

# Charles Rietdyke (Wolcott) Senior Center

211 Nichols Road, Wolcott, CT 06716

January 2022 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](http://www.wolcottct.org) under “senior center”

**Mon-Thurs 8:30 AM-3:30 PM Fri-8:30 AM-12:00 PM**

**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** 9:45-10:30 Chair and Weight Strengthening/Stretching/Balance/Stress Relief Exercises sponsored by Connecticut Community Foundation—Naida from Fitness Fury  
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** 10:00-10:45 Zumba Gold w/Fitness Fury sponsored by Connecticut Community Foundation—Naida from Fitness Fury  
12:30-3:00 Bingo

**Thurs** 10:00 Chair and Weight Strengthening /Stretching/Balance/Stress Relief Exercises w/ Kim Stewart sponsored by Connecticut Community Foundation  
11:00 Free Chair Yoga  
12:30-2:30 Setback Card Games

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

**Mon-Fri** 9:00-11:00 Setback

**IF YOU SIGN UP FOR A BUS TRIP, PLEASE INCLUDE YOUR PHONE NUMBER IN CASE TRIP IS CANCELLED DUE TO WEATHER ETC.**

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

**Wed. Jan 5** 11:30 Lunch Special—Double Chili Dogs w/ Chips & Dessert--\$3.00 pp  
Call for Eat-In or Take-Out-48 Hours' notice please

**Thurs. Jan 6** 11:00 Lunch at The Great Taste of China—Sign up at the senior center  
11:30 Craft Class—Chenille Snowman--\$8.00 pp

**Fri. Jan 7** 8:30-9:30 Senior Breakfast—French Toast w/ Sausage Patty--\$2.00 pp  
Call for Eat-In or Take-Out—48 Hours' notice please

**Wed. Jan 12** 9:45 Shopping at Boscovs—Sign up at the senior center

**Sat. Jan 15** 10:00 Bus leaves for UCONN Girls' Basketball Game vs Xavior at XL Center  
12:00 Game--\$23.00 pp—lower seating Pay by Wed. Dec 15

**Mon. Jan 17** Holiday—Senior Center Closed

**Tues. Jan 18** 11:00 Presentation by Sandy Micalizzi, RN,MSN,CDE—“Nutrition For Your Brain” Healthy eating is part of everyday living. We often think of eating healthy for our Heart. The brain has many vessels and also needs a healthy diet. Open to the public

- Wed. Jan 19**            **11:30 Lunch Special—Tuna Salad w/ Lettuce on a Roll, Chips & Dessert--\$3.00 pp**  
**Call for Eat-In or Take-Out—48 hours' notice please**
- Thurs. Jan 20**            **8:30-9:30 Senior Breakfast—Ham, Egg & Cheese on a Toasted Toll--\$2.00 pp**  
**Call for Eat-In or Take-Out—48 hours' notice please**
- 9:00 Shopping at The Christmas Tree Shop—Sign up at the senior center**
- 11:30 Craft Class—Glass Snowman--\$8.00 pp**
- Tues. Jan 25**            **8:30-9:30 Senior Breakfast—Belgium Waffles w/ Sausage Patty--\$2.00 pp**  
**Call for Eat-In or Take-Out—48 hours' notice please**
- 11:30-2:00 Foot Reflexology w/ Kim Stewart--\$20.00 for 20 minutes of relaxation!**  
**Sit back & relax—Let Kim work her magic!**
- Wed. Jan 26**            **11:30 Lunch Special—Soup & Sandwich—Grilled Cheese on Texas Toast**  
**\$3.00 pp Call for Eat-In or Take-Out—48 hours' notice please**
- Fri. Jan 28**            **11:00 Shopping at Bethlehem Indoor Flea Market—Lunch at Nick's Country**  
**Kitchen—Sign up at the senior center**
- Wed. Feb 9**            **5:00 Bus leaves for UCONN Girls' Basketball Game vs Villanova at XL Center**  
**7:00 PM Game--\$18.00 pp—lower seating—Pay by Mon. Jan 3**
- Sun Feb 20**            **12:00 Bus leaves for UCONN Girls' Basketball Game vs Georgetown at XL Center**  
**2:00 PM Game--\$23.00 pp—lower seating—Pay by Mon. Jan 10**