



# Windsor Locks Senior Center

Bloom Where you are Planted

519 Spring Street Windsor Locks CT 06096  
PH: 860-627-1425 Transportation 860-627-1426

## JAN/FEB 2026 Hours of Operation

Monday-Thursday 8am-4pm  
Friday -8am-1pm

### The Nose Knows! Smell Loss & Brain Health Wednesday January 14th 11am

Join Jan Jeremias for an eye-opening conversation about how our sense of smell is more than just fragrance and flavor — it's a powerful window into the brain health. Did you know that smell loss can appear years before other signs of Parkinson's, Alzheimer's, or cognitive decline? Jan Jeremias, MSC, DTM, CSO, RYT, is a health and wellness coach, yoga and meditation instructor, and essential oil educator with over 20 years of experience in integrative health who combines science and holistic practices to empower people and their pets toward optimum wellness. No Fee, Registration required. Lunch available following the program (\$5)

### Dive Into Warmer Waters: John Silliman's Captivating Scuba Presentation Wednesday January 21st 11:00

As the temperatures dip, our imaginations naturally drift toward sunnier skies and turquoise seas this presentation is just the escape you need —no plane ticket required. Gorgeous views from under the sea on our big screen tvs! Join us for a tropical escape provided by avid scuba diver and Aetna representative, John Silliman.

Enjoy a tropical lunch including Palm Breeze chicken skewers, rice, fruit and umbrella drinks! Registration required Lunch fee \$5

Things are truly blooming at the Senior Center!



We've been busy brainstorming and planning a variety of new programs, activities. Here is a sneak peek of what's in the works: Chair Volleyball,

Wellness and Facial Treatments, Spring Fling Dance, Boredom Buster Craft Day Line Dance Party and for all the pool sharks a pool table! Have an idea? Be sure to add it to our suggestion box located in the foyer.

### Valentine Luncheon Wednesday February 11th 12 noon

Looking for a sweet way to brighten your February? Join us for a cozy and charming Valentine Luncheon, a special fundraiser hosted by the WL Historical Society. Enjoy a delicious lunch prepared by the talented Community Dinner Chefs, along with raffles, door prizes, and delightful surprises to make the afternoon extra special.

Fee: \$12 resident \$14 non-resident

All proceeds benefit the WL Historical Society. Come share good food, warm company, and a touch of Valentine's charm!

### Cornhole Party Wednesday February 18th 11:00

We are beating the winter blues with a good old fashioned (indoor) backyard Cornhole party. Curious about cornhole? Join us on Wednesday, February 18th at 11:00. Learn the basics, scoring, game-play rules and tips and tricks of one of the most popular backyard games! Demos, open play, mini lesson, learn the basics. Wear comfortable clothes, sneakers and we will supply the rest. No Fee, registration required. Sign up for a backyard party lunch in the café: We are serving Hot Dogs, beans and cornbread following the games. Lunch Fee \$5

### My Senior Center Monday - February 23rd 10:30

We are excited to announce a program designed to help you make the most of MYACTIVECENTER, online platform. Learn how to navigate the program, register for classes and activities and stay connected. No fee, registration required. Refreshments served.

**Superbowl Crazy Bingo ! 2/5 1pm** Get ready for an afternoon of excitement, laughter, and friendly competition at our Super Bowl Party featuring Crazy Bingo! Wear your team jersey and plan on some Super sized fun. Sign up your "team" and hit the field!

**FITNESS ROOM NOTES:** For everyone's safety and comfort, we kindly ask members to change into clean indoor shoes to prevent salt and sand from getting on the gym equipment

**AARP Tax Assistance Program ...** Helping You Make Tax Season Easier ! AARP tax volunteers return to the Senior Center on Mondays during February, March & April. This program is intended to provide service to low/middle income taxpayers with special attention to those Tax-Aide™ aged 60 and over. Please call **after January 15th to schedule your appointment.**



**Senior Center Staff:** Director: Ann Marie Claffey Assistant Director: Lori Lapointe Nutrition Manager: Karen Colone Transportation Manager: Sherry Townsend Facilities Maintenance: Kevin Clynych Bus Drivers: Nick DeCarlo, Jim Roche, Kevin Connor, Jane Van Allen, Kevin Cosker, Bill Nikitas

**CONA~ Commission on Needs of Aging:** Chairman: Rosemary Cunningham Vice Chairman: Susan Rossetti Members: Roger Nelson, Connie Nelson, Doug Glazier, Cindy Cooper, Judy Chapman, , 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

##### THE QUILTED EWE-NEW HARTFORD CT

**Wednesday February 4th**

Join our trip to the Quilted Ewe, New Hartford Ct followed by lunch at the New Hartford Diner

#### The Quilted Ewe

"Where Fabric and Fiber Flock"

Northwest Connecticut's premium quilt shop! If you are looking for one place for all of your sewing needs – Quilted Ewe is your place.

