunch

13

14
Lunch Noon

15
Sewing 1-3
Tai chi
3:15-4:00

16
Art 10-noon
Chair aerobics 1:30-2:30

19

20

21
Lunch Noon

22 Sewing 1:00-3:00
Tai Chi 3:15-4:00
New Port Play House

23
Art 10-noon
Chair aerobics 1:30-2:30

26
Breakfast club

27

28
Lunch Noon

29 Sewing 1-3
Tai Chi 3:15

30 Art
Chair aerobics

North Stonington Senior Center

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Organization

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 – Sunny Gleason

GA Secretary – Marie Herbert

GA Treasurer – John Holliday

GA Sunshine Lady – Margaret Ward

Yearly membership dues of \$10.00 are due at the end of each January. Club Meetings are held at the center on the first Wednesday of each month.

Cocoa Brownies Recipe courtesy Alton Brown

Last month Brook Chappell, our chair aerobics instructor, brought in these delectable brownies. I thought you might like to taste for yourself just how good they are.

Ingredients

4 large eggs
1 cup sugar, sifted
1 cup brown sugar, sifted
8 ounces melted butter
1 1/4 cups cocoa, sifted
2 teaspoons vanilla
1/2 cup flour sifted

1/2 teaspoon kosher salt.

Directions: Preheat oven 300 degrees. Butter and flour inch square pan.



In mixer fitted with whisk attachment, beat eggs at medium speed until fluffy and light yellow. Add both sugars. Add remaining ingredients, and mix to combine

Pour batter into greased and floured pan and bake for 45 to 60 minutes. Check for doneness with toothpick.