



Town of Rocky Hill

761 OLD MAIN STREET • ROCKY HILL, CT 06067

The Rocky Hill Pivotal Press Senior Citizen Newsletter

Parks & Recreation Department

Cathy Sylvester • Denise Sanderson

Senior Center

(860) 258-2726 / 258-2786 • FAX (860) 258-7666

Birthplace of the Brigantine "Minerva"



MAY 2016



LUNCH FOR SENIOR CITIZENS

The Rocky Hill Parks & Recreation Department offers a five-day a week lunch program for senior citizens. Lunches are served **Monday through Friday** at **12:00 noon** in the Community Center Lunch Room. Doors open at 10:00 a.m. Monday and at 10:30 a.m. Tuesday through Friday. The cost is **\$3.50** for Center members, **\$4.00** for Out of Town residents who are members, **\$5.00** for residents of Rocky Hill who are not Senior Center Members, and **\$7.00** for out of town seniors who are not members. Those interested in **registering** must call the **Senior Center Office** at **258-2786** to register **1 DAY IN ADVANCE** and before **4:30pm**. **SENIORS NOT CHECKED OFF ON LUNCH FORM CANNOT BE GUARANTEED LUNCH.**

Join Me For Lunch



SENIOR CENTER GUEST POLICY

Rocky Hill Senior Center members can bring guests to lunch no more than **4 times a year**. Cost for guests will be **\$3.50**/per person.

Guests must be registered 1 day in advance.

*The guest policy was created for close out-of-town friends or family of senior members.

****Seniors that attend the lunch program who are disabled and need caretakers to accompany them will be allowed to purchase lunch for their caretaker at the Senior Center price of \$3.50.**

SENIOR CENTER MEMBERSHIP

Seniors of Rocky Hill that wish to become a member of the Senior Center the membership is **FREE**. Out of Town Seniors that wish to become a member of the Senior Center, must pay an annual fee of **\$10.00** to participate in any **senior programs**.

SENIOR HEALTH INFORMATION:

HEALTH INFORMATION

NOTE: THE NURSE WILL NOT COME GET YOU. SENIORS NEED TO FIND THEIR OWN TRANSPORTATION TO THE SENIOR CENTER.

HEALTHCARE SERVICES

**Every Monday
9:45am - 11:45am**

Sign up that day
FREE

Location: Nurses Office
Joan Haines - Certified RN

HEARING HEALTH SERVICES

**2nd Thursday of the Month
May 12, 2016**

10:00am - 11:00am

Cleans and Checks any hearing aid
FREE hearing test

Location: Nurses Office
Beltone New England

FOOTCARE PROGRAM

**Monthly
Wednesday
May 11, 2016**

**APPOINTMENTS NECESSARY!
NO DIABETICS!**

Cost: \$29.00 check or cash

Location: Nurses Office
Cathy Brennan - RN

Call 258-2786 to set-up appointments

For any more information on any of the health programs the Center offers, please contact the Senior Center Office at 860-258-2786



HUMAN SERVICES INFORMATION:

FOOD PANTRY VOLUNTEERS:

The Town of Rocky Hill Human Services Department is seeking one or more volunteers to coordinate and put donations away in the food pantry. We would ask that the person(s) be available 2- 3 days a week for a couple hours a day or on an as needed basis between 8:30 am and 4:30 pm. The position does require some heavy lifting at times and great organizational skills. Anyone interested in volunteering their time please call Rita at Rocky Hill Human Services at 860-258-2799 or 860-258-2724.

ENERGY ASSISTANCE:

Applicants are being taken by Connecticut Renewal Team for heating assistance. Please call **860-560-5800 to set up an appointment.** **Any questions call Nicole-860-258-2799**

SENIOR TASK FORCE

Seniors if you have any issues please come to the meeting. The task force brings all issues to the Senior Liaison Committee.

2ND Monday of the month

May 9

Room 4 - Senior/Community Center
10:00am - 12:00pm

Any Questions please call 860-258-2786

ROCKY HILL MINI BUS SERVICE:

Transportation for the elderly & disabled

Must reside in Rocky Hill

Call Charlene: 860-258-2701

Monday - Friday 8:30am - 10:30am



WEEKLY PROGRAMS:

TUESDAY SET BACK CLUB

Every Tuesday
12:30 - 2:30/3:00

Refreshments served
Room 1 - Senior/Community Center
**Apple Rehab: Supplying Goodies on
3rd Tuesday of the month**

MAHJONG GROUP

Every Thursday
1:00pm - 4:00pm
Room 7 - Senior Lounge
FREE

From beginners to experienced!
LOOKING FOR MORE PLAYERS!

