

CALENDAR OF EVENTS

Mondays

4/4 Xmas Tree Shop/IHOP 10:00-2:00
4/11 Eli Whitney Museum/

Olive Garden 10:00-2:00
4/18 Line Dancing Class 1-2:00
4/25 Mohegan Sun Trip 9:00-5

Tuesdays

4/12 Free Blood Pressure Screening (10:30-12:00)
4/18 Free Cholesterol Screening (10:30-12:00)
Elderly Nutrition Lunch (11:30)
Progressive Bingo (1:00-3:00)

Wednesdays

Yoga with Debbie Kahan (9:30)
Computer Training (10:00)
Oatmeal Breakfast (10:00-10:30)
4/6&4/13 Morning Walk 10:00
Elderly Nutrition Lunch (11:30)
4/6 Nutrition Bingo (1:00-2:30)
4/20 Med. Management 1-2
4/27 Planting Project 1-2

Thursdays

Reminiscing Group 4/7 10:00-10:30
Elderly Nutrition Lunch (11:30)
Bingo (1:00-3:00)

Fridays

CLOSED GOOD FRIDAY 4/22
4/8 Morning Walk (10:00-11:00)
4/8 Karaoke & Singalong (1-3)
4/8, 4/15, Food Bank (2:00-3:00)
4/15 Intergenerational Program (10:00-11:30)

EAST SHORE