



BERLIN SENIOR CENTER

BERLIN SENIOR CENTER LINES

May 2024

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle
Assistant Director.....
Sami Wnek, CTRS
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen
Dinda, Kathy Moss
Drivers Joe LaVallee
Tom Chesery, Tom Zigmont &
Ed Alicea

Hours

Monday..... 8:30am-4:00pm
Tuesday8:30am-4:00pm
Wednesday 8:30am-4:00pm
Thursday..... 8:30am-4:00pm
Friday 8:30am-4:00pm

Membership (Ages 60+)

Resident: No Cost
Non-Resident: \$36 Annually

CFA Commission Members:

Barbara Gombotz—Chairperson
Juliet Benjamin-Com. Secretary
Frank Slogeris
Kay Murray
Ann Gamelin
Roger Moss

Greetings from the Director ~

Every May, the Administration for Community Living leads the nation's observance of **Older Americans Month (OAM)**. The 2024 theme is ***Powered by Connection***, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Some special ways that we are powered by connection this month are with special events such as an **Introduction to Italian Class on May 8th, our Mother's Day Tea Party on Friday, May 10th, a trip to New Britain Museum of Art on Wednesday the 15th, Intergenerational Trivia on the 22nd, our Commission for Aging Spring Social on Thursday May 23rd featuring lively music by Jose Paulo, our Weekly Walking Club on Thursdays at 10:00 and our Lunch Bunch trip to Manor Inn in Milldale on Friday, May 31st, among our regular programs.** We look forward to connecting with you!

Mothers hold their children's hand for a short while, but their hearts forever. ~ Unknown~

Happy Mother's Day!

Tina

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

Transportation

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. *Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such help. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle. *Exceptions allowable for non-curb to curb service pending approval from the Director. * The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review the applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled.

Daily Bus Schedule

Monday and Wednesday—Stop-n- Shop 9am & 11am

All other appointments & errands between 9am and 2:15pm

Tuesday- Shop Rite-Cromwell 9am & 12am

All other appointments & errands between 9am & 2:15pm

Thursday- All appointments & errands between 9am & 2:15pm

Kohl's 1:30pm (Last Thursday of the month)

Friday – Ocean State Job Lot 10am & Walmart 1:30pm

Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)

All other appointments & errands between 9am and 2:15pm

Transportation Services is available for medical appts, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. We require **24 hour notice** for grocery shopping, pharmacies, banks, etc. We require **48 hour notice** for medical appointment reservations. We accept bus reservations up to a week in advance. Bus reservations must be made during the hours of 8:30am—3pm. Please remember to have the address of the doctor and time of appointment in front of you when calling to reserve a ride. Reservations left on the Center's voicemail **will not be accepted**. Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. All calls for rides home must be made by 3:00pm. Lastly, you are allowed two stops per day except when going to the grocery store. If you have any questions please contact the Center.

MEDICAL TRANSPORTATION VOLUNTEER PROGRAM – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. From that point forward when they need a ride, they will be in the system and can call with their specific ride information. **If you have any questions or would like to request a ride please call (860)539-6233. DISCLAIMER:** The Berlin Senior Ctr. does not have anything to do with the above mentioned transportation program. If you have any issue with these organization, you must deal with that provider directly.

MOBILE FOODSHARE : Friday May 10th & 24th 12:00 PM at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO IDENTIFICATION OR PAPERWORK NEEDED**

LUNCH BUNCH TRIP ~ Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **Manor Inn in Milldale on Friday, May 31st**. The bus will leave the Senior Center at **11:30AM**. We are limited to 12 people. **Sign up begins on Wednesday, May 22nd**. You may sign up yourself and one other. Telephone signups will be taken after 12 Noon on the **22nd**.

