



Windsor Locks Senior Center

Bloom Where you are Planted

519 Spring Street Windsor Locks CT 06096

PH: 860-627-1425

Nov/Dec
Hours of Operation
Monday-Thursday 8am-4pm
Friday -8am-1pm



We're proud to once again host our **Annual Quilt of Valor Caravan** on Friday, November 7th at 10:30.

During the caravan, we will travel to personally present Quilts of Valor to local veterans. The caravan departs from the Senior Center parking lot at 10:30am sharp. If you plan to join us please rsvp by calling 860-627-1425 ext.0. Bus transportation available!



RED WHITE & BREW BREAKFAST

Join us on **Friday Nov. 14 at 9:30a** for a special catered breakfast and a morning of gratitude, good food, and great company. Veterans are invited to enjoy a free breakfast as our way of saying thank you for your service. Along with a hearty meal, we'll have coffee, tea, and light pastries, plus conversation, music, and a special thank-you moment to honor those who have served. Catered by Doms.\$10pp Registration required



Pickleball Party! 11/24-11am

Join us for an afternoon of fun, learning, and connections as we explore the sport that's taking over courts and social calendars. Demos, open play, mini lesson, learn the basics: serve, dink, volley. Let's have some fun in our new gym. Wear comfortable clothes, sneakers and we will supply the rest. Snacks and drinks provided. Registration required. League sign up and open court time sign up will be available at the event.

Shuffle in for Shuffleboard! 11/24 1pm

Curious about shuffleboard? Shuffle in on Monday and try it out. Join us for a relaxed and fun day where you can learn how to play, meet new people, and enjoy the game that's easy to pick up and hard to put down! Hands-on play time — slide, score, and learn the basics. Mini-games & friendly challenges. Snacks and drinks provided. Registration required, call or stop in to register. League sign up and open court time sign up will be available at the event. Don't miss the fun!



FESTIVE AND FABULOUS HOLIDAY FUN

"Yule" love it here! Our New Center is Snow much fun ! We're getting into the holiday spirit, and you're invited to join in the festive fun! We've planned a sleigh-full of cheerful events to keep you smiling all season long.

Holiday Dinner Dance December 3rd at 5pm

Celebrate the season in style at our very first big event at the new Senior Center! 12/3 5pm Enjoy an evening filled with delicious food, lively music, dancing, and holiday cheer. Local favorite band, **Full Krew** will keep the dance floor moving all night long! Menu: Holiday Roast Beef Dinner catered by Dom's. Fee: \$20 resident \$25 non-resident Bus transportation available.

Tea with Mary December 8th at 9:30 AM

Enjoy a warm cup of tea, light refreshments, and great conversation with Mary and friends. It's the perfect way to slow down and savor the season. 2026 Baking with Mary classes will be planned. Registration required

Ugly Sweater Holiday Trivia December 16th -12:30p

Think you know your reindeer from your roast beast? Join us for a special holiday-themed Tuesday Trivia with Joe Marinone! A day full of laughs, surprises, and maybe even a few prizes! Wear your ugly holiday sweater! Call or stop in to register.

Holly Jolly Craft Day December 10th 9:30

Attention Crafters!! We are back. Get creative at our HOLLY JOLLY holiday craft day! The fun starts early with hot cocoa, cookies and crafts. We will break for a cozy winter lunch of soup and sandwich followed by more crafting. Is there ever too much crafting? No experience needed, just bring your holiday cheer. Projects include: Wooden Shim Snowman, Pizza Pan Wreath, Painted Canvas Button Christmas Tree. Fee: \$25 (includes lunch) registration opens 11/5

Jingle Bell Crazy Card Bingo Thursday December 18th. 1:00p~ Get ready to jingle all the way to crazy card Bingo! Join us for an afternoon of holiday cheer and jingle bell crazy card bingo fun. Festive snacks and a jolly good time. Call or stop in to register.

