

North Stonington Senior Center

CENTER NOTES

Hi Seniors,

We had an absolutely beautiful Labor Day weekend. I hope you all enjoyed it as much as I did. Now it is time to prepare for the Fall. Our pig roast will be held Sept. 26th. Please sign-up to bring a dish. The cost will be \$4.

It is time for your flu shot. The nurse

told me there have already been outbreaks of the flu which is why the shots are so early this year.

Please bring your medical card on Thursday, Sept. 6th and get the deed done from 9 am till 11am. Appoint-



OUCH!

ments are not necessary.

Thanks, Teresa

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FALL CLASSES TO RESUME

Tai Chi classes will begin on Monday, Sept. 10th at 1 pm. Please make note of the different day

and time. Tai Chi Instructor, Karen Psimer will be teaching the class

On Sept. 13th at 10 am Joy will once again teach Zumba.

MENU

Sept 12, 2012

New England beef and Potato soup New Orleans style Shrimp, simmered in a creamy seafood sauce, served with herbed rice and broiled tomatoes. Tossed salad and warm rolls.

Sept 19, 2012

Chicken Pot Pie Soup
Baked Virginia ham; thinly sliced and topped with a pineapple and raisin glaze. As sampling of mustard or horseradish dipping sauce. Candied Yams garnished

with marshmallows. Vegetables of the season and creamy Cole Slaw salad.

Warms rolls and butter.

Sept 26t, 2012

PIG ROAST

{ ACTIVITIES AND TRIPS }

Sept 6th flu shots

11:15 am

Sept 13 Christmas Tree Shop and lunch leaving center at 9:30 am

Sept. 27, 2012 Wright's Farm leaving center at 10 am.

due)

Sept. 18-20 PA Trip

Oct 16, 2012 Vermont Trip

Write your check to: tours of Distinction in the amount of \$109.00.

Mystery Lunch leaving

(payment for the trip is

SENIOR ACTIVITIES



Monday 10 am Wii Bowling

Tuesday 1:00pm Tia chi

First Wed. of month 11:30 blood pressure noon GA meeting Bingo

Wednesday 2nd-4th Wed. of the month / Bingo

Thursday Zumba 10 am/ Quilting 1pm-3pm

Friday Art (:30 am-11:30 am POPPIN 2pm



North Stonington Senior Center

NORTH STONINGTON SENIOR CENTER

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