Services

Footcare Program (By Appointment Only) ~ The Berlin Senior Center offers low cost foot care for seniors provided by specially trained registered nurse, Carol Raza, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. ***Fee is \$30.00.** Please **no diabetics**. Call the senior center at 860-828-7006 to schedule your appointment. **This month's program is scheduled for Wednesday May 8th.**

Ladies' Free Manicures ~ Wednesday, May 8th from 9:30- 12:30pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins. **Sign up will start on Monday, May 1st.**

Blood Pressure Screenings ~ The Berlin VNA will hold **FREE** Blood Pressure Screenings every Tuesday in May from 10:30-11:30 AM in the Health Room. No appointment necessary.

Catholic Charities Counseling Services ~ Available at BSC Wednesday, May 1st & 15th 9am -12pm If you find yourself needing some extra support, or someone to talk to, then make an appointment at 860-757-0845 with Leonilda Velez, Outreach and Support Worker with Catholic Charities. This is a free service.

Energy Assistance Program ~ New Opportunities of Greater Meriden is taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with electric, natural gas, and heat included until May 31st. Please call New Opportunities of Greater Meriden at 203-639-5060 ext 403 or 410 to set up your appointment.

Berlin Police Dept Senior Center Hours ~Thursday, May 23rd from 9-11am - Officer Maegen Musanti joins us once a month to meet and talk with folks. Stop in and say hello. No sign up necessary.

General Information

The Office of the Healthcare Advocate (OHA)

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders. **Toll-free number: 1-866-466-4446 Email: Healthcare.advocate@ct.gov**

CT State Parks and Forests Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly.** It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

Consumer Law Project For Elders is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9:00 AM to 9:00 PM.

Please Note: There will be **NO BINGO** on Thursday, May 2nd due to WIFI/Phone Update. **Bingo will be held Wednesday, May 1st at 1:30 instead.**

Senior Center Activities & Event

Cinco de Mayo Drive Thru: 10:00am-11:00 am Friday May 3rd—Drive through chips and salsa. **Sign up begins Wed, May 1st**

Intro to Italian with Maria: Wednesday, May 8th at 1:00 pm Buon Giorno! This one time class will combine basic Italian language and interesting Italian Culture. **Sign up begins Wed, May 1st.**

Mother's Day Tea Party: Friday, May 10th at 11:30 Join us in celebrating the most important people in so many of our lives - Mothers. Help us celebrate Moms everywhere with a tea party in their honor. **Sign up begins Wed, May 1st.**

Hepatitis C Screening: Tuesday, May 14th at 1:00 pm The CDC recommends that all adults ages 18+ are screened at least once. Central Connecticut Health District will be providing antibody testing. It is a quick fingerstick, with the ability to have a result in a half hour. If the screening is positive, it would mean that the patient would have to follow up with their provider for further testing. The antibody only tells us that the person has been exposed to Hep C in the past, and not if they have an active infection. The testing goes through individual's insurance and there is no out of pocket cost. **Sign up begins Wed, May 1st.**

Trip to New Britain Museum of American Art: Wednesday, May 15th ~ Everyone will meet at the Senior Center no later than 9:30 am. We will take the bus together and arrive for our own personal guided tour beginning at 10:00 am. \$22 per person with a limit of 12. First Come First Serve. Sign up at the front desk. Payment due at time of sign up. Please make checks payable to Berlin Senior Center. **The deadline to sign up is May 3rd.**

Educational Lecture on Chronic Wound Care: Tuesday, May 21st at 1:00 pm Do you or a loved one have a wound that just won't heal? Are you missing important events due to these pesky sores? Learn about new and incredibly successful treatments for dealing with Chronic Wounds. Brought to you by Roger Newbury, Jr.-Patient Care Advocate and Founder of Legend Consulting Group. **Sign up begins on Wed, May 1st.**

Intergenerational Trivia: Wednesday, May 22nd at 1:00 pm Members of the Berlin High School Chapter of Rho Kappa, a national social studies honor society, will present a trivia event for senior members of the Berlin community. Emphasizing history, entertainment, music, and sports, among other topics, trivia questions will focus on multiple decades all the way to contemporary times. Join us for an afternoon of friendly competition and community connection. **Sign up begins on Wed, May 1st.**