WII BOWLING

Every Wednesday
1:00 - 3:00pm
Room 2/3

Senior/Community Center
No experience necessary! Come have a
good time and meet great people
FREE!

SENIOR WOOD CARVING CLASS

Wednesday
1:00pm - 3:00pm
Room 4 - Senior/Community Center
Open to Carvers of all expertise!
Drop In Program

\$2.00-payable to instructor
Instructor: Warren Blessing

SENIOR CRAFT GROUP

Every Tuesday
10:00am - 12:00pm
Room 2 - Senior/Community Center
Bring your hooks, needles, craft
Projects etc.

All expertise welcome!
**We are looking for more knitters &
crocheters to join our Craft group to help with
different projects we are working on to send
to various charity foundations.**

LOOKING FOR DONATIONS FOR YARN!

SENIOR SERENADERS:

Have fun singing and entertaining at
Senior Centers and assisted living facilities

Tuesdays

1:00pm - 3:00pm

Room 4 - Senior/Community Center

**For more information Contact the
Senior Center office 860-258-2786**

LUNCH & DINING INFORMATION:

BIRTHDAY BINGO

First Tuesday

May 3, 2016

12:45pm - 3:00pm

Sponsored by: Mapleview Manor

BINGO AT COMMUNITY CENTER

Monday, Wednesday, Thursday, Friday

Bingo is held after Lunch

12:45pm - 3:00pm

FEE FOR BINGO CARDS!

**Subject to change if there is no Bingo
Caller.**

SENIOR CENTER MEMBERSHIP

Rocky Hill Residents - FREE!
Out of Town Residents - \$10.00/annually

SENIOR CENTER LUNCH FEES:

Resident Members: \$3.50
Non-resident members: \$4.00
Residents Non-Members: \$5.00
Non Residents Non-Members: \$7.00

**LUNCH IS SERVED AT 12:00PM SHARP!
MUST REGISTER DAY IN ADVANCE!**

To Register please call the Senior Center
Office 860-258-2786.

MAY 2016
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE

SIGN UP AT LEAST ONE DAY IN ADVANCE

MONDAY MAY 2	MONDAY MAY 9
Ham Sweet Potatoes Waxed Beans Bread Coffee, Tea, Milk & Dessert	BBQ Chicken Legs Rice Green Beans Bread Coffee, Tea, Milk & Dessert
TUESDAY MAY 3	TUESDAY MAY 10
<p style="text-align: center;">“Birthday Bingo”</p> Stuffed Shells Salad Rolls Coffee, Tea, Milk & Dessert <u>LIMIT 45</u>	 Chicken Salad Sandwich Minestrone Soup Chips Coffee, Tea, Milk & Dessert
WEDNESDAY MAY 4	WEDNESDAY MAY 11
Chicken Cordon Bleu Rice Beets Bread Coffee, Tea, Milk & Dessert	American Chop Suey Salad Italian Bread Coffee, Tea, Milk & Dessert
THURSDAY MAY 5	THURSDAY MAY 12
Chili Con Carne Caesar Salad Rolls Coffee, Tea, Milk & Dessert	Salisbury Steak Au gratin Potatoes Carrots Bread Coffee, Tea, Milk & Dessert
FRIDAY MAY 6	FRIDAY MAY 13
Swedish Meatballs Buttered Egg Noodles Carrots Bread Coffee, Tea, Milk & Dessert	Baked Cod Rice Beets Bread Coffee, Tea, Milk & Dessert

