

North Stonington Senior Center

Senior Notes

Inside this issue:

<i>Menu</i>	2
<i>Trips</i>	2
<i>Activities</i>	2
<i>B-Days</i>	4

Hi Everyone,

I hope you are enjoying your summer.

It has been a very busy summer here at the center.

A group of seniors went on a paddle boat in Plymouth, Ma. and to a cranberry bog. It was a fun time for all. Except, I had forgotten how small the famous Plymouth rock

is.

We now have a vegetable garden. The vegetables were donated to us for the Eastern Connecticut Garden Association. We need to give thanks to Jeanluc Pensis and the town crew for digging up our plot. Hopefully, next year will have an earlier start.

I need volunteers to



help pick North Stonington potatoes. Do you know this variety? HintSee page 3

HEATING ASSISTANCE

Applications for heating assistance will be taken as of August 1, 2012. Please call to make an appointment. The telephone

number is (860) 535-8188.

A checklist of required documentation for energy assistance

is available at the Senior Center .

Applications for the SNAP (food stamp program) may be filled out at the same time.

Lunch Menu

August 8, 2012

Tomato soup with rice
 Grilled ham, potato
 and cheese casserole,
 baked with an herbed
 crumb topping.
 Accompanied by fresh
 veggies and a summer
 salad Warm rolls and
 Butter

August 15, 2012
there will be no
lunch served.

August 22, 2012

French onion
 soup ..cheese crou-
 tons
 Freshly made Turkey
 Croquettes, topped
 with New England

pan gravy. Served with
 mashed potatoes, veg-
 gies of the season and
 cranberry sauce, of
 course. Garden salad
 and warm rolls and
 butter.

August 29th

Golden Agers picnic.



Day and Overnight Trips

August 9th

New Port Play house,
 \$50.00 AI Leaving
 9:45 am

August 15th

CT River Dixieland
 Cruise leaving the

center at 10:15 am.

Money is due.

August 30, 2012

Mystery Lunch

Leaving at 11:20
 am

Sept 18-20th

“Jonah in Pennsylvania”

Full Payment due by Aug. 15th.

October 16th

Friesians of Majesty, Townshend,
 VT \$109.00

November 13th

Country Music Jamboree, Chicopee, MA
 \$44.00

ACTIVITIES

Monday Wii 9am-
 noon

Tuesday Chair Aero-
 bics Sept.4 @10am

Wednesday First
 week of the month
 Blood Pressure Tak-

en 11:30 am GA
 Meeting 12:30 pm /
 Bingo

Wednesday ‘s 2nd
 week-4th week
 Lunch Noon/ Bingo

Thursday Zumba 10

am (restarts in Sept)

Quilting 1pm –3 pm

Friday Art 10 am–
 noon Poppin

Is anyone interested
 in scrapbooking? Let
 me know.



North Stonington Senior Center

391 Norwich-Westerly Road

Mailing Address

40 Main Street

North Stonington, Ct 06359

Phone:(860)-535-8188

Fax: (860)-535-3021

NORTH STONINGTON SENIOR CENTER



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— Dot Costa

GA Secretary-Ester Perkins

GA Treasurer— John Holliday

GA Sunshine Lady— Margaret Ward



Hint: Feldspars, quartzs, small amount of mica and amphibole minerals

Donna Brustolon

Rosanna Cullen

Mildred Pinch

Sunny Gleason

Joanne McMurray

Norma Rogers

Mary Schellar

Margaret Ward