We stock a variety of sewing supplies.

**We are your one-stop quilt shop!**



#### TRIPS AND TOURS

**Detail Flyers available at the Senior Center  
Call Sherry 860-627-1426**

**3/10** An Irish Country Celebration Log Cabin \$94

**4/28** Country Rock & Roll Carriage House \$53

**7/14** Sail Boston Cruise aboard the Spirit of Boston Lunch Buffet & Quincy Market \$199pp

**8/25-8/27** 3-Day Boothbay Harbor Maine & Lobster bake on Cabbage Island \$799 pp dbl

**10/13** Rob Zappulla Celebrates Herb Alpert & Sergio Mendez at the Aqua Turf \$67

**11/10** Sarah the Fiddlers Musical Journey at the Aqua Turf \$67

**Jimmy Mazza Shows @ The Carriage House**

**8/4** Summer Lovin Songfest \$53

**10/13** Swingin thru the Sixties \$53

**12/8** Merry Christmazz \$53

Stay tuned more trips to come !!!



## EXERCISE & WELLNESS

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

**STIX MONDAY & WEDNESDAY 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.

**ACTIVE EXERCISE TUESDAY & THURSDAY 8:45 am** Move to the music as our instructor, Dee Abrams guides you through an aerobic workout geared for older active adults.

**CHAIR YOGA THURSDAY 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**

**Silver Sneakers, Renew Active & Silver & Fit Clients:** *Effective beginning January 1st there is a \$10 monthly fee for clients covered by insurance. This fee covers all fitness classes for the month. You can purchase 1- month, 3-month 6-month or 1 year plan.*

#### 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 mth 10AM**

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

**FOOTCARE CLINIC 1/14 2/11** 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.

**MASSAGE THERAPY Wed 2/4, 2/18**

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.

**MANICURES 1/6, 1/20, 1/27, 2/17, 2/24** 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 1/21, 2/18**

**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 **1/2, 1/16, 1/30, 2/13, 2/27** Transportation available. Call for reservation .

## **COFFEE WITH THE SELECTMAN THURSDAY**

**11:30a 1/29, 2/26** 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

## **FROM THE DESK OF FIRST SELECTMAN JON SAVINO :**

As we look ahead to the coming year, Windsor Locks has many exciting developments on the horizon:

 **Main Street Train Station:** The new station will officially open, improving transportation and accessibility for our community.

 **Historic Train Station Renovation:** Restoration of the original Windsor Locks Train Station will be completed.

 **255 Main Street Redevelopment:** Trinity Financial will begin transforming the area next to the new station into a vibrant mix of commercial/retail space and mixed-income apartments.

These projects will strengthen our local economy and generate additional tax revenue to support town services.

**COMMUNITY DINNER NEWS:** The Windsor Locks Congregational Church, located at 8 Main Street will host a Community Dinner on the following dates: 1/15, 2/19, 3/26, 4/16, 5/14. 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

**Municipal Agent :** Michael Rosadini

**Notary Service:** Our office offers notary services for residents. A notary public is available to assist with the signing and verification of important documents . Call for Appt.