Senior Center Staff: Director: Ann Marie Claffey Assistant Director: Lori Lapointe Nutrition Manager: Karen Colone Transportation Manager: Sherry Townsend Facilities Maintenance: Kevin Clynch Bus Drivers: Nick DeCarlo, Jim Roche, Kevin Connor, Jane Van Allen, Kevin Cosker, Bill Nikitas
CONA~ Commission on Needs of Aging: Chairman: Roger Nelson Vice Chairman Rosemary Cunningham Members: Connie Nelson, Doug Glazier, Cindy Cooper, Judy Chapman, Susan Rossetti, Ashley Pease Municipal Agent: Michael Rosadini

Transportation & Exercise



SENIOR BUS SCHEDULE

DAILY TRANSPORTATION SCHEDULE

Please call 24 hours in advance

MONDAY: Enfield, Suffield Medical Appointments. Main Street Monday: Ocean State Vinie's (15% Senior Discount) CVS, Walgreens, Library

TUESDAY: Hartford, Bloomfield, Windsor, Medical Appointments. Windsor Shopping, Enfield Shopping (weekly rotation)

WEDNESDAY: Geissler's Shopping

THURSDAY: Walmart Shopping / Big Y

FRIDAY: Enfield/Suffield Appointments

SENIOR CENTER BUS TRIP

Join Us for a Bus Trip to Boscov's!

Wednesday, November 12, 2025

Depart: 9:00 AM | Return: 3:00 PM

Just \$5 per person for out-of-town guests or riders without a bus pass

Sign up with Sherry by 11/10

Join us for a bus trip to MGM Casino

Get ready for a fun, carefree day out!

Tuesday, December 2, 2025

Depart: 9:30 AM | Return: 3:30 PM

Just \$5 per person for out-of-town guests or riders without a bus pass

Sign up with Sherry by 11/20

Magic of Lights Holiday Light Festival

Thursday, December 11, 2025

Hop aboard for our Magic of Lights Bus Trip. An evening filled with twinkling lights, holiday cheer, and festive fun! Dinner at Savvi's

Sign up with Sherry



TRIPS AND TOURS

The charter trip program at the Senior Center is all about creating opportunities for exploration without the hassle of planning!

11/11 Aqua Turf Jimmy Mazz, Fever n Chills

12/9 Aqua Turf Holiday Classics with Cartells

Detail Flyers available at the Senior Center

Call Sherry 860-627-1426

More trips coming in 2026!!

New Check-In System at The Center

We now use the "My Senior Center" touchscreen sign-in system. If you haven't registered or received your fob, please stop in. Your fob is needed to sign up for events and programs. The system helps us manage space and share updates like schedules and changes. **Online sign up and payment coming soon....stay tuned!**



EXERCISE & WELLNESS

MONDAY 9AM TAI CHI 9:00 am Instructor Shar Christman will guide you through the healing martial art that combines soft, flowing movements with Qi circulation, breathing, and stretching techniques.

STIX 10:30 am Join fitness instructor Sue Barsanti via video and enjoy a full-body workout that combines basic low-impact movements with synchronized hand movement using drumsticks and an exercise ball.

TUESDAY ACTIVE EXERCISE 8:45 am

Move to the music as our instructor, Dee Abrams guides you through an aerobic workout geared for older active adults.

WEDNESDAY TAI CHI 9:00 am

STIX DRUM CLASS 10:30 am

THURSDAY ACTIVE EXERCISE 8:45 am

Move to the music as our fitness instructor Dee Abrams guides you through an aerobic workout geared to the older active adult.

CHAIR YOGA 10:00 am Excellent way to loosen, stretch, reduce stress and improve circulation, strength and balance. Instructor Dee Abrams.

CLASS FEES: Prepaid fitness card 10 classes

\$60 resident \$80 non-resident

Walk-in Fee: Resident \$8 non-resident \$10

L.O.C.K.S. FITNESS CENTER

The NEW state of the art *L.O.C.K.S. Fitness Center* is available to Seniors 55 & older. A one time \$20 orientation fee and membership form required in order to join. We are a Silver Sneakers, Silver & Fit and Renew Active approved facility. Your membership may be FREE!! Stop in to sign up and we can verify insurance. Non-insured residents membership: \$35 3-months \$65 6-months \$125-year Non-resident pay double the resident rate.

HEALTH SERVICES

BLOOD PRESSURE CLINIC: 2ND MONDAY mth10AM

Stop in for a blood pressure & pulse ox check with registered nurse Mary Schwab. No sign up required just drop in.

MASSAGE THERAPY Wed 11/5, 11/19 12/3 12/17

Certified Massage Therapist, Melissa Almquist is available the 1st and 3rd Wednesday of the month by appointment. Fee \$35 (payable to Melissa) call the Center to schedule.

FOOTCARE CLINIC 11/12, 12/10 April Jacques with Dancing Feet - the 2nd Wednesday of every month by appt only - \$40 Basic foot care: trimming, filing, cleaning of nails. Cash or check accepted (payable to nurse) Call to schedule.