Thursday, May 23rd from 3:30-5:30 Commission for Aging Spring Social Join us for a fun night featuring a catered dinner and music by Jose Paulo. **Sign up begins on Wed, May 1st.**

Friday May 24th Hearing Aide Screening Program with Bristol Hearing Aids LLC— We have 6 20 minute spots available for hearing aide test from 1:00-3:00 pm. **Sign up begins on Wed, May 1st.**

Craft Class Friday, May 31st at 1:00pm with Beata from Euro-American Connections and Homecare. We will be making Mod-podge Spring vases. **Sign up begins on Wed, May 1st.**

Walking Club: Take advantage of the spring weather and get a little exercise while making new friends. The BCS walking club meets every Thursday at 10:00 am at the location posted on the monthly calendar. Make sure to wear comfortable shoes and bring water to drink. No sign up necessary. Just drop in! See you on the walking path.

Weekly Classes

Intermediate Cardio Drumming ~ Mondays and Wednesdays from 10-10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

High-Intensity Cardio Drumming ~ Mondays from 11am—11:45am

This hour-long class is for people who are looking for a more fast-paced cardio drumming exercise than our intermediate class. There will be faster and more intricate movements. **FREE.**

Exercise for Wellness Class

EVERY TUESDAY & THURSDAY @

9:45 AM This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class. Instructors are Vicki Griswold and Lorraine Jurgilewicz.**

Yoga Class (Virtual and In-Person)

EVERY FRIDAY @ 9:30 AM –11:00AM

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

Tech Help Tuesdays' from 1-3 by

appointment only. Rich Dinda, our volunteer tech expert will be here to answer questions about your laptop, smartphone, tablet, etc. Please call 860-828-7006 to schedule a half hour appointment,

Daily Coffee Hour Join us Monday through Friday from 8:30 AM to 10:00 AM for coffee hour! Enjoy a fresh cup of coffee and/or tea for only 25 cent per cup which includes complimentary pastry. **ENJOY A "FREE" CUP OF COFFEE/TEA ON FRIDAYS FROM 8:30 AM TO 10:00 AM.**

Drop Ins

SENIOR POKER DROP IN—Every Monday at 10:00AM. Must have basic knowledge of poker.

SCRABBLE DROP IN – Every Monday at 11:00AM. All level of players are welcome.

Po Ke No DROP IN—Every Tuesday afternoon at 12:45PM.

CRAFTY KNITTERS - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

CRIBBAGE DROP IN - Every Wednesday at 1:00 PM. All level of players are welcome.

CANASTA—Every Wednesday afternoon at 1:00 PM. All level s of players are welcome.

COLORING for STRESS RELIEF ~ Every Wednesdays at 1:00PM Coloring for adults has become a popular stress –reduction trend and a great way to relax. We will supply the coloring sheets and colored pencils.

SWEDISH WEAVING –Every Thursday @ 9:30AM. This craft is also known as “huck” weaving . Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

BINGO—Every Thursday @ 1:30PM.

Wii BOWLING - Looking for bowlers! Come one; come all every Friday at 12:45 PM to join us for some “interactive” bowling in our multi-purpose room. It's fun and it's easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or Sami.

NEWCOMERS ARE ALWAYS WELCOME If you are interested in starting a new Drop In please see Tina.

Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Wednesday - Friday at Noon. A suggested donation of \$3.00 per person is requested. There is a cap of 10 people/day. To order a meal please either call Doretha 860-921-4320 or sign up in-person in the Big Room at least 2 days before by 10 am. If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation. Monday and Tuesday meals are temporarily provide by the Senior Center and are ordered from local restaurants. Please sign up with the receptionist at least 2 days ahead. The cost is \$5/meal and is due at the time of sign up. Payments are non-refundable.



