



# BERLIN SENIOR CENTER LINES

December 2024

## Center Information

33 Colonial Drive,  
Berlin, CT 06037  
Phone # (860) 828-7006  
Fax: (860) 828-7116  
Email: [tdoyle@berlinct.gov](mailto: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  
Juliet Benjamin-Com. Secretary  
Frank Slogeris  
Kay Murray  
Ann Gamelin  
Roger Moss

## Greetings from the Director,

The Staff at the Berlin Senior Center would like to wish everyone a Happy Holiday and a Prosperous New Year! To each and every one of you we hope that 2025 will be a year filled with prosperity, good friends and good health. The Berlin Senior Center staff appreciates the support and kind words you have given us throughout the year. To our volunteers you are the backbone of the Senior Center. Please know that we could not do this without your hard work. We are forever thankful for the time you have given us. You have made an unforgettable difference.

*Christmas isn't a season. It's a feeling. ~ Edna Ferber*

*My idea of Christmas whether old-fashioned or modern, is very simple: loving others. ~ Bob Hope*

Tina



# Transportation

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 that Berlin Senior Center can accommodate 1 ride per rider per day to and from a single location.

## Daily Bus Schedule

**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  
**Third Thursday of the month**-Kohl's 1:30pm  
**Friday** – Ocean State Job Lot 10am & 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.**

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, December 6<sup>th</sup> & 20<sup>th</sup> at 12:00 PM** at Sacred Heart Church, 48 Cottage Street, East Berlin. Bus Transportation is available. **NO IDENTIFICATION OR PAPERWORK NEEDED**

## 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, December 11<sup>th</sup>.**

**Ladies' Free Manicures ~ Wednesday, December 11<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 Berlin Senior 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 from 10:30-11:30 AM in the Health Room. No appointment necessary.

**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 deliverable fuel, electric, natural gas, and heat included on Thursdays. Please call the Sr. Ctr. to schedule your appt. We will go over what documentation is needed at the time you are making your appointment

**Berlin Police Dept Senior Center Hours ~Thursday, December 19<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.

**Open Enrollment for Medicare D Deadline: December 7<sup>th</sup>**

Any clients – new or returning who wishes to be screened should call Robin Evans or Jaymee Miller, Social Services at the Town Hall or Tina Doyle, Senior Center Director to schedule an appointment. You may reach Robin/Jaymee at 860-828-7059 or Tina at 860-828-7006.

## 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](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.

**On Dec. 18<sup>th</sup> at 11am Paige from CT Rides will present the new 511 Bus Route offered in Berlin**

## Senior Center Activities & Event

Please sign up for the following activities at the front desk or by calling 860-828-7006:

**Senior Book Club - December 4<sup>th</sup> at 1:30 pm** ~ The Book Club will meet in the library at Berlin Senior Center. This month's book is **Should We Stay or Should We Go?** by **Lionel Shriver** and is available to borrow at Berlin Peck Memorial Library.

**Christmas Carols with the RSVP Singers—Friday, December 6<sup>th</sup> at 1pm** ~RSVP stands for Retired Senior Volunteer Performers. The group sings, plays the piano and the guitar. They will lead is in singing Christmas Carols to help us get into the holiday spirit!

**Holiday Shopping Bazaar -Tuesday, December 10<sup>th</sup> from 1-3pm** ~ You are invited to come do some holiday shopping. We will have some local vendors set up in our big room to sell some holiday items. Pick up some gifts for your loved ones. From handmade gifts from our own knitting club to painted rocks by Lisa Salamon, to hand made seaglass creations by Gary McPhee, to local merchandise from the Belin Historical Society, you are sure to find all of your holiday gift needs right here at your local senior center! We will also be selling cocoa/cookies to benefit the center. Come down and make an afternoon of it!

**Holiday Craft Class with Euro-American Homecare ~ Friday December 13<sup>th</sup> at 1:00pm** ~ Beata from Euro-American Homecare will be leading the group through a fun and seasonal holiday craft. All materials will be provided. We have room for 12 participants and sign up is first come, first serve.

**Avoiding Scams with Bank of America—Monday, December 16<sup>th</sup> 1:00pm** ~ Carol from Bank of America will be providing us with up to date tips to stay safe from scams this holiday season and throughout the New Year.

**Holiday Cookie Decorating ~ Tuesday December 17<sup>th</sup> at 1:00pm.** ~ Join us as we participate in the time honored tradition of holiday cookie decorating! Each participant will receive their own plate of cookies, some icing and different types of seasonal candy and sprinkles to decorate to their heart's content! We will listen to Christmas music and reminisce about treasured holiday memories.

**Balance Class, Wednesday, December 18<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.

**“Jingle All The Way” BINGO ~ Thursday, December 19<sup>th</sup> at 1:30pm** ~ We will be having a fun bingo with special holiday snacks and prizes. Please dress in your favorite holiday or “Ugly Sweater” outfit to add to the fun of the season! There will be a prize awarded to best holiday sweater. No need to sign up. Just drop in.

