

Happy Birth-
day

Laura Hadley

Cliff Burdick

Marlin Jerbert

Lucille Victoria

Happy Anni-
versary

June Murphy

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North Stonington Senior Center

Volume 2 Issue 10

Senior Notes

Hi Everyone,
I hoped you enjoyed the pig roast last month. We need to start thinking about something fun for next year.

I have some exciting news. We are proud owners of a new freezer and stove. And Guess What! On October 24th & 25th the flooring in the kitchen will be re-



placed. Wii will be cancelled on the 24th. However, I will be at the center if anyone needs me. Yes! We will be going on the Mystery lunch Oct. 25th.

Also, sometime during the month we will be getting a new carpet for the living room.

Our center sure will be styling for the holidays.

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Flu Shots

Flu shots will be available Oct. 21st and Oct 27th from 9 am till 11:00 am.

Please be sure to bring your insurance cards.: Medicare, Anthem Blue Cross/Blue Shield, Connecticare and Aetna are all ac-

cepted. If you have no insurance, the cost for the shot is \$14.00.

Lunch Menu

October 12, 2011 New England Fall Boiled Dinner

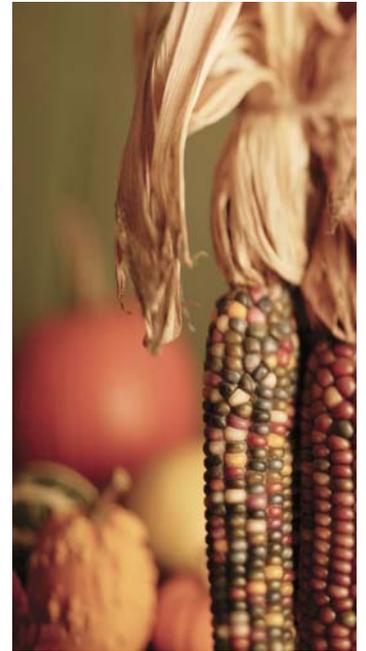
Samplings of sugar baked ham and corned beef brisket, served with a horseradish sauce, braised cabbage, boiled potatoes and fresh carrots.

October 19, 2011

Chicken ala King, served over buttered egg noodles or biscuits, vegetable djour, cranberry sauce and garden salad.

October 26, 2011

Pasta two ways. Baked ziti with a tomato basil sauce, topped with mozzarella cheese or linguini tossed with vegetables and herbs in a lite cheese sauce. All served with Salad and garlic bread.



Notes Continued

Chair aerobics instructor, Brooke is getting married this month.

Seniors on oxygen: If you are traveling please remember to carry your prescriptions on you at all times.

I am looking for volunteers to drive people to their medical appointments. There will be a sign-up sheet on the bulletin board.

I am now trained to sign-up people for heating assis-

tance. I will begin taking applications on October 15, 2011.

On October 14, I will be training for the CHOISES program. If you need help with your Part D insurance please call for an appointment.

October 2011

Mon

Tue

Wed

Thu

Fri

<i>3 Wii 10am-noon</i>	<i>4 Chair Aerobics 1pm</i>	<i>5 Blood pres- sure 11:30 GA meeting Bingo</i>	<i>6 Zumba10 am Quilting 1pm- 3pm</i>	<i>7 Art 10am-noon</i>
<i>10 Columbus Day closed</i>	<i>11 Chair Aerobics</i>	<i>12 Lunch noon/</i>	<i>13 Zumba Quilting</i>	<i>14 Art</i>
<i>17 Wii</i>	<i>18 Chair Aero-</i>	<i>19 Lunch noon /Bingo</i>	<i>20 Zumba Quilting</i>	<i>21 No Art</i>
<i>24 NO Wii</i>	<i>25 no Chair aer- obics</i>	<i>26 Lunch noon/Bingo</i>	<i>27 no Zumba Quilting</i>	<i>28 Art</i>
<i>31 Wii</i>				



Organization

North Stonington Senior Center

391 Norwich-Westerly
Road

Mailing Address
40 Main Street

Phone: (860)-535-8188

Fax: (860)-535-3021

Email:

~~This would be a good place to insert a short~~
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

TRIPS

October 13, 2011

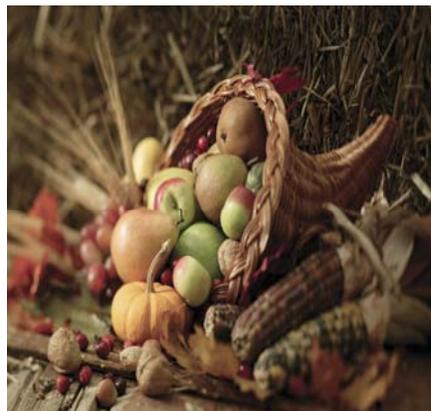
Wright's chicken Farm, \$17.30. This includes the driver and tip. Leaving the center at 10:am.

October 18th Corner Stone, Putting on the Ritz. \$38.00. Leaving center at 9:30am.

October 25, Mystery Lunch, \$10.00+ tip,

and bus driver \$3:00.

November 2. Jersey Boys, the story of Frankie Valli and the four Seasons. \$105 in-



cludes lunch. Driver \$5.00. Leaving center 9:30 am.

Dec. 6, 2011 Radio City Music Hall Christmas Spectacular "Rockets".

Price \$105.00 . Leave at 7:00am returning approx. 5:30 pm. Lunch is not included.