

Charles Rietdyke (Wolcott) Senior Center
211 Nichols Road, Wolcott, CT 06716
MARCH 2020 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
Everyone MUST fill out an emergency contact form—Please update any changes on the form

***We are on the website: www.wolcottct.org under “senior center”

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

SCHEDULE FOR CLOSING/DELAYS—If Wolcott schools have a delay/closing due to weather conditions— THE SENIOR BUS & SENIOR CENTER WILL FOLLOW WOLCOTT SCHOOL DELAYS---ALWAYS CHECK THE TV STATIONS 3, 4 & 8 FOR OPENING/CLOSING OF THE SENIOR CENTER

- Mon** 10:00-10:45 Chair and Weight Strengthening/Stretching/Balance/Stress Relief Exercises sponsored by Connecticut Community Foundation
- 12:00-3:30 Mah Jongg
- 1:30-3:00 Line Dancing
- Tues** 10:00 Chair and Weight Strengthening/Stretching/Balance/Stress Relief Exercises w/ Kim Stewart sponsored by Connecticut Community Foundation
- Wed** 10:00 Zumba Gold w/Fitness Fury w/ Lissette sponsored by Connecticut Community Foundation
- 12:30-3:00 Bingo
- Thurs** 9:45-10:30 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
- 11:00-Yoga4Change--yoga class-1 hour
- 12:30-2:30 Setback Card Games
- Fri** 10:00-11:30 Knitting/Crocheting
- Mon-Fri** 9:30-11:30 Setback
- 11:30-Lunch

IF YOU SIGN UP FOR A BUS TRIP & CANNOT GO, PLEASE CALL THE SENIOR CENTER TO CANCEL & ALLOW OTHERS ON WAITING LIST TO GO

*****Parking for all bus trips will be in Woodtick Recreation parking lot**

- Mon. Mar 2 10:00 Exercise Your Body & Mind w/ Kim—Learn stretching, strengthening, balance & stress relief techniques—Sponsored by Connecticut Community Foundation--\$1.00 donation per person per class is appreciated
- 11:00 Crafty Corner—Jeannie’s Craft Class—Make your own St. Patrick’s Day Candy Jar—fill with assorted St. Patrick’s Day themed candies--\$6.00 pp—Pay by Feb 27
Space limited so sign up quick!
- Tues. Mar 3 9:00-1:30 PM—AARP Smart Driver’s Course--\$15.00 pp for AARP member (must bring card)--\$20.00 for non-member. Lunch break 11:30 AM-Call Friday to reserve lunch or Bring your own lunch. Please call to register.
- 10:00 Exercise Your Body & Mind w/ Kim—Learn stretching, strengthening, balance & stress relief techniques—Sponsored by Connecticut Community Foundation--\$1.00 donation per person per class is appreciated
- 11:00 Crafty Corner—Make ST Patrick’s Day candy jars filled with candy--\$6.00 pp
- Wed. Mar 4 8:30 Senior Breakfast—Bacon, Egg & Cheese on a Toasted Roll w/ Fruit & Beverages \$2.00 pp—Call for reservations
- 10:00 Zumba Gold w/Lisette from Fitness Fury X-Perience
Come learn new & exciting dance moves that can be done either standing or sitting in a chair—Sponsored by Connecticut Community Foundation
\$1.00 donation per person per class is appreciated
- 11:00 Probate--John Murphy—to discuss probate matters—please bring all paperwork you wish to discuss
- Thurs. Mar 5 9:45 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises
w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
\$1.00 donation per class is appreciated
- 11:00 “Yoga4Change”—“Free”—1 hour class of yoga exercises w/ Suzanne
Every Thursday for 12 weeks—session ending May 7--Sign up at the senior center
- Fri. Mar 6 9:00 Bus leaves for Christmas Tree Shop
- Mon. Mar 9 10:00 Exercise Your Body & Mind w/ Kim—Learn stretching, strengthening, balance & stress relief techniques—Sponsored by Connecticut Community Foundation--\$1.00 donation per person per class is appreciated
- 12:00 Bus leaves for Mohegan Sun Casino—AAC Women’s Basketball Tournament Final
- Tues. Mar 10 10:00 Exercise Your Body & Mind w/ Kim—Learn stretching, strengthening, balance & stress relief techniques—Sponsored by Connecticut Community Foundation--\$1.00 donation per person per class is appreciated
- 10:30 Free Blood Pressures sponsored by Abbott Terrace