MAY 2016
ROCKY HILL SENIOR LUNCH MENU

MENU SUBJECT TO CHANGE
SIGN UP AT LEAST ONE DAY IN ADVANCE

MONDAY MAY 16	MONDAY MAY 23
Cheese Ravioli Salad Italian Bread Coffee, Tea, Milk & Dessert	Breaded Fish Scalloped Potatoes Corn Bread Coffee, Tea, Milk & Dessert
TUESDAY MAY 17	TUESDAY MAY 24
Breaded Chicken Breast Scalloped Potatoes Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert	Ziti w/ Sausage Salad Rolls Coffee, Tea, Milk & Dessert
WEDNESDAY MAY 18	WEDNESDAY MAY 25
OLDER AMERICAN BRUNCH "Pre-Registration Required"	Chicken Breast w/ Broccoli & Cheese
Scrambled Eggs w/ Cheese Breakfast Sausage Homefried Potatoes Fruit Cup Coffee, Tea, Milk & Dessert	Augratin Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert
THURSDAY MAY 19	THURSDAY MAY 26
Macaroni & Cheese Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert	Stuffed Sole Rice Carrots Bread Coffee, Tea, Milk & Dessert
FRIDAY MAY 20	FRIDAY MAY 27
Chicken Pot Pie Coleslaw Coffee, Tea, Milk & Dessert	Hot Dogs Baked Beans Chips Coffee, Tea, Milk & Dessert

MONDAY MAY 30: CLOSED

NEW PROGRAM**POKER:**

Come join fellow poker players and
Meet new people.

**2nd/3rd Tuesdays & Every Friday
1:00pm - 3:00pm**

Rm # 2 - Senior/Community Center

Any expertize WELCOME!
FREE!!!

AARP SMART DRIVER COURSE

May 12, 2016

9:00am - 1:00pm

COST: \$15/AARP MEMBERS

\$20/NON-MEMBERS

PAYABLE DAY OF CLASS

**Limit of 20 Participants!
Pre-Registration Required!!**

To register please contact Denise or
Brittany @ 860-258-2786.

SENIOR CENTER CLOSED!

Senior Center will be Closed the last
Week in August for cleaning!

AUGUST 29-SEPTEMBER 2, 2016

WILL REOPEN

TUESDAY SEPTEMBER 6!

EXERCISE PROGRAMS:**T'AI - QIGONG CLASS**

June 15 - August 10

Wednesdays 9:45am - 11:00am

COST: \$30.00/residents

\$35.00/non-residents

ZUMBA GOLD

June 16 - August 18

Thursdays 8:00am - 8:45am

COST: \$25.00/residents

\$30.00/non-residents

SENIOR STRETCH

June 13 - August 17

Mondays & Wednesdays 8:30am - 9:15am

COST: \$30.00/residents

\$35.00/non-residents

BOOMERS BOOT CAMP

June 14 - August 16

Tuesdays 8:00am - 8:45am

COST: 1 DAY session - \$25.00/residents

\$30.00/non-residents

2 DAY session- \$50.00/residents

\$55.00/non-residents

**IF YOU DO NOT SIGN UP FOR THE CLASS
WE ASK FOR A \$5.00 DROP IN FEE FOR EACH
CLASS ATTENDED.**

***Register at the Senior Center Office. Any
Questions please call 258-2786 or 258-2757.**

SENIOR WALK TRACK PROGRAM:

Walk Track hours are as followed:

Monday thru Thursday: 7:00am - 8:00am

1:00pm - 3:00pm

Fridays: 7:00am - 8:00am

2:00pm - 3:30pm

BRING A FRIEND!!

COST: FREE!

**Please stop by or call the Senior Center
Office during business hours at
860-258-2786 for more
information about any of the programs
offered.**

STEPNEY SENIORS

Calling all Seniors (active or those who want to be active). Meetings are held every Thursday starting at 10:30am. Come early for the raffle. Bingo or cards after each meeting Call 860-529-7385 Neil McPhee.

May 5: Board Meeting - 9:30am
Meeting - 10:30am
Raffle
Bingo or Cards

May 12: Meeting - 10:30am
Raffle

Mother's/Father's Day Lunch \$5
Bingo or Cards

May 19: Meeting - 10:30am
Raffle

What did you do?
Bingo or Cards

May 26: Meeting - 10:30am
Raffle
Food Bank
Memorial Remembrance
Bingo or Cards

SENIOR CRAFT GROUP PROJECT:**Senior Craft Group Members**

Lisa R., local artist and preschool teacher is offering a craft project on the **2nd Tuesday of the month. To participate you MUST be a MEMBER of the Senior Center!**

Small fee to cover materials!