MANICURES Cathy, from Bradley Nail Spa is at the Center twice a month by appointment only. **9a-3:00p** offering a range of nail care services designed to pamper and uplift you! Standard mani or pedi with or without polish \$20. Bring your favorite polish or pick from basic color supply. Call or stop by to book appt.



RESOURCES

LEGAL ASSISTANCE: Wednesday 11/19, 12/17 10am Atty's Kraner & Hess offer legal advice at the Center every 3rd Wed of the month ~by appointment

FOOD SHARE ~ ST ROBERT'S CHURCH 52 South Elm Street Fridays 9 - 9:30am Transportation available. Call for reservation . 11/7, 11/21, 12/5, 12/19,

COFFEE WITH THE SELECTMAN THURSDAY 11:30a 11/20, 12/18 Do you have a question for the First Selectman? Join us on the last Thursday of the month for town news & updates. *(due to holidays –3rd Thursday for Nov. & Dec.)*



SIGN LANGUAGE CLASS: TUESDAYS 9a-10a Sign language class with volunteer instructor Dan Morneau. Join in on a unique and wonderful way to communicate! No fee. Join any time !

FRIDAY BREAKFAST-Join us on Friday mornings for a delicious home cooked breakfast, includes your choice of eggs with bacon or sausage, pastries and juice. **9a-9:30a** ~ \$4 (\$3 without meat) Coffee and unlimited pastry only \$1

DISASTER PREPAREDNESS PROGRAM THURSDAY NOVEMBER 13TH 10:30

Presented by Fire Commissioner and Emergency Management Director, Mike Sinsigalli. Emergencies can happen at any time, from severe storms and power outages to floods, fires, or winter weather. Being prepared can make all the difference. Join us and learn how to better prepare for emergencies and stay safe. Call or stop in to register. Refreshments served.

MUNICIPAL AGENT REPORT BY: Michael Rosadini
A Municipal Agent for the Elderly is a local official appointed by a town or city to assist older residents (usually age 60 and above) in getting the services and benefits they need. They act as a liaison between seniors, the community, and state or federal program referrals that serve older adults. If you need assistance please reach out to the Senior Center staff to coordinate with Michael.

COMMUNITY DINNER NEWS: The Windsor Locks Congregational Church, located at 8 Main Street will host a Community Dinner on the following dates: 11/20, 12/11, 1/15. We are happy to announce that we will be providing bus service for this program. If you would like bus transportation please contact Transportation Manager, Sherry Townsend @860-627-1426



Monday	Tuesday	Wednesday	Thursday	Friday
11/03/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Tai Chi 10:00 AM: Cribbage 10:00 AM: Medicare Workshop Stateline Senior Services 10:30 AM: Stix	11/04/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Manicures -Mani 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Lunch 12:30 PM: Bingo	11/05/2025 8:00 AM: Massage 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Tai Chi 10:30 AM: Stix 10:30 AM: Cornhole	11/06/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo	11/07/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:30 AM: Poker 10:00 AM: Mexican Train 10:00 AM: Mahjong 10:30 AM: Cornhole 10:30 AM: Veterans Quilt of Valor Caravan
11/10/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Tai Chi 10:00 AM: Blood Pressure Clinic 10:00 AM: Cribbage 10:00 AM: Medicare Workshop Stateline Senior Services 10:30 AM: Stix	11/12/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:00 AM: Footcare 9:00 AM: Tai Chi 10:30 AM: Stix 10:30 AM: Cornhole	11/11/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 10:30 AM: Disaster Preparedness Program 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo	11/13/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 10:30 AM: Disaster Preparedness Program 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo	11/14/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Breakfast 9:00 AM: Red White & Brew Breakfast 9:30 AM: Poker 10:00 AM: Mexican Train 10:00 AM: Mahjong 10:30 AM: Cornhole
11/17/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Tai Chi 10:00 AM: Cribbage 10:00 AM: Medicare Workshop Stateline Senior Services 10:30 AM: Stix	11/18/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Manicures - Pedi 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Lunch 12:30 PM: Bingo	11/19/2025 8:00 AM: Massage 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Tai Chi 10:00 AM: Legal Assistance 10:30 AM: Stix 10:30 AM: Cornhole	11/20/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo	11/21/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mexican Train 10:00 AM: Mahjong 10:30 AM: Cornhole
11/24/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: Stix 11:00 AM: Pickleball Party 1:00 PM: Shuffleboard Fun	11/25/2025 8:00 AM: L.O.C.K.S. Fitness Center 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Manicures -Mani 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Brown Bag lunch and bingo . Bring your own lunch 12:30 PM: Bingo	11/26/2025 8:00 AM: L.O.C.K.S. Fitness Center 9:00 AM: Tai Chi 10:30 AM: Stix 10:30 AM: Cornhole	Center Closed Happy Thanksgiving	

