

Happy November!!

We are a busy place at our senior center! Since we re-opened our doors in June, we have increased our membership by 111 new seniors in just 5 months and still growing! Our in-person & zoom exercise classes have grown anywhere from 30-40 participants per class with in-person participants safely distanced. We supply exercise balls, bands, drumsticks and weights and are cleaned after each use. Chair Yoga is in full-swing, Jeannie's craft classes are full, and Bingo is the hottest game in Town! We have something to do for everyone. Come in and check us out!

Our senior center is open regular hours from 8:30 AM-3:30 PM Monday-Thursday and close at 12:00 PM on Friday. In-person & zoom exercise classes are Monday-Thursday from 10:00 AM to 11:00 AM. We will continue to zoom all exercise classes for seniors who wish to participate in the comfort of their home. Chair Yoga is at 11:00 AM every Thursday. Bingo is every Wednesday, from 12:30 PM-3:00 PM. We are using disposable paper bingo sheets so please bring your bingo chips and daubers. We have a limited supply of daubers and bingo chips for purchase. Line dancing is every Monday afternoon from 1:30-3:00 PM and setback is every Thursday afternoon from 12:30-3:00 PM along with daily setback games beginning at 9:00 AM.

We are offering **"Grab and Go"** lunches from New Opportunities every Tuesday and Thursday at 11:30 AM pick up. To qualify, you must be at least 60 years of age and fill out a Form-5 sheet that will be provided. The suggested donation for lunch is \$3.00. Order Friday for Tuesday lunches and Tuesday for Thursday lunches. Call the senior center or stop in to pick up a menu for November.

We have weekly breakfasts and lunch specials giving a choice to "eat-in" or "take-out". (Coffee will be served for "eat-in" only.) A **"BIG THANKS"** to all the seniors who have supported all our breakfasts & lunch specials!

Call the center to order 203-879-8133

November Breakfast Specials Menu--\$2.00 pp CALL AHEAD TO ORDER

Fri. Nov 5—French Toast w/ Bacon & Dessert

Wed. Nov 10—**Free Veteran's Day Breakfast Sandwich-Non-Veteran's--\$2.00 --Ham, Egg & Cheese on a Toasted Roll—Please call to order by Mon. Nov 8**

Wed. Nov 17—Sausage Pattie, Egg & Cheese on a Toasted Roll w/ Dessert

Tues. Nov 23—Blueberry Pancakes w/ Bacon & Dessert

November Lunch Specials Menu--\$3.00 pp CALL AHEAD TO ORDER

Wed. Nov 3—Italian Combo w/ Lettuce on a Sub Roll, Chips & Dessert

Tues. Nov 9—Tuna Salad w/ Lettuce on a Roll, Chips & Dessert

Thurs. Nov 18—**"Thanksgiving in a Roll"—Hot Turkey, Gravy, Stuffing, Cranberry Sauce on a large Portuguese Roll, Tossed Salad, Chips & Dessert--\$5.00 pp SPECIAL PRICE-- CALL TO ORDER BY MON. NOV 15**

Wed. Nov 24—Ham & Cheese w/ Lettuce on a Sub Roll, Chips & Dessert

Wed. Dec 1—Chicken Salad w/ Lettuce on a Roll, Chips & Dessert

Foot Reflexology w/ Kim Stewart—Tues. Nov 23—11:30 AM-2:00 PM--\$20.00 for 20 minutes of relaxation! Sit back & Relax—Let Kim work her magic!—Sign up at the center

Jeannie's Crafty Corner--Craft Classes

Thurs. Nov 4—Scarecrow Wall Hanging--\$8.00

Tues. Nov 16—Pilgrims—Tabletop decoration--\$7.00

Thurs. Dec 2—Christmas Tree—Tabletop decoration--\$12.00

Bus Trips: Sign up at the Senior Center

Wed. Nov 3—11:00 Bus leaves for lunch at The Great Taste of China

Thurs. Nov 4—9:00 Bus leaves for shopping at Cabela's, Home Goods Store & lunch to follow at Rein Deli

Tues. Nov 9—9:45 Bus leaves for shopping at Boscov's

Fri. Nov 12—11:00 Bus leaves for Bethlehem Indoor Flea Market w/ lunch to follow at Nick's Country Kitchen

Tues. Nov 16—9:00 Bus leaves for shopping at The Christmas Tree Shop

Fri. Nov 19—11:15 Bus leaves for lunch at J Timothy's Restaurant

Mon. Nov 22—11:00 Bus leaves for lunch at Joey Garlic's followed by shopping at Stew Leonard's

Tues. Nov 30—11:30 Bus leaves for lunch at Staropolska Polish Restaurant

Currently, fully vaccinated people have a choice to wear or not to wear a mask while inside the senior center. **Non-vaccinated people must wear a mask inside the senior center.** If you need a disposable mask to wear, they are available at each entrance of the building. We have wall mounted hand sanitizers located on the inside walls at each entrance for you to use as you enter the building and portable sanitizers will be at each table.

PARKING POLICY: PARKING AT THE SENIOR CENTER IS FOR SENIOR CENTER PARTICIPANTS ONLY. IF YOU ARE WALKING THE TRAIL, PLEASE USE WOODTICK RECREATION PARKING LOT AS WE HAVE LIMITED PARKING SPACES FOR OUR SENIORS. A SPACE THAT YOU TAKE IS ONE LESS SPACE FOR OUR SENIORS.

Our newsletter is available on the Wolcott website at www.wolcottct.org under "Senior Center" along with general information regarding senior center activities, bus trips, and daily bus use of the Wolcott minibus and Dial a Ride bus for shopping or doctor visits.