- Wed. Mar 11
- 11:00 “Make Hydration a Vocation”—presentation by Sandra Micalizzi, APRN
Community Educator for Saint Mary’s and Waterbury Hospitals
Learn the symptoms and dangers of dehydration, and ways to prevent it.
- 10:00 Zumba Gold w/Lisette from Fitness Fury X-Perience
Come learn new & exciting dance moves that can be done either standing or sitting in a
chair—Sponsored by Connecticut Community Foundation
\$1.00 donation per person per class is appreciated
- 11:00 Bus leaves for lunch at J Timothy’s—sign up for bus
- Thurs. Mar 12
- 9:45 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises
w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
\$1.00 donation per class is appreciated
- 11:00 “Yoga4Change”—“Free”—1 hour class of yoga exercises w/ Suzanne
Every Thursday for 12 weeks—session ending May 7--Sign up at the senior center
- 12:00 St. Patrick’s Day party--\$10.00 pp—Pay by Fri. Mar 6
Menu: Corned Beef & Cabbage, Red Potatoes, Carrots, Irish Soda Bread, Rye Bread,
Tossed Salad, Dessert & Beverages—Entertainment by--“T-Bone” Tom Stankus
- Fri. Mar 13
- 8:30 Senior Breakfast—Blueberry Pancakes w/ Bacon, Fruit & Beverages
\$2.00 pp—Call for reservations
- Mon. Mar 16
- 9:45 Bus leaves for Boscov’s—sign upfor the bus
- 9:45 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises
w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
\$1.00 donation per class is appreciated
- Tues. Mar 17
- 10:00 Exercise Your Body & Mind w/ Kim—Learn stretching, strengthening, balance &
stress relief techniques—Sponsored by Connecticut Community Foundation--\$1.00
donation per person per class is appreciated
- 11:30-2:00 Foot Reflexology w/ Kim--\$20.00 for 20 minutes of relaxation!
Sit back & relax—Let Kim work her magic! Sign up in 30 min time slots
- Wed. Mar 18
- 10:00 Zumba Gold w/Lisette from Fitness Fury X-Perience
Come learn new & exciting dance moves that can be done either standing or sitting in a
chair—Sponsored by Connecticut Community Foundation
\$1.00 donation per person per class is appreciated
- 11:00 Probate--John Murphy—to discuss probate matters—please bring all paperwork
you wish to discuss
- 11:00 Bus leaves for lunch at The Great Taste of China—sign up for the bus
- Thurs. Mar 19
- 8:30 Senior Breakfast—Ham, Egg & Cheese on a Toasted Roll w/ Fruit & Beverages
\$2.00 pp—Call for reservations

9:45 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises
w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
\$1.00 donation per class is appreciated

11:00 “Yoga4Change”—“Free”—1 hour class of yoga exercises w/ Suzanne
Every Thursday —session ending May 28--Sign up at the senior center

Mon. Mar 23 9:45 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises
w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
\$1.00 donation per class is appreciated

Tues. Mar. 24 10:00 Exercise Your Body & Mind w/ Kim—Learn stretching, strengthening, balance &
stress relief techniques—Sponsored by Connecticut Community Foundation--\$1.00
donation per person per class is appreciated

11:00 “At Home Spa Ideas”—sponsored by Laura Marsala from Southmayd Home
Create a relaxing home spa experience—learn to make hand scrubs & lip butter
Sign up for class

11:30 Bus leaves for lunch at Starpolska Polish Restaurant—sign up for bus

Wed. Mar 25 10:00 Zumba Gold w/Lisette from Fitness Fury X-Perience
Come learn new & exciting dance moves that can be done either standing or sitting in a
chair—Sponsored by Connecticut Community Foundation
\$1.00 donation per person per class is appreciated

Thurs. Mar 26 9:45 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises
w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
\$1.00 donation per class is appreciated

11:00 “Yoga4Change”—“Free”—1 hour class of yoga exercises w/ Suzanne
Every Thursday for 12 weeks—session ending May 7--Sign up at the senior center

11:30 Bus leaves for lunch at Puerta Vallarta—sign up for bus

Fri. Mar 27 8:30 Senior Breakfast—Belgium Waffles w/ Bacon, Fruit & Beverages
\$2.00 pp—Call for reservations

11:00 Bus leaves for Bethlehem Indoor Flea Market—lunch to follow at Painted Pony

Mon. Mar 30 9:45 Arthri Fit Exercises/Stretching/Balance/Stress Relief Exercises
w/ Chris—Fitness Fury--sponsored by Connecticut Community Foundation
\$1.00 donation per class is appreciated

Tues. Mar 31 10:00 Exercise Your Body & Mind w/ Kim—Learn stretching, strengthening, balance &
stress relief techniques—Sponsored by Connecticut Community Foundation--\$1.00
donation per person per class is appreciated