PROJECT WILL BE ON May 10!

**Pre-registration is required,
call 860-258-2786 or 860-258-2757.**

THANK YOU!

To the Rocky Hill Crafters for making blankets, wool caps, and cotton chemo hats, and sending them to the Oncology Department. The patients are forever grateful! Just that one little gesture can make someone's day!

ROCKY HILL SENIOR CLUB

The Rocky Hill Senior Citizen Club meets on Fridays at 10:30am at Rocky Hill Community/ Senior Center, a Social hour follows. Open to all 55 years old and older. Please join us!!

May 6: Board Meeting - 10:00am
Meeting - 10:30am
50/50 Raffle

May 13: Meeting - 10:30am
50/50 Raffle
Food Bank

Mother's/Father's Day Party

May 20: Meeting - 10:30am
50/50 Raffle

Speaker: Bee Keeper - Mark Creighton

May 27: Meeting - 10:30am
50/50 Raffle
Door Raffle

OLDER AMERICAN BRUNCH

Wednesday, May 18, 2016

10:30am - 3:00pm

\$5.00/ALL MEMBERS

Regular Bingo.

MENU:

Scrambled Eggs w/ Cheese

Breakfast Sausage

Homefried Potatoes

Fruit Cup

PRE-REGISTRATION REQUIRED!

LIMIT OF 65!

**MUNICIPAL AGENT FOR THE
ELDERLY**

Need help or have questions regarding prescription coverage, insurance, issues, SNAP (a little help with buying groceries) or getting ready to retire, just to name a few.

**Call Denise at 860-258-2786 to make
an appointment**

MONTHLY CALENDER

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
May 2: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	May 3: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:45: Birthday Bingo 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	May 4: 7:00-8:00: Walk Track 8:30 - 9:15:: Sr. Stretch 9:45- 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	May 5: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track	May 6: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
May 9: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	May 10: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:45: Birthday Bingo 12:00-3:00: Setback 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	May 11: 7:00-8:00: Walk Track 8:30 - 9:15:: Sr. Stretch 8:30-3:30: Footcare 9:45- 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	May 12: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 10:00 - 11:00: Hearing Clinic 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00-4:00: Mahjong 1:00 - 3:00: Walk Track	May 13: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
May 16: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	May 17: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 1:00-3:00: Poker 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	May 18: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45- 11:00: T'ai Chi 10:00 - 3:00: Older American Brunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	May 19: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	May 20: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
May 23: 7:00-8:00: Walk Track 8:30 - 9:15: Sr. Stretch 9:45 - 11:45: Nurse 12:00: Sr. Lunch 12:45-3:00: Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	May 24: 7:00-8:00: Walk Track 8:00-8:45: Bootcamp 10:00-12:00: Craft Group 12:00: Lunch 1:00 - 2:00: Lunch & Learn 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 1:00-3:00: Poker 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track	May 25: 7:00-8:00: Walk Track 8:30-9:15: Sr Stretch 9:45 - 11:00: T'ai Chi 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track 8:30-5:00: Mohegan Sun	May 26: 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-3:00: Stepney Sr. 12:00: Sr. Lunch 12:45 - 3:00: Bingo 12:45 - 3:00: Cards 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	May 27: 7:00-8:00: Walk Track 8:00 - 8:45: Zumba Gold 10:00 - 3:00: RH Club 12:00: Sr. Lunch 12:45-3:00: Bingo 1:00-3:00: Poker 2:00 - 3:30: Walk Track
May 30: <div style="text-align: center;"><u>CLOSED</u></div>	May 31: 7:00-8:00: Walk Track 10:00-12:00: Craft Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Hollywood Cards 12:45-3:00: Scrabble 1:00 - 3:00: Walk Track			

SPECIAL SENIOR EVENTS:**GET OUT OF THE KITCHEN**

**CANCELLED UNTIL FURTHER NOTICE
PLEASE CHECK BACK FOR UPDATES!**

BINGO NIGHT - TUESDAYS

**CANCELLED UNTIL FURTHER NOTICE.
PLEASE CHECK BACK FOR UPDATES!**

MOHEGAN SUN CASINO TRIP:

