



BERLIN SENIOR CENTER

**Center Information**

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

**Staff**

Director ..... Tina Doyle  
Ass't 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  
Tuesday .....8:30am-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: \$ 48 Annually

**CFA Commission Members:**

Barbara Gombotz—Chairperson  
Mary Ellen Dinda-Com. Secretary  
Frank Slogeris  
Kay Murray  
Ann Gamelin  
Roger Moss

# BERLIN SENIOR CENTER LINES

October 2024

**Greetings from the Director,**

Happy Autumn! The cool weather is almost here. I noticed the leaves are starting to change to those vibrant fall colors.

Absentee ballots can be obtained by calling the by contacting the Town Clerk's Office at (860) 828-7038. You will receive an application which needs to be filled out before the ballot is mailed to you.

RW Solutions (formerly CW Resources) will resume providing our congregate meals five days a week starting on Tuesday, Oct 1st. You may sign up in the back of the big room at the Center or by call the phone # 860-921-4320.

The Central Connecticut Health District will be providing us with flu shots on Tuesday October 22<sup>nd</sup> from 2-6pm and Wednesday, October 23<sup>rd</sup> from 10am-2pm at the Berlin Senior Center. Both clinics are indoors. To schedule an appt. go to the CCHD website [www.ccthd.org/flu](http://www.ccthd.org/flu) or call the Health District 860-785-8380 x216. Please do not call the center.

*Tina*



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## Transportation

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Senior Center Buses may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:00pm. \*Service is curb to curb: Riders that require assistance getting to or from the curb should be accompanied by a companion who can provide such help. Driver may use their discretion to determine whether or not transportation will be provided in the event that safety is a factor. Personal modes of transportation must be able to be secured, both in the front and back of the unit. In the case of Scooters, passengers must be able to transfer to a seat on the bus. \*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 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.

Please note: Berlin Senior Center will be able to offer 1 ride per rider per day to and from a single location.

### **Daily Bus Schedule (subject to change)**

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

**Third Wednesday of the month**-Specialty Shopping at 12:30pm

All other appointments & errands between 9am and 2:00pm

**Tuesday**- Shop Rite-Cromwell 9am & 12pm

All other appointments & errands between 9am & 2:00pm

**Thursday**- All appointments & errands between 9am & 2:00pm

**Last Thursday of the month**-Kohl's 1:30pm

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

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

All other appointments & errands between 9am and 2:00pm

**Regular Transportation Services** are available for grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping in Berlin only.

**24 business hours notice required.**

**Medical Appointment Transportation Services** are available for appointments within our bus territory. **48 business hours notice required.** 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 doctor's address and time of appointment ready when calling to reserve a ride.

Reservations left on the Center's voicemail **will not be accepted.**

Please make sure that you are ready 1 hour before your bus reservation time. Drivers should not have to wait. **All calls for rides home must be made by 3:00pm.** Lastly, you are allowed one stops per day. 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:** Berlin Senior Ctr. is not affiliated with the above mentioned transportation program. If you have any issue with these organization, you must deal with the provider directly.

**MOBILE FOODSHARE : Friday October 11<sup>th</sup> and 25<sup>th</sup> at 12:00 PM** at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO Identification/Paperwork Needed.**

**Specialty Shopping– Boscovs~ Tuesday, Oct 22<sup>nd</sup> at 12:30pm.** We can accommodate 12 shoppers but need a minimum of 3. This month only if you purchase a \$5 savings pass at the Iwo Jima Presentation at the Senior Center on the 16<sup>th</sup>, you will save 25% off your order only valid on October 22<sup>nd</sup>.

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## Services

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**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 October 9<sup>th</sup>.**

**Ladies' Free Manicures ~ Wednesday, October 9<sup>th</sup> from 9:30-12:30pm** - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Center. Please call the center to schedule an appointment. No walk-ins.

**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 Wednesdays, October 2<sup>nd</sup> and 16<sup>th</sup> from 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 will start taking appointments for Energy Assistance for those seniors 60 yrs and older who heat with deliverable fuel (propane, kerosene, and oil) on Thursday, October 24<sup>th</sup> from 9-3pm. Please call the Center to schedule your appt. We will go over what documentation you will need to bring.

**Berlin Police Dept Senior Center Hours ~Thursday, October 24<sup>th</sup> 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.

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## General Information

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**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](mailto: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 9AM-9PM.