Monday	Tuesday	Wednesday	Thursday	Friday
12/01/2025	12/02/2025	12/03/2025	12/04/2025	12/05/2025
9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: Stix	8:45 AM: Active Exercise 9:00 AM: Sign Language 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Lunch 12:30 PM: Bingo	8:00 AM: Massage 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 10:30 AM: Cornhole 5:00 PM: Holiday Dinner Dance	8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo	9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong 10:30 AM: Cornhole
12/08/2025	12/09/2025	12/10/2025	12/11/2025	12/12/2025
9:00 AM: Tai Chi 9:30 AM: Tea with Mary 10:00 AM: Blood Pressure Clinic 10:00 AM: Cribbage 10:30 AM: Stix	8:45 AM: Active Exercise 9:00 AM: Sign Language 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Lunch	8:00 AM: Footcare 9:00 AM: Tai Chi 9:30 AM: Holly Jolly Craft Day 10:00 AM: Mexican Train 10:30 AM: Stix 10:30 AM: Cornhole	8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo	9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong 10:30 AM: Cornhole
12/15/2025	12/16/2025	12/17/2025	12/18/2025	12/19/2025
9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: Stix	8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Manicures - Mani 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Lunch 12:30 PM: Bingo 12:30 PM: Ugly Sweater Trivia	8:00 AM: Massage 9:00 AM: Tai Chi 10:00 AM: Legal Assistsance 10:00 AM: Mexican Train 10:30 AM: Stix 10:30 AM: Cornhole	8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 1:00 PM: Jingle Bell Crazy Card Bingo	9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong 10:30 AM: Cornhole
12/22/2025	12/23/2025	12/24/2025	12/25/2025	12/26/2025
9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: Stix	8:45 AM: Active Exercise 9:00 AM: Sign Language 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Lunch 12:30 PM: Bingo	9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 10:30 AM: Cornhole	Center Closed Merry Christmas	
12/29/2025	12/30/2025	12/31/2025		
9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: Stix	8:45 AM: Active Exercise 9:00 AM: Sign Language 10:00 AM: Quilting 10:00 AM: Setback II 12:00 PM: Lunch 12:30 PM: Trivia	9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 10:30 AM: Cornhole		



DECEMBER CALENDAR

COMMUNITY RENEWAL TEAM NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 3 oz Shaved Chicken Steak w/ American Cheese, Peppers & Mushrooms on (1) Hoagie Roll ½ c Carrots / (1) Fresh Fruit	5	6 3 oz Maple Glazed Baked Ham 1/2c Yellow Rice 1/2c Vegetable Medley 1 Dinner Roll (1) Fresh Fruit	7 No Breakfast Quilts of Valor Caravan
10	11 CENTER CLOSED VETERANS DAY 	12	13 1 Beef Hot Dog w/ 1 Hot Dog Bun / 1/2c Baked Beans / (1) Must, Rel, Ketchup 1/2c Potato Salad (1) Fresh Fruit	14 9:30 Breakfast HOMEWATCH CAREGIVERS Presents: RED WHITE & BREW Breakfast, Music and more ! Veterans Free Catered by Dom's \$10
17	18 1/2c Juice 8 oz Vegetable Las- agna w/ Alfredo Sauce / 1/2c Mixed Vegetables / (1)Garlic Knot / (1) Yogurt Cup	19	20 <u>CRT Thanksgiving Day Meal</u> 1/2c Juice 3 oz Roast Turkey w/ Gravy(1) Cranb Sce / 1/2c Cornbread Stuff- ing / 1/2 Peas & Diced Carrots/(1) Dinner Roll / (1) Cookie	21 9:30 Breakfast
24	25 BROWN BAG LUNCH AND BINGO You bring the lunch we bring the treats! Bingo immediately following lunch !	26	27  HAPPY THANKSGIVING! CENTER CLOSED	28
				

Please be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish. Please advise staff of your allergen prior to meal service !

CONGREGATE MENU

ELDERLY NUTRITION PROGRAM MEALS ARE SERVED MON-THUR TO PERSONS 60 YEARS AGE OR OLDER AND THEIR SPOUSES . SUGGESTED DONATION \$3.00 OR WHAT YOU CAN AFFORD.

