

Charles Rietdyke (Wolcott) Senior Center

211 Nichols Road, Wolcott, CT 06716

June 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 under “senior center”

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

- Mon** 9:45-10:30 Free-“Strength & Tone”—includes Weight Strengthening/Stretching/Balance/Stress Relief Exercises w/ Naida from Fitness Fury sponsored by Connecticut Community Foundation
- 1:30-3:00 Line Dancing
- Tues** 10:00 Free-“Strength, Stretching & Stress Relief”- includes Weight Strengthening Stretching/Balance/Stress Relief Exercises w/ Kim Stewart sponsored by Connecticut Community Foundation
- 12:00 Free-“Cardio, Strength & Balance”—includes Weight Strengthening Stretching/Balance/Stress Relief Exercises w/ Naida from Fitness Fury
- “NEW”** 1:00 Free-“Pound Class” using weighted Drum Sticks w/ Naida from Fitness Fury
- Wed** 10:00-10:45 Free-“Senior Zumba” w/Naida from Fitness Fury sponsored by Connecticut Community Foundation
- 12:30-3:00 Bingo
- Thurs** 10:00 Free-“Strength, Stretching & Stress Relief”- includes Weight Strengthening Stretching/Balance/Stress Relief Exercises w/ Kim Stewart sponsored by Connecticut Community Foundation
- 11:00 Free-Chair Yoga
- 12:30-3:00 Setback Card Games
- 12:30-3:00 Pinochle
- 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 *Parking for all bus trips will be in Woodtick Recreation parking lot**

Wed. Jun 1 9:00 Bus leaves for shopping at Mystic Village—Sign up at the senior center

Mon. Jun 6 8:30 Bus leaves for Thimble Islands Boat Tour--\$15.00 pp—Pay by Wed. June 1
Lunch to follow boat tour--Sign up at the senior center

- Wed. Jun 8** **11:30 Lunch Special—Chicken Parmesan on a Roll, Chips & Dessert--\$4.00 pp**
Sign up 48 hours ahead to reserve lunch
- Thurs. Jun 9** **8:30-9:30 Free Father's Day Breakfast Sandwich—Bacon, Egg & Cheese on a**
Toasted Roll—No Take Outs—Sign up at the senior center
- 9:45 Bus leaves for shopping at Boscov's—Sign up at the center**
- 11:30 Crafty Corner w/ Jeannie—learn to make a “Welcome” Wagon Wheel**
Door Decoration--\$6.00 pp—Sign up at the center
- Sun. Jun 12** **1:00 Bus leaves for 7 Angels Theater—“Shades of Bubl ”--\$45.00 pp**
Pay by Wed. Jun 1
A 3-man tribute bring the swinging standards & pop hits of Michael Bubl  to the
stage in an unforgettable high-energy concert event. This act has consistently
wowed audiences around the country with exciting harmonies, smooth
choreography, and with his charming, good looks.
- Tues. Jun 14** **11:00 bus leaves for The Great Taste of China—Sign up at the senior center**
- Wed. Jun 15** **11:30 Lunch Special—Corned Beef & Swiss on Rye Bread, Chips & Dessert**
\$4.00 pp—Sign up 48 hours ahead of time to reserve lunch
- 5:00 Bus leaves for New Britain Bees Baseball Game-\$5.00 pp—Pay by Jun 8**
Sign up at the center
- Fri. Jun 17** **8:30-9:30 Breakfast Special—Sausage, Egg & Cheese on a Toasted Roll**
\$2.00 pp—Sign up or call for reservations 48 hours ahead
- Wed. Jun 22** **11:00 Bus leaves for “Lights & Sights Light House Boat Cruise” from New London**
\$33.00 pp--Pay by Thurs. June 9—Sign up at the senior center
- 11:30 Lunch Special—Italian Combo w/ lettuce/Roll, Chips & dessert--\$3.00 pp**
Sign up 48 hours ahead to reserve lunch
- Thurs. Jun 23** **11:30 Crafty Corner w/ Jeannie—Learn to make a 4th of July Table Decoration**
\$5.00 pp—Sign up at the center
- 5:00 Bus leaves for New Britain Bees Baseball game--\$5.00 pp**
Pay by Wed. June 15—Sign up at the senior center
- Fri. Jun 24** **8:30-9:30 Breakfast Special—French Toast w/ Sausage--\$2.00 pp**
Sign up or call for reservations 48 hours ahead
- 10:00 Bus leaves for Cricket Hill Garden-Thomaston—Famous for rare & unusual**
Peonies—Sign up at the senior center
- Tues. Jun 28** **8:00 Bus leaves for Mohegan Sun Casino—no casino/lunch pkg—Sign up at the**
center
- 10:30-11:30 Blood Pressures w/ Sandy Micalizzi**

11:30-3:00 Reflexology w/ Kim--\$20.00 for 20 minutes—Sign up at the center

Thurs. Jun 30

11:00 Bus leaves for lunch at Blue colony Diner—Sign up at the center