**Lunch Bunch Trip** ~ Each month the senior center organizes a "lunch bunch" trip with the transportation provided by the senior center bus. Participant's pay \$1.00 for their ride plus the cost of their own meal. This month's trip will be to **"Cracker Barrel" in East Windsor on Friday, October 18<sup>th</sup>.** The bus will leave the Senior Center at **11:30am.** We are limited to 12 people. **Sign up begins on Wednesday, October 9<sup>th</sup> at 9am in person. You may sign up yourself and one other. Telephone signups will be taken after 12 noon on the 9<sup>th</sup>.** If you went on last month's trip you will need to wait until 12 noon to sign up.

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## Senior Center Activities & Event

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**Please sign up for any/all of the following programs at the front desk or by calling 860-828-7006:**

**Fall Prevention Class w/ Tyler from Masonicare,** Tuesday, October 1<sup>st</sup> at 1:00pm. Tyler from Masonicare is a physical therapist who will be sharing tips on how to prevent falls. He will also give tips for safety and share some exercises to improve balance and endurance. Dress comfortably and wear sneakers.

**“Baroque and Beyond” Trumpet and piano show by Frank Tamburro ~Tuesday, October 8<sup>th</sup> at 1:00pm** Frank returns to his hometown to perform “From Baroque And Beyond” This one time only performance will feature music of the Baroque period as well as a second half, (the beyond), which will include audience participation. Tamburro will be accompanied by pianist Don Benivietes of Vernon. The program will demonstrate the musical style of the Baroque period through the works of Purcell, Clarke, Handel and more. This show is sponsored by the Musician Performance Trust Fund.

**Invention Convention: Tuesday, October 15<sup>th</sup> from 1:00-3:00pm.** This collaboration is brought to us by the Connecticut Invention Convention. “Makers and Mentors” is a unique program that brings together young inventors from area elementary schools and seniors for a day of innovation and collaboration. Students showcase their inventions, receive valuable feedback from seniors, and then work together to complete a STEM (Science, Technology, Engineering, Mathematics) challenge. This intergenerational event fosters creativity, connection, and learning across all ages.

**Iwo Jima Memorial Presentation and Fundraiser: Wednesday, October 16<sup>th</sup> at 1:00pm~** Elaine Schieffer from The Iwo Jima Memorial Historical Foundation, Inc in New Britain will come give a short presentation about the Memorial. She will also be selling the Boscov's Department Store Shopping Passes for a \$5.00 donation. The 25 % OFF passes can be used **ONLY on Oct. 22<sup>nd</sup> from 8am to 11pm**—that's their big shopping day. The passes are sold as a fundraiser for the Iwo Jima Memorial.

**Commission for Aging Fall Social Thursday, October 17<sup>th</sup> from 3:30-5:30 PM**

It's time for another social, hosted by our Commission for the Aging! Come and enjoy a performance by Airborne Jazz, music of yesterday and today - Variety of Songs, Styles and Genres. After the music you'll enjoy a fabulous dinner and dessert. **Sign up begins Tuesday, October 1<sup>st</sup>.**

**Healthy Lifestyle Tips by Oak Street Health~Friday, October 18<sup>th</sup> at 1:00pm** Healthy lifestyle habits can help you maintain and improve your health. Join us as we discuss everyday health and share tools to help you live life to the fullest. Light refreshments will be served.

**Library Card Sign Up (Rescheduled)~** Thursday, October 24<sup>th</sup> Carrie from Berlin Peck Memorial Library will be at the Senior Center to help residents renew or sign up for a library card.

**Local Children's Author Talk/Book Signing “The Ladybug who lived on a Four Leaf Clover.”~ Tuesday October 29<sup>th</sup> at 1:00pm.** Emily Franke is a first time author from Wallingford. Her story is about a little girl who loses her grandma but realizes that she comes back to visit with her as a magical ladybug. Emily, the author will talk about her relationship with her grandma, the steps she took to become an author and hopes to bring comfort after loss to readers of all ages. She will be bringing copies of her book to sign and sell if anyone is interested.

**Kensington Preschool Halloween Parade Wednesday, October 30<sup>th</sup> at 9:45 am** The students at the Kensington Nursery School will be at the Senior Center on **Wednesday, October 30<sup>th</sup> at 9:45AM** in their Halloween costumes. The event will be cancelled for inclement weather. We hope you will come to enjoy their costumes and their “spooky” songs. No sign up necessary.