MONDAY 10AM : CRIBBAGE Looking for a fun and engaging way to sharpen your mind and enjoy good company? Come play Cribbage at the Senior Center! All skill level is welcome. Our friendly gatherings are the perfect way to learn, compete, and have a great time.

TUESDAY 12:30: TRIVIA SPECIAL HOLIDAY TRIVIA DECEMBER 16TH Think you know your reindeer from your roast beast? Join us for a special holiday-themed Tuesday Trivia with Joe Marione ! A day full of laughs, surprises, and maybe even a few prizes! **Wear your ugly holiday sweater!** Call or stop in to register. *NO TRIVIA IN NOVEMBER

TUESDAYS & THURSDAY: BINGO Join us after lunch every Tuesday & Thursday for Bingo! \$1 per card Come for the fun stay for the winnings !! No Bingo the last Tuesday of the month * Trivia Tuesday

WEDNESDAY 10AM: MEXICAN TRAIN DOMINOS Whether you're a seasoned player or a newcomer, now is the perfect time to join the fun of Mexican Train Dominos. Join us on Wednesdays !

WEDNESDAY 12:30: SETBACK Whether you're a seasoned player or brand new to the game, all are welcome to pull up a seat and enjoy the friendly competition. It's a great way to meet others, keep your mind sharp, and share some laughs. ** **We're looking to gather a few tables of four each Tuesday morning at 10am !! Call if interested!!!**

FRIDAY 9:00AM: BREAKFAST Start your Friday morning off right with a delicious and hearty breakfast at the Senior Center. Gather with friends and community members for great food, warm conversation, and a perfect start to the day.

9:30 AM: POKER Start your day with a warm breakfast, then join the poker table for some friendly fun!

10AM : MAHJONG: Mahjong is a traditional tile-based game that originated in China and has gained worldwide popularity. Mahjong is not only a fun and competitive game but also a great way to improve cognitive skills, memory, and strategic thinking. Interested in playing? Call us! New group starting - we can teach you !

MONTHLY BIRTHDAY PARTY Proudly sponsored by the Windsor Locks Women's Club! The last Tuesday of the month, we come together to honor and celebrate the birthdays of our cherished senior community members with joy, laughter, and camaraderie. *Join us for a slice of delicious cake !*



WATERCOLOR CLASS: Unleash your inner artist and explore the beauty of watercolor painting in our engaging class led by the talented Joe Burger! Whether you're a beginner or an experienced painter, this class will provide you with the techniques and inspiration to create stunning watercolor pieces. 6 week session \$50 resident \$60 non-resident. Class resumes in January date TBD

QUILT CLASS : TUESDAY 10:00 AM

Whether you're a beginner or experienced quilter, this class is for you. Learn the different quilt techniques and designs from your fellow quilter while enjoying time with friends. Supplies available for a first time quilter.

BAKING WITH MARY: MONDAY 12/8 9:30 AM Join us for a warm and welcoming morning Holiday Tea with Mary on Monday, December 8 at 9:30 AM. Enjoy a cozy cup of tea, Christmas cookies, and great conversation with friends. We will make plans for baking fun in the new year. All are welcome—bring a friend and sip, chat, and relax with us! Fee: \$3 Call or stop in to sign up !

CRAFT TIME: 12/10 HOLLY JOLLY CRAFT DAY !

9:30 - 3:30 Bring your holiday spirit and crafty hands to our Holly Jolly Craft Day — a festive day of creativity, laughter, and holiday cheer! Crafting starts at 9:30 we break for a holiday lunch of soup & sandwich after which we will resume the creative holiday fun!! Projects to be announced soon.

OPEN CRAFT TIME : THURSDAYS 12:30PM

Bring your project, and craft with friends. Many tools/ supplies available for scrapbooking that can help you get started. Any craft is welcome. Enjoy the spacious room for creative fun!

GYMNASIUM ACTIVITIES

SHUFFLEBOARD: 11/24 Come join us for **Shuffleboard** where the competition is friendly, and the good times are guaranteed! Whether you're a seasoned pro or have never picked up a cue before, everyone is welcome. Shuffleboard is easy to learn, relaxing to play, and a great way to meet new people while staying active and engaged. So slide on over and give it a try — we'd love to have you join the fun! *See front page event for start up dates!*

PICKLEBALL: 11/24 We're excited to announce the startup of our Pickleball program, and we want you to be part of it! Join us for our Pickleball Party 11/24 11 am-1pm We'll have paddles and balls available, so just wear comfortable clothes and sneakers — and bring your game face! Play schedule and instruction details available at the Pickleball party.