# January

Monday	Tuesday	Wednesday	Thursday	Friday
			01/01/2026 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	01/02/2026 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole
01/05/2026 9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: Stix 10:30 AM: Shuffleboard 1:00 PM: Mahjong 11:45 PM: Pickle Ball Open Play	01/06/2026 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Manicures - MANI 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Bingo	01/07/2026 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: Cornhole 12:30 PM: Setback II	01/08/2026 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	01/09/2026 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole
01/12/2026 9:00 AM: Tai Chi 10:00 AM: Blood Pressure Clinic 10:00 AM: Cribbage 10:30 AM: Stix 10:30 AM: Shuffleboard 1:00 PM: Mahjong 11:45 PM: Pickle Ball Open Play	01/13/2026 8:45 AM: Active Exercise 9:00 AM: Sign Language 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Bingo	01/14/2026 8:00 AM: Footcare 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: The Nose Knows! Smell Loss & Brain Health 11:00 AM: Cornhole 12:30 PM: Setback II	01/15/2026 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	01/16/2026 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole
01/19/2026 SENIOR CENTER CLOSED MARTIN LUTHER KING DAY	01/20/2026 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Pedicure 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Bingo	01/21/2026 9:00 AM: Tai Chi 10:00 AM: Legal Assistance 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: Dive Into Warmer Waters: John Silliman's Captivati 11:00 AM: Cornhole 12:30 PM: Setback II	01/22/2026 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	01/23/2026 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole
01/26/2026 9:00 AM: Tai Chi 9:30 AM: Baking with Mary 10:00 AM: Cribbage 10:30 AM: Stix 10:30 AM: Shuffleboard 1:00 PM: Mahjong	01/27/2026 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Manicures - MANI 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Trivia 12:30 PM: Bingo	01/28/2026 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: Cornhole 12:30 PM: Setback II	01/29/2026 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 11:30 AM: Coffee with the Selectman 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	01/30/2026 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole

# February

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02/02/2026</b> 9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: Stix 10:30 AM: Shuffleboard 1:00 PM: Mahjong	<b>02/03/2026</b> 8:45 AM: Active Exercise 9:00 AM: Sign Language 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Bingo	<b>02/04/2026</b> 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: Cornhole 12:30 PM: Watercolor Class 12:30 PM: Setback II	<b>02/05/2026</b> 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 1:00 PM: SUPERBOWL CRAZY BINGO 11:45 PM: Pickle Ball Open Play	<b>02/06/2026</b> 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole
<b>02/09/2026</b> 9:00 AM: Tai Chi 10:00 AM: Blood Pressure Clinic 10:00 AM: Cribbage 10:30 AM: Stix 10:30 AM: Shuffleboard 1:00 PM: Mahjong	<b>02/10/2026</b> 8:45 AM: Active Exercise 9:00 AM: Sign Language 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Bingo	<b>02/11/2026</b> 8:00 AM: Footcare 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: Cornhole 12:00 PM: Valentine Luncheon 12:30 PM: Watercolor Class 12:30 PM: Setback II	<b>02/12/2026</b> 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	<b>02/13/2026</b> 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole
<b>02/16/2026</b> SENIOR CENTER CLOSED PRESIDENTS DAY	<b>02/17/2026</b> 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Manicures - MANI 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Bingo	<b>02/18/2026</b> 9:00 AM: Tai Chi 10:00 AM: Legal Assistance 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: Cornhole 12:30 PM: Watercolor Class 12:30 PM: Setback II	<b>02/19/2026</b> 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	<b>02/20/2026</b> 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole
<b>02/23/2026</b> 9:00 AM: Tai Chi 10:00 AM: Cribbage 10:30 AM: My Senior Center Monday 10:30 AM: Stix 10:30 AM: Shuffleboard 1:00 PM: Mahjong	<b>02/24/2026</b> 8:45 AM: Active Exercise 9:00 AM: Sign Language 9:00 AM: Pedicure 10:00 AM: Setback 12:00 PM: Lunch 12:30 PM: Trivia 12:30 PM: Bingo	<b>02/25/2026</b> 9:00 AM: Tai Chi 10:00 AM: CRAFT DAY 10:00 AM: Mexican Train 10:30 AM: Stix 11:00 AM: Cornhole 12:30 PM: Watercolor Class 12:30 PM: Setback II	<b>02/26/2026</b> 8:45 AM: Active Exercise 10:00 AM: Chair Yoga 11:30 AM: Coffee with the Selectman 12:00 PM: Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 11:45 PM: Pickle Ball Open Play	<b>02/27/2026</b> 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 11:00 AM: Cornhole



