

**Charles Rietdyke (Wolcott) Senior Center**  
**211 Nichols Road, Wolcott, CT 06716**  
**DECEMBER 2016 ACTIVITIES 203 879-8133 FAX 203 879-7605**

Come & Join Our Senior Center—FREE Join in the daily activities and bus trips  
You DO NOT need to be a Wolcott resident to become a member—EVERYONE welcome  
\*\*\*We are on the website: [www.wolcottct.org](http://www.wolcottct.org) under “senior center”

**Mon-Thurs 9:00AM-3:30 PM Fri-9:00AM-12:30PM**

**REMINDER: An Emergency contact Form is needed for every Senior Center Participant. Please fill out a new or update your emergency contact form if any information has changed—address, phone # (cell phone) or contact person**

**Mon 10:00-10:45 Arthritis /Weight Strengthening Exercises**

**Mon 12:00-3:30 Mah Jongg**

**1:30-3:00 Line Dancing**

**Tues 10:00 Weight Strengthening & Stretching**

**Exercises w/ Kim Stewart**

**12:30 Pokeeno**

**Wed 10:00 Zumba Gold**

**10:45 Walking the Mill Pond Way Trail**

**12:30-3:00 Bingo**

**Thurs 10:00 Chair Exercises w/ Fitness Fury X Perience**

**10:00-11:30 Computer Lessons**

**Fri 10:00-11:30 Knitting**

**Mon-Fri 9:30-11:30 Setback**

**11:30-Lunch**

**Sun. Dec 4 10:00 Bus leaves for Mohegan Sun Casino for UCONN Girl’s Basketball Game  
\$12.00 pp Pay by Mon Oct. 17**

**Mon. Dec 5 10:00 Exercises w/ Kim Stewart**

**Tues. Dec 6 9:00-1:30 Smart Driver’s Course—sponsored by AARP--\$15.00 pp AARP members  
\$20.00 pp non-members. Please bring your AARP card to class or you will have to  
pay full price. Please bring a check for payment.**

**Lunch break—11:30 –Call Thurs to reserve lunch at the senior center or bring your  
Own. Call the senior center to sign up for class---203-879-8133**

**10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for  
your mind and body—sponsored by Connecticut Community Foundation**

**11:00 EFT (tapping) is a combination of ancient Chinese acupuncture and modern  
Psychology. It is a technique where you tap on 9 areas of the body while repeating  
phrases. It starts at the karate chop point on the hand and works through the other  
8 points (eyebrows side of eyes, under eyes, under nose, under lower lip, at the  
breast bone, under the arm at the bra line & top of the head). It is very simple but  
effective in relieving pain, fears, anxiety etc. Sign up at the center**

**12:30-2:30 “Matter of Balance” sponsored by Chesprocott Health District**

**Many older adults experience concerns about falling and restrict their activities. “A MATTER OF BALANCE” is an award-winning program designed to manage falls and increase activity levels. Sign up at the senior center**

- Wed. Dec 7**      **10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance moves that can be done either standing or in a chair—Sponsored by Connecticut Community Foundation**
- 11:30 Lunch Special—Cheese Pizza, Tossed Salad & Dessert--\$3.00 pp**  
**Sign up by Mon. Dec 5**
- Thurs. Dec 9**      **10:00-11:30 Computer Class—Introduction/Basic & Intermediate instruction**  
**Bring lap top computers, I Pads, cell phones etc.. Sign up at the senior center**
- 10:00 Chair Exercises w/ Tanya from Fitness Fury**
- 11:00 Bus leaves for lunch at The Great Taste of Chinese—Sign up at the center**
- Fri. Dec 9**      **4:00-7:00 PM TOWN-WIDE CHRISTMAS PARTY AT THE SENIOR CENTER**  
**Enjoy appetizers donated by local businesses & made by our senior center staff**  
**THIS PARTY IS MADE POSSIBLE BY DONATIONS FROM OUR WOLCOTT RESIDENTS, BUSINESSES & FRIENDS**
- Sun. Dec 11**      **12:30-4:30 Christmas Party for Wolcott Senior Association members at Krystal Gardens—See Bob & Laura Belanger for details**
- Mon. Dec 12**      **9:00 Bus leaves for shopping at Tanger’s Outlets—Sign up at the center**
- Tues. Dec 13**      **10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for your mind and body—sponsored by Connecticut Community Foundation**
- 10:00 Free Blood Pressures sponsored by Chesprocott Health District**
- 12:30-2:30 “Matter of Balance” sponsored by Chesprocott Health District**  
**Many older adults experience concerns about falling and restrict their activities. “A MATTER OF BALANCE” is an award-winning program designed to manage falls and increase activity levels. Sign up at the senior center**
- 4:30 Bus leaves for Early Bird Special Dinner at the Manor Inn--Fantasy of Lights at Light House Point following dinner—cost to be determined**  
**Hubbard Park Lights and Frisbie Circle Christmas Lights—Please bring canned items for donation to Wolcott Food Pantry—Sign up for the bus**
- Wed. Dec 14**      **9:00 Bus leaves for shopping at The Christmas Tree Shop—sign up for the bus**
- 10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance moves that can be done either standing or in a chair—Sponsored by Connecticut Community Foundation**
- 11:30 Lunch Special—Beef Stew, Tossed Salad & Dessert--\$3.00 pp**  
**Sign up by Mon. Dec 12**
- Thurs. Dec 15**      **10:00 Chair Exercises w/ Tanya from Fitness Fury**