**Balance Class, Wednesday, October 30<sup>th</sup> at 1:00pm** ~ Join Grace from Roba PT as she leads us through exercises for balance. **The cost is \$4 per class.** There is no need to sign up ahead. You can drop in and pay at the door. Please wear comfortable clothes, sneakers, and bring water to stay hydrated.

**Halloween Bingo sponsored by The Bradley Home ~ Thursday, October 31<sup>st</sup> at 1:30pm.** Feel free to come to bingo in costume!! Our friend Laura from the Bradley Home will be providing Halloween inspired snack/prizes and will provide a prize for best costume! No sign up necessary.

## Weekly Classes

**Daily Coffee Hour** Join us for informal “coffee hour” available Monday through Friday from 8:30 AM to 10:00 AM! Enjoy a free cup of coffee and/or tea as well as complimentary pastry! So drop by and chat with “old friends” and make new ones!

### **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.**

### **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. Please check with your doctor before participating in any exercise regimen. **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.

**Walking Club**~ Come and get a little exercise while making new friends. The BCS walking club meets every Thursday at 10:00, weather permitting 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 there!

**Book Club** will meet **October 9<sup>th</sup> at 1:30pm** in the library at Berlin Senior Center. This month’s book is “Magnificent Lives of Marjorie Post” by Allison Pataki and is available to borrow at Berlin Peck Memorial Library.

## 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 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.

**Special Bingo ~ Thursday, Oct 10<sup>th</sup> at 1:00 PM**—Ledgecrest Convalescent will be sponsoring this special bingo A special refreshment will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

**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 or Sami.


# Congregate Meal Menu

Berlin Senior Congregate Meals Lunch is served by RW Solutions Monday - Friday at Noon. A suggested donation of \$3.00 per person is requested. There is a cap of 15 people/day. To order a meal please either call Doretha at 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

## RW SOLUTIONS SENIOR COMMUNITY CAFÉ

# October Menu

1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE					SUGGESTED DONATION \$3.00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>1</p> <p>Fajita Chicken Brown Rice Peppers and Onions</p> <p>Tortilla</p> <p>Pineapple Cup</p>	<p>2</p> <p>Veggie Chili Baked Potato Broccoli Shredded Cheddar Sour Cream</p> <p>Corn Muffin</p> <p>Birthday Cake</p>	<p>3</p> <p>Roast Pork Cranberry Gravy Buttered Noodles Buttered Beets</p> <p>Dinner Roll</p> <p>Mandarin</p>	<p>4</p> <p>Lentil Soup Unsalted Crackers Potato Crunch Fish Herbed White Rice Scandinavian Veggies</p> <p>White Bread</p> <p>Applesauce</p>	
<p>7</p> <p>Salisbury Steak Seasoned Sliced Potato Sliced Carrots</p> <p>Oatnut Bread</p> <p>Diced Pears</p>	<p>8</p> <p>Chicken Bruschetta Buttered Shells Brussel Sprouts</p> <p>Dinner Roll</p> <p>Pudding</p>	<p>9</p> <p>Spinach White Bean Unsalted Crackers Breaded Pollock Confetti Rice Zucchini and Tomato</p> <p>White Bread</p> <p>Vanilla Wafer</p>	<p>10</p> <p>Lasagna Rolette with Marinara Sauce and Mozzarella Green Beans and Mushrooms</p> <p>Potato Bread</p> <p>Mango Pineapple</p>	<p>11</p> <p>Seasoned Pork Loin with Sweet and Sour Sauce Macaroni and Cheese Broccoli and Red Pepper</p> <p>White Bread</p> <p>Clementine</p>	
	<p>15</p> <p>Shepard's Pie Carrots</p> <p>Rye Bread</p> <p>Chocolate Chip Cookie</p>	<p>16</p> <p>Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Lorna Doones</p>	<p>17</p> <p>Chicken Corn Chowder Unsalted Crackers Potato Crunch Fish Confetti Rice Winter Blend Veggies</p> <p>Wheat Bread</p> <p>Pears</p>	<p>18</p> <p>Roast Turkey with LS Gravy Herbed Potatoes Mixed Veggies</p> <p>White Bread</p> <p>Banana</p>	
<p>21</p> <p>African Garbanzo and Diced Chicken Dish White Rice Collard Greens and Spinach</p> <p>Small Cocktail Pitas Mango, Pineapple, and Peach Mix</p>	<p>22</p> <p>Turkey and Bean Chili with Macaroni Meadow Blend Veggies</p> <p>Combread</p> <p>Oatmeal Bar</p>	<p>23</p> <p>Chicken Picatta Mashed Potatoes Garlic Green Beans</p> <p>White Bread</p> <p>Fresh Fruit</p>	<p>24</p> <p>Pumpkin Curry Soup Unsalted Crackers Roast Pork with Chef's Choice Sauce Baked Potato Broccoli</p> <p>Multigrain Bread</p> <p>Pudding</p>	<p>25</p> <p>Homemade Meatloaf with LS Gravy Wide Egg Noodles Peas and Carrots</p> <p>Oatnut Bread</p> <p>Tropical Fruit Cup</p>	
<p>28</p> <p>Stuffed Shells with Marinara Sauce Carrots</p> <p>Wheat Bread</p> <p>Pineapple Chunks</p>	<p>29</p> <p>Fish Sandwich Tartar Sauce Lemon Orzo Brussel Sprouts</p> <p>Hamburger Roll</p> <p>Fresh Apple</p>	<p>30</p> <p>Split Pea Soup Unsalted Crackers Herbed Chicken Breast Sweet Potatoes Meadow Blend Veggies</p> <p>White Bread</p> <p>Diced Peaches</p>	<p>31</p> <p><b>Halloween Special</b> Ghostly Grape Juice Goulfish Goulash Ghostly Green Beans</p> <p>Witchy Wheat Bread</p> <p>Halloween Treat!</p>		