# COMMUNITY RENEWAL TEAM JANUARY MENU

Mon	Tue	Wed	Thu	Fri
			1  CRT CLOSED IN OBSERVANCE OF THE HOLIDAY  HAPPY NEW YEAR !	2  NO BREAKFAST
5	6  8 oz Lentil Soup 8 oz Vegetable Lasagna w/ Alfredo Sauce 1/2c Italian Mix Veggies ( 1 ) Garlic Knot	7	8  1/2c Juice 3 oz Sweet & Sour Diced Pork 1/2c Yellow Rice 1/2 Peas & Diced Car- rots ( 1 ) sl Wheat Bread	9  9:00 AM BREAKFAST
12	13  8 oz Turkey Stew / 1/2c Root Vegetables / 1/2c Boiled Potatoes / ( 1 ) Dinner Roll / ( 1 ) Fresh Fruit	14	15  1/2c Juice 3 oz ( 1 ) sl Brown Sugar Glazed Baked Ham / 1/2c Au Gratin Pota- toes / 1/2c Prince Ed- ward Veggies / ( 1 ) sl 100 % Wh Wheat Bread / ( 1 )	16  9:00 AM BREAKFAST
19  CENTER CLOSED MARTIN LUTHER KING DAY	20  Nat'l Cheese Lover's Day  1/2c Juice ( 1 ) 3 oz Ricotta Stuffed Shell w/ Marinara Sce 1/2c Broccoli Florets	21	22  1/2c Juice 3 oz ( 1 ) Ground Beef Stuffed Pepper / 1/2c Mixed Veggies / ( 1 ) Dinner Roll / ( 1 ) Yogurt Cup	23  9:00 AM BREAKFAST
26	27  3 oz Shaved Chicken Steak w/ American Ch, Peppers & Mushrooms on ( 1 ) Hoagie Roll / 1/2c Carrots / ( 1 ) Fresh Fruit	28	29  8 oz MILD White Turkey Chili w/ Beans / 1/2c White Rice / 1/2c Veg Medley / ( 1 ) Corn- bread Loaf	30  9:00 AM BREAKFAST

## 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.

**CRIBBAGE MONDAY 10AM** 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

**BINGO TUESDAYS & THURSDAY 12:30** 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

**TRIVIA LAST TUESDAY 12:30 1/27, 2/24**

Tuesday Trivia is a highlight at the Senior Center and takes place on the last Tuesday of the month, led by Trivia Master Joe Marinone. Players compete in teams, making the game even more fun. Tuesday Trivia is a great way to exercise the mind, connect with friends, and enjoy a lively time

**MEXICAN TRAIN DOMINOS WEDNESDAY 10AM**

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

**CORNHOLE WEDNESDAY & FRIDAY 11AM**

Join us Wednesday & Friday mornings for some friendly competition. It's easy to learn, fun to play, and a great way to stay active and social. Whether you're a seasoned player or a first-time tosser, everyone is welcome to join in the fun.

**SETBACK WEDNESDAY 12:30 & TUESDAY 10AM**

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.

**POKER FRIDAY 9:30 AM** Join the poker table for friendly competition and plenty of laughter as players start the day with fun, friendship, and cards. Anyone interested is always encouraged to stop by, pull up a chair, and join in.

**MAHJONG MONDAY 1PM FRIDAY 10AM** Mahjong is a traditional tile-based game that originated in China. Mahjong is not only a fun and competitive game but also a great way to improve cognitive skills, memory, and strategic thinking.

**BREAKFAST FRIDAY 9:00am-10am** 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.



**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

**WATERCOLOR CLASS WEDNESDAY 2/4 12-2PM** Joe Burger returns on February 4th! 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. Space limited registration required!

**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 1/26 9:30AM**

Join us and learn how to make delicious homemade scones. Mary will guide the group through each step of the baking process, sharing helpful tips and techniques. This hands-on class is a great opportunity to learn a new recipe and enjoy good company. The class fee is \$4, and all supplies are included. Don't miss this fun and flavorful event Registration required.

**CRAFT TIME WEDNESDAY 1/28 10 am** Join us for a fun and creative Valentines theme Finger Crochet Class at the Senior Center, led by instructor Irene Francoeur. participants will learn the basics of finger crochet and create a unique handmade lap size blanket.. \$20 fee covers cost of yarn. Registration required

**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:** The Gym is open for shuffleboard Mondays at 10:30 am. Whether you're an experienced player or trying shuffleboard for the first time, everyone is encouraged to join in All equipment provided.

**PICKLEBALL:** Courts are available on Mondays 11:45-3:30 Thursdays from 11:45 a.m. to 3:30 p.m. for open play. Instruction Tuesdays 10-12pm start date to be announced soon.



**CHAIR VOLLEYBALL COMING SOON!** Chair Volleyball is a fun and safe way to enjoy the excitement of volleyball while staying seated. Players hit the ball over the net from their chairs, making it a low-impact activity that's perfect for all abilities.