**Color of Waves Watercolor Class— Friday, Dec 20<sup>th</sup> at 1:00pm** ~This class will be taught by local instructor, Dan Valuk. It will be an introductory class teaching different techniques and lessons in watercolor painting. There is a maximum of 10 students and will be first come, first serve. All materials will be provided.

**Dessert Charcuterie Class—Monday, December 23<sup>rd</sup> at 10am** ~ Come learn how to make your own yummy dessert tray to take home and share with friends/family this holiday season. We have room for 12 participants. Cost is \$10/per person due at time of sign up.

**New Year's Meal and Tribute to Dean Martin—Monday December 30<sup>th</sup> at Noon** ~Ring in the New Year with us! Music will be provided by Jack Lynn who does an amazing tribute to one of the greats— Dean Martin! We will have a meal together complete with noisemaker, hats and fun for all!

**Mohegan Sun Bus Trip ~ Friday, January 10<sup>th</sup>** ~ We will be taking a 26 passenger party bus with a lavatory on board. Sign up starts December 2nd at 8:30am and ends December 16th. Each Participant may sign up only themselves. Cost is \$45/person & is due at the time of sign up. Cash/checks made out to “Berlin Senior Center”. We will be leaving from the Senior Center at 9am sharp and will be picked up from the casino at 1:30pm.

## 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 fresh 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 at 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.

**Lunch Bunch: Sadie’s Sunrise Café** Each month we organizes a “lunch bunch” trip with transportation provided by the senior center bus. Participants pay \$1 for their ride plus the cost of their own meal. **This month’s trip will be to Sadie’s Sunrise Café in Berlin on Wednesday, December 27<sup>th</sup> at 11:30 am. Sign up begins on Wed, December 11<sup>th</sup> at 9am in person.** You may sign up yourself and 1 other. Telephone sign ups will be taken after 12 noon on the 11th. If you went on last month’s trip you will need to wait until 12 noon to sign up.

## Drop Ins

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

**SETBACK DROP IN**—Every Monday starting Dec. 9th until the Spring Session starts on Jan 6th. All level of players are welcome.

**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 Bingos ~ Thursday, December 12<sup>th</sup> at 1:30 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.**

**Thursday, December 5th at 1:30PM**

**Senior Insurance CT** will be sponsoring this special bingo A special refreshment will be served and there will be holiday raffle. 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. 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.

## RW Solutions Senior Community Café

# December Menu

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: right;">2</p> <p>Lasagna Rollette Marinara Sauce Winter Blend Veggies</p> <p>White Bread  Cookies</p>	<p style="text-align: right;">3</p> <p>Homemade Meatloaf LS Gravy Mashed Potatoes Green Beans and Mushrooms</p> <p>White Bread  Fruit Cup</p>	<p style="text-align: right;">4</p> <p>Tomato Florentine Soup Unsalted Crackers Lemon Rosemary Chicken Confetti Rice Dill Carrots</p> <p>Wheat Bread  Mandarin Oranges</p>	<p style="text-align: right;">5</p> <p>Lazy Man's Stuffed Cabbage Herbed Orzo</p> <p>Combread  Pineapple Mango Mix</p>	<p style="text-align: right;">6</p> <p>Pot Roast with LS Gravy Baked Potato Pea and Pearl Onions</p> <p>Dinner Roll  Fruited Yogurt</p>
<p style="text-align: right;">9</p> <p>Fish Filet Herbed Couscous Zucchini and Tomato</p> <p>Rye Bread  Tropical Fruit</p>	<p style="text-align: right;">10</p> <p>Swedish Meatballs Buttered Egg Noodles Meadow Blend Veggies</p> <p>White Dinner Roll  Clementine</p>	<p style="text-align: right;">11</p> <p><b>Christmas Special</b> Broccoli and Cheese Stuffed Chicken Breast Roasted Red Potato Garlic Green Beans</p> <p>White Dinner Roll  Christmas Dessert</p>	<p style="text-align: right;">12</p> <p>Tossed Green Salad Italian Dressing Spaghetti with Meat Sauce Italian Blend Veggies</p> <p>Garlic Bread  Pineapple Mix</p>	<p style="text-align: right;">13</p> <p>Vegetable Soup Unsalted Crackers Garlic Butter Pork Loin Macaroni and Cheese Brussel Sprouts White Bread</p> <p>Fruited Yogurt</p>
<p style="text-align: right;">16</p> <p>Ravioli with Cream Sauce Italian Peas</p> <p>Wheat Bread  Mandarin Oranges</p>	<p style="text-align: right;">17</p> <p><b>Taste of China</b> Sweet and Sour Diced Chicken Brown Rice Oriental Blend Veggies Fortune Cookie</p> <p>Multigrain Bread  Pineapple</p>	<p style="text-align: right;">18</p> <p>Orange Juice Turkey Mexican Casserole</p> <p>Oatnut Bread  Birthday Cake</p>	<p style="text-align: right;">19</p> <p>Cream of Broccoli Unsalted Crackers Pork Tenderloin with Apple Gravy Mashed Potatoes Harvard Beets Multigrain Bread</p> <p>Banana</p>	<p style="text-align: right;">20</p> <p>Turkey Sweet Potato Skillet Steamed Cabbage</p> <p>Wheat Bread  Pudding</p>
<p style="text-align: right;">23</p> <p>Chicken Marsala Buttered Noodles Brussel Sprouts</p> <p>Wheat Bread  Cookies</p>	<p style="text-align: right;">24</p> <p>Fish Taco Black Bean and Mango Salad Cilantro Lime Coleslaw</p> <p>Flour Tortilla  Peaches</p>	<p style="text-align: right;">25</p> <p style="text-align: center;"><b>Closed</b></p>	<p style="text-align: right;">26</p> <p>Chicken tarragon Brown Rice Broccoli</p> <p>White Bread  Fruit Cup</p>	<p style="text-align: right;">27</p> <p><b>New Year's Special</b> Sliced Ham with Pineapple Cherry Sauce Loaded Mashed Potato Brussel Sprouts</p> <p>White Dinner Roll  Boston Cream Pie</p>
<p style="text-align: right;">30</p> <p>Chili Baked Potato Cauliflower</p> <p>Wheat Bread  Nilla Wafers</p>	<p style="text-align: right;">31</p> <p>Pineapple Chicken Stir Fry White Rice</p> <p>Hawaiian Roll  Tropical Fruit</p>			