RW Solutions Community Café

May, 2024


1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION \$3.00		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">National Osteoporosis Month</p> <p>Calcium and Vitamin D are key nutrients needed to keep bones strong and healthy. For calcium, drink your milk if you can! Sesame and Chia seeds, almonds, collard greens and tofu are other great sources. Vitamin D helps the body absorb calcium, so enjoy some sunshine each day and include eggs in your diet along with fortified foods like yogurt, cereals and orange juice.</p>		<p style="text-align: right;">1</p> <p>Tomato Florentine Soup Unsalted Crackers Grilled Chicken Breast Lettuce and Tomato Lemon Orzo Mixed Vegetable Whole Wheat Roll</p> <p style="text-align: center;">Clementine</p>	<p style="text-align: right;">2</p> <p>Pork with Creamy Garlic Sauce Whole Baked Potato California Blend Veggies Sour Cream</p> <p style="text-align: center;">Wheat Roll</p> <p style="text-align: center;">Oreos</p>	<p style="text-align: right;">3</p> <p>Egg Salad German Potato Salad Carrot Raisin Salad</p> <p style="text-align: center;">Hot Dog Roll</p> <p style="text-align: center;">Jell-O with Topping</p>
<p style="text-align: right;">6</p> <p style="text-align: center;">Senior Center Lunches</p> <p>Please see Front Desk Receptionist for Menu</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">Senior Center Lunches</p> <p>Please see Front Desk Receptionist for Menu</p>	<p style="text-align: right;">8</p> <p>Cheeseburger Waffle Fries Brussel Sprouts</p> <p style="text-align: center;">Hamburger Bun</p> <p style="text-align: center;">Fresh Fruit</p>	<p style="text-align: right;">9</p> <p>Minestrone Soup Unsalted Crackers Roast Turkey with LS Gravy Mashed Potatoes Meadow Blend Veggies White Bread</p> <p style="text-align: center;">Cookies</p>	<p style="text-align: right;">10</p> <p style="text-align: center;">Mother's Day Special</p> <p>Broccoli and Cheese Stuffed Chicken Roasted Red Potatoes Honey Glazed Carrots</p> <p style="text-align: center;"> Whole Wheat Roll Angel Food Cake with Fresh Strawberries and Whipped Topping</p>
<p style="text-align: right;">13</p> <p style="text-align: center;">Senior Center Lunches</p> <p>Please see Front Desk Receptionist for Menu and to pay</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">Senior Center Lunches</p> <p>Please see Front Desk Receptionist for Menu and to pay</p>	<p style="text-align: right;">15</p> <p>Tuna Salad Sandwich Lettuce and Tomato Ziti Broccoli Salad Cucumber Salad</p> <p style="text-align: center;">Hot Dog Bun</p> <p style="text-align: center;">Pears</p>	<p style="text-align: right;">16</p> <p>Vegetable Barley Unsalted Crackers Pot Roast with LS Beef Gravy Baked Potato Meadow Blend Veggies Rye Bread</p> <p style="text-align: center;">Birthday Cake</p>	<p style="text-align: right;">17</p> <p>Macaroni and Cheese Stewed Tomatoes</p> <p style="text-align: center;">Oatnut Bread</p> <p style="text-align: center;">Cantaloupe</p>
<p style="text-align: right;">20</p> <p style="text-align: center;">Senior Center Lunches</p> <p>Please see Front Desk Receptionist for Menu and to pay</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Senior Center Lunches</p> <p>Please see Front Desk Receptionist for Menu and to pay</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Memorial Day Lunch</p> <p>Pineapple Orange Juice Hot Dog Potato Egg Salad Corn on the Cob</p> <p style="text-align: center;">Hot Dog Bun</p> <p style="text-align: center;">Watermelon</p>	<p style="text-align: right;">23</p> <p>Pork Loin with Apple Gravy Sweet Potatoes Brussel Sprouts</p> <p style="text-align: center;">Oatnut Bread</p> <p style="text-align: center;">Applesauce</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Taste of India</p> <p>Tandoori Chicken Basmati Rice Cauliflower</p> <p style="text-align: center;">Caramelized Onion Naan</p> <p style="text-align: center;">Coconut Pudding</p>
<p style="text-align: right;">27</p> <p style="text-align: center;">Closed</p> <p style="text-align: center;"></p>	<p style="text-align: right;">28</p> <p style="text-align: center;">Senior Center Lunches</p> <p>Please see Front Desk Receptionist for Menu and to pay</p>	<p style="text-align: right;">29</p> <p>Cobb Salad with Diced Chicken, Egg, Cheese, Bacon, Croutons Beets Ranch Dressing Whole Wheat Bread</p> <p style="text-align: center;">Pineapple</p>	<p style="text-align: right;">30</p> <p>BBQ Riblette Au Gratin Potatoes California Blend Veggies</p> <p style="text-align: center;">Cornbread</p> <p style="text-align: center;">Oreos</p>	<p style="text-align: right;">31</p> <p>Sausage and Cheese Quiche Steak Fries Broccoli and Red Pepper</p> <p style="text-align: center;">Whole Wheat Bread</p> <p style="text-align: center;">Banana</p>