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# OCTOBER 2024

## Events

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No <b>1:00 Fall Prevention Class w/ Tyler from Masonicare</b></p>	<p>2 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Cribbage 1pm Canasta</p>	<p>3 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club <b>Timberlin</b> 12pm Lunch 1:30pm Bingo</p>	<p>4 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>7 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>8 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No <b>1:00 Baroque &amp; Beyond Trumpet and Piano music w/ Frank Tamburro</b></p>	<p>9 8:30am Coffee Hr <b>9:30am FREE Manicures</b> 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Cribbage 1pm Canasta Footcare-by appt <b>1:30 Book Club Footcare by appt.</b></p>	<p>10 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club <b>Veteran's Park</b> 12pm Lunch <b>1:30pm Special Bingo</b></p>	<p>11 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>14</p> 	<p>15 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No <b>1-3pm Invention Convention</b></p>	<p>16 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta <b>1:00pm Iwo Jima Memorial Presentation</b></p>	<p>17 8:30 Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10:00 Walking Club <b>Pistol Creek</b> 12pm Lunch <b>1:00pm Bingo</b> <b>3:30-5:00 CFA Fall Social</b></p>	<p>18 8:30am Coffee Hr 9:30am Yoga 10am Ocean State <b>11:30 Lunch Bunch-Cracker Barrel</b> 12pm Lunch <u>No Wii Bowl</u> <b>1:00 Healthy Living Presentation by Oak Street Health</b> 1:30 pm Walmart</p>
<p>21</p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>22 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch <b>12:30 Specialty Shopping- Boscov's</b> 12:45pm Po Ke No <b>2-6pm CCHD Flu Clinic</b></p>	<p>23 8:30am Coffee Hr <b>10-2 CCHD Flu Clinic</b> NO Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Cribbage 1pm Canasta</p>	<p>24 8:30am Coffee <b>9-11 BPD Visit</b> 9:30Swedish Weave <b>10-1:30 Library Card Sign Up</b> 10:00 Walking Club <b>Walnut Hill</b> 9:45am Exercise 12pm Lunch <b>1:30pm Bingo</b></p>	<p>25 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare <b>12:45pm Wii Bowl</b></p>
<p>28</p> <p>8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament</p>	<p>29 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No <b>1:00 Local Children's Author Talk/Book Signing "The Ladybug who lived on a Four Leaf Clover."</b></p>	<p>30 8:30am Coffee Hr 9:45am <b>KNS Halloween Parade</b> 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Cribbage 1pm Canasta <b>1:00 Balance Class</b></p>	<p>31 <b>Halloween</b> 8:30am Coffee Hr. 9:45am Exercise 10:00 Walking Club <b>Timberlin</b> 12pm Lunch <b>1:30pm Halloween Bingo sponsored by The Bradley Home</b></p>	