**10:00-11:30 Computer Class—Introduction/Basic & Intermediate instruction  
Bring lap top computers, I Pads, cell phones etc.. Sign up at the senior center**

**11:00 EFT (tapping) is a combination of ancient Chinese acupuncture and modern Psychology. It is a technique where you tap on 9 areas of the body while repeating phrases. It starts at the karate chop point on the hand and works through the other 8 points (eyebrows side of eyes, under eyes, under nose, under lower lip, at the breast bone, under the arm at the bra line & top of the head). It is very simple but effective in relieving pain, fears, anxiety etc. Sign up at the center**

**11:00 Bus leaves for lunch at Joey Garlic's—Sign up at the senior center**

**Fri. Dec 16 9:00-10:00 Senior Breakfast—Sausage, Egg & Cheese on a Toasted Roll w/ fruit & Beverages--\$2.00pp—Call for reservations by Thurs.**

**Mon. Dec 19 9:00 Bus leaves for shopping on Arthur Ave. in New York (weather permitting)  
sign up for the bus**

**Tues. Dec 20 10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for  
your mind and body—sponsored by Connecticut Community Foundation**

**12:00 NOON –CHRISTMAS PARTY LUNCH—ENTERTAINMENT BY  
“T-BONE” (TOM STANKUS)**

**Turkey w/ gravy, stuffing, Spiral Ham, Mashed Potatoes, Fresh Vegetable, Tossed  
Salad, Dessert & Beverage--\$7.00 pp—MUST PAY BY THURS. DEC 15**

**Wed. Dec 21 10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance  
moves that can be done either standing or in a chair—Sponsored by Connecticut  
Community Foundation**

**11:30 Lunch Special—Soup & Sandwich—Tuna Salad on a roll w/ Chips & Dessert  
\$3.00 pp—Sign up by Mon. Dec 19**

**Thurs. Dec 22 9:00-10:00 Senior Breakfast—Blueberry Pancakes w/ Bacon, Fruit & Beverage  
\$2.00 pp—Call for reservations**

**10:00 Chair Exercises w/ Tanya from Fitness Fury**

**10:00-11:30 Computer Class—Introduction/Basic & Intermediate instruction  
Bring lap top computers, I Pads, cell phones etc.. Sign up at the senior center**

**12:00 “The Price is Right” sponsored by Home Helpers—Sign up at the center**

**Fr. Dec 23 CLOSED FOR CHRISTMAS HOLIDAY**

**Mon. Dec 26 CLOSED FOR CHRISTMAS HOLIDAY**

**Tues. Dec 27 10:00 Exercise w/ Kim Stewart—Learn stretching and strengthening exercises for  
your mind and body—sponsored by Connecticut Community Foundation**

**10:00 Free Blood Pressures sponsored by Chesprocott Health District**

**11:30-3:00 Foot Reflexology w/ Kim--\$20.00 pp for 20 minutes of relaxation!  
Sign up every half hour at the senior center**

**Wed. Dec 28**      **9:00-10:00 Senior breakfast—Bacon, Egg & Cheese on a Toasted Roll w/ Fruit & Beverages--\$2.00 pp—Call for reservations**  
**10:00 Zumba Gold w/ Naida from Fitness X-Perience—Learn new & exciting dance moves that can be done either standing or in a chair—Sponsored by Connecticut Community Foundation**

**11:30 Lunch Special—Cheese Pizza w/ Tossed Salad & Dessert--\$3.00 pp**  
**Sign up by Tues. Dec 27**

**12:15 Bus leaves for “A Christmas Carol” at the Hartford Stage**  
**\$21.00 pp—MUST PAY BY WED. NOV 30**

**Thurs. Dec 29**      **10:00 Chair Exercises w/ Tanya from Fitness Fury**

**10:00-11:30 Computer Class—Introduction/Basic & Intermediate instruction**  
**Bring lap top computers, I Pads, cell phones etc.. Sign up at the senior center**

**11:00 Bus leaves for lunch at Vito’s By The Park—Sign up for the bus**

**Fri. Dec 30**      **CLOSED FOR NEW YEARS HOLIDAY**

**Mon. Jan 2**      **CLOSED FOR NEW YEARS HOLIDAY**