

NORTH STONINGTON SENIOR CENTER

June

Volume 3 Issue 6

SENIOR CENTER NEWS

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Hi Seniors,
May was a very exciting month for me.

I was given the Community Citizen Award by the Grange.

I was very honored to receive the award. However, as I stated at the ceremony, this award belongs to all my volunteers. At the ceremony, I described how David came to donate

puzzles to the Center and has been our chef for almost two years. I mentioned his wife, D-Ann, who volunteers every Friday to help David get food from the United Way. I also thanked volunteers Susie, Dottie, Janet, Lois, Mary and Cliff. If I haven't named you here, I want you to know that I do appreciate all my helpers.

Sincerely, Teresa



Helping Hands

CHANGES IN SENIOR ACTIVITIES

Joy, the Zumba instructor, will end her classes for the summer on June 7th and will start up again in Sept.

Joy will be teaching

Zumba for the recreation department at the center from June 18th-Aug 25th . The cost is \$40.00.

Gary Donavan will

no longer be teaching Tai Chi. Classes will resume in Sept. with instructor Karen Psimer. More on this subject at a later date.

LUNCH MENU

June 13, 2012

Mushroom and Potato Broth Soup

B.BQ chicken straight from the grill, accompanied by herbed mashed potatoes, fresh vegetables, the biggest tossed salad ever, warm rolls .

June 20, 2012

Vegetable Noodle Soup

First Day of Summer

Grilled hot dogs and hamburgers on toasted rolls, with all the "Good Stuff", assorted salads and watermelon.

June 27, 2012

Senior Center Seafood Lawn Party

North Stonington Style Clam Chowder

Choice of Boiled Lobster or broiled Scallops.

Pleas see Teresa for details.



TRIPS

June 7, 2012

Chelsea Garden's Butterfly Pavilion leaving at 11:30 am and lunch.

Mystery Lunch

June 18th leaving 11am

Sept. 18-20

Lancaster, PA "Jonah" At the Millennium Sight & Sound theater.

Oct. 16

The Friesians of Majesty, VT

\$109.00 Day trip A.I.

November 13

Crooked Ledge Band, at the Castle of the Knights, in Chicopee, MA ,



WEEKLY ACTIVITIES

Monday Wii 9am-noon

Tuesday 10:30 am Line Dancing Noon Chair Aerobics

Wednesday First week of the month Blood Pressure Taken 11:30 am GA Meeting 12:30 pm /Bingo

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

Thursday Zumba 10 am Quilting 1pm -3 pm

Friday Art 10 am- noon Poppin 2pm

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**NORTH STONINGTON
SENIOR CENTER**



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