MONTHLY

WEDNESDAY MAY 25, 2016

FIRST COME FIRST SERVE

PRE-REGISTRATION REQUIRED

LIMIT OF 50

COST: \$20.00

8:30am - 5:00pm

**Leaving Elm Ridge Park at 8:30am
and returning at 5:00pm.**

Registration starts MONDAY

**MAY 16 at 8:30AM until the bus is
full.**

**PAYMENT IS DUE ON DAY YOU REGISTER FOR
THE TRIP!!**

**REFUND POLICY: NO REFUNDS WILL BE
GIVEN ON THE TRIP!**

SPRING IS IN THE AIR!**BOCCE BALL & SHUFFLEBOARD**

**Come on over to the Rocky Hill Senior
Center and check out the new
Bocce Ball Court and Shuffleboard.
Bring your own equipment or use our
sets!**

**For more information please call the
Senior Center Office @ 860-258-2786.**

SENIOR TRIPS:

(More Trips are located on Senior
Bulletin Board)

TRIPPING WITH RITA PRESENTS:**ROCKY HORSE RESORT**

Tuesday, September 6 - Friday, September 9
4 Days, 3 Night trip

Price: \$499.00/per person Double

\$489.00/per person Triple

\$619.00/per person Single

**For reservations and more information:
Rita Thibodeau - (860)563-9803**

ADVENTURES WITH LOIS PRESENTS:**CHRISTMAS ON THE DANUBE**

DECEMBER 2 - DECEMBER 10, 2016

9 Days, 19 Meals:

7 Breakfasts, 5 Lunches, 7 Dinners

Book Now and save \$150/per person!

Lower Outside Double: \$3,229

Middle Outside Double: \$3,429

Upper Outside Double: \$3,529

Suite Double: \$3,679

Included in Price:

Included in Price: Round trip air from new
York, Air Taxes and Fees/Surcharges, Hotel
Transfer

For reservation info: Lois Morton
(860)529-2797

loisjmorton@cox.net

ALL YOU CAN EAT LOBSTER

TUESDAY, JULY 12, 2016

The Delaney House

Holyoke, MA

GREAT LOBSTER! GOOD FUN!

Musical Performance following lunch:

Michael McGeehan

COST: \$94pp based on 40-52

Depart: 9:45am - Elm Ridge Park, RH

Return: 4:45pm - Rocky Hill

For reservation info: Lois Morton
(860)529-2797

loisjmorton@cox.net

TIPS TO STAYING FIT AND HEALTHY

1. **Eat Well:** Studies have shown around 80% of fitness goals depends on diet, be it weight loss, muscular development or training for an event.
2. **Keep Hydrated:** Hydration is key to staying healthy, after all, the brain is made up of around 70% water.
3. **Regular Exercise:** Working out 3-4 times per week is a great place to start. Once you have a routine, stick to it.
4. **Routine & Variety:** Set a plan! Just a little effort of 20 minutes planning will make a huge difference.
5. **Professional Advice:** Seeking advice from health & fitness professionals can open doors you never knew existed.
6. **New Skills:** It's always good to keep your body and brain guessing.
7. **Why, How, When & What?:** Always ask your self, why you are doing what you are doing, how you are going to do it, and when you want to achieve it by.
8. **Balance:** When looking to develop and maintain fitness and health, a balanced lifestyle is very important, be sure to schedule in rest days into your routine.
9. **Relaxing and Sleep:** Most often we forget to relax. When the body is relaxing is it able to repair, after efforts of exercise, it will also relax the mind.
10. **Enjoyment:** If you have fun what you are doing, you will work harder!

APRIL CRAFT PROJECT

If you are interested in joining to make a craft project **please call 860-258-2786** to sign up. There is a small fee for the supplies! People have enjoyed it and a lot of fun!



NEW PROGRAM

LUNCH & LEARN PROGRAM

First Lunch & Learn seminar was a huge success the participants really seemed to enjoy themselves!

Next Seminar:

Tuesday May 24, 2016

Speaker:

Topic: Duffy the Therapy Dog

Rocky Hill Community Center
Room 2 & 3

1:00pm - 2:00pm

FREE!

REGISTER IN ADVANCE

Please call the Rocky Hill Senior Center
Monday - Friday 8:30am - 4:30pm
for more information or to register.
860-258-2786 or 860-258-2757.