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

MAY 2024

Events

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring/Cribbage/ Canasta 1:30pm Bingo</p>	<p>2 There will be no activities/classes/lunch/transportation due to updates being done at the Center.</p>	<p>3 8:30am Coffee Hr 9:30am Yoga 10:00 Cinco de Mayo Drive Thru 10:00 Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30pm Walmart</p>
<p>6 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10:45am Intensity Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>7 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Tech Help by apt</p>	<p>8 8:30am Coffee Hr 9:30am FREE Manicures 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1:00 Sewing Club 1pm Coloring/Cribbage/ Canasta 1:00 Intro to Italian with Maria Footcare-by apt</p>	<p>9 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 10:00am Walking Club: Veteran's 12pm Lunch 1:30pm Bingo</p>	<p>10 8:30am Coffee Hr 9:30am Yoga 11:am Mother's Day Tea 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>13 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10:45am Intensity Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>14 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Hep C Screening 1pm Tech Help by apt</p>	<p>15 8:30am Coffee Hr 9:30 Trip to New Britain Museum of American Art 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring/Cribbage/ Canasta</p>	<p>16 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 10:00am Walking Club: Sage Park 12pm Lunch 1:30pm "Special" BINGO (Ledgestone)</p>	<p>17 8:30am Coffee Hr 9:30am Yoga 10:00 Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30pm Walmart</p>
<p>20 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 10:45am Intensity Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>21 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00 Lecture on Chronic Wound Care 1pm Tech Help by apt</p>	<p>22 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1:00 RHO Kappa-BHS History Honor Society Group Trivia 1pm Coloring/Cribbage/ Canasta</p>	<p>23 8:30am Coffee 9-11am BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 10:00am Walking Club: Pistol Creek 12pm Lunch 1:30pm Bingo 3:30-5:30pm Commission for Aging Spring Social</p>	<p>24 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl 1:00 Hearing Aide screening/program with Bristol Hearing Aids LLC</p>
<p>27 Memorial Day</p> 	<p>28 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45 Po Ke No 1pm Tech Help by apt</p>	<p>29 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring/Cribbage/ Canasta 1:30 Book Club</p>	<p>30 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 10:00am Walking Club: Walnut Hill 12pm Lunch 1:30 Kohl's 1:30pm "Special" BINGO Bradley Home</p>	<p>31 8:30am Coffee Hr 9:30am Yoga 10:00 Ocean State 11:30 Lunch Bunch-Manor Inn in Milldale 12pm Lunch 12:45pm Wii Bowl 1:00 Craft Hour</p>