The RW Solutions Senior Nutrition Program funded under Title III of the Older Americans Act through the Southwestern Southwestern Connecticut Area Agency on Aging

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# DECEMBER 2024

# EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback 1pm Bridge</p>	<p><b>3</b> 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p><b>4</b> 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta <b>1:30pm Book Club</b></p>	<p><b>5</b> 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch <b>1:30pm Holiday Bingo sponsored by Senior Insurance CT</b></p>	<p><b>6</b> 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare <u>No Wii Bowl</u> <b>1:00pm Christmas Carols with the RSVP Singers</b></p>
<p><b>9 7am Radio City Bus Trip</b> 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch 12:45pm Setback Drop-In starts 1pm Bridge</p>	<p><b>10</b> 8:30am Coffee Hr <b>11:00am Aquaturf-Holiday Classics Trip</b> 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No <b>1-3pm Holiday Shopping Bazaar</b></p>	<p><b>11</b> 8:30am Coffee Hr <b>9:30am FREE Manicures</b> 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Sewing Club <b>Footcare-by appt</b></p>	<p><b>12</b> 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch <b>1:30pm Bingo</b></p>	<p><b>13</b> 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl <b>1:00pm Holiday Craft Class</b> 1:30 pm Walmart</p>
<p><b>16</b> 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch <b>1:00 Avoiding Scams</b> 12:45 Setback Drop-In 1pm Bridge</p>	<p><b>17</b> 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch <b>12:45pm Po Ke No</b> <b>1:00 Holiday Cookie Decorating</b></p>	<p><b>18</b> 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg <b>11:00 Bus Pres.</b> 12pm Lunch <b>12:30 Specialty Shopping-Target</b> <b>1:00 Balance Class</b> 1pm Canasta 1pm Cribbage</p>	<p><b>19</b> 8:30 Coffee Hr <b>9-11- BPD Visit</b> 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch <b>12:30 Kohl's</b> <b>1:30pm "Jingle All The Way" BINGO and "Ugly Sweater" contest sponsored by Ledgercrest</b></p>	<p><b>20</b> 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl <b>1:00 Color of Waves Watercolor Class</b></p>
<p><b>23</b> 8:30am Coffee Hr. 10am Poker 10am Cardio Drum <b>10:00am Dessert Charcuterie Class</b> 11am Scrabble 12pm Lunch 12:45pm Setback Drop-In 1pm Bridge</p>	<p><b>24 Christmas Eve</b> </p>	<p><b>25 Christmas Day/Hanukkah Begins</b> </p>	<p><b>26</b> 8:30am Coffee 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch <b>NO BINGO TODAY</b></p>	<p><b>27</b> 8:30am Coffee Hr 9:30am Yoga 10am Ocean State <b>11:30am Lunch Bunch- Sadie's Sunrise Cafe</b> 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p><b>30</b> 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am Scrabble 12pm Lunch <b>12:00 New Year's Celebration</b> 1pm Bridge <b>NO Setback Drp In</b></p>	<p><b>31 New Year's Eve</b> 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>			