



Town of Rocky Hill

761 OLD MAIN STREET • ROCKY HILL, CT 06067

# The Rocky Hill Pivotal Press Senior Citizen Newsletter

**Rocky Hill Human Services Department**

Denise Sanderson • Brittany Sanderson

**Senior Center**

**(860)258-2786 / 258-2757 • FAX (860) 257-1213**

*Birthplace of the Brigantine "Minerva"*



## SEPTEMBER 2017



### **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.**



### **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**

For 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.  
**\*See Transportation under Human Services Column.\***

**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**  
**September 14, 2017**  
**10:00am - 11:00am**  
Cleans and Checks any hearing aid  
FREE hearing test  
Location: Nurses Office  
Beltone New England

**FOOTCARE PROGRAM**

**Monthly**  
**Wednesday**  
**September 13, 2017**  
**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 volunteers to Work at the food pantry. Responsibilities include organizing food donations as well as supervising the pantry and supporting clients. The pantry is open from 9:00am to 4:00pm Monday, Wednesday and Friday. Volunteers are asked to cover one 3 hour shift per week, or be available on an as needed basis. Anyone interested in volunteering their time please call **The Rocky Hill Human Services at 860-258-2799.**

**MUNICIPAL AGENT FOR THE ELDERLY**

Need help or have questions regarding prescription coverage, insurance, issues, Medicare Savings Program, or Snap.  
**Call Denise at 860-258-2786 to make an appointment**

**RENTERS REBATE:**

Human Services is taking appointments now for the Renter's Rebate program. OPM offers a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed \$35,200 Single/\$42,900 Married. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments made in the calendar year 2016. Applications are being taken by appointment at Rocky Hill Human Services, between April 1st and October 1st. Please call 860-258-2799 for an appointment.

**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**  
**MUST CALL 24HRS IN ADVANCE**

**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 KNITTERS & CROCHET**

**GROUP**

Every Tuesday

10:00am - 12:00pm

Room 2 - Senior/Community Center

Bring your hooks, needles, craft  
Projects etc.

All expertise welcome!

**We would love people to donate yarn to help  
the ladies with their projects that are sent  
to various charity foundations.**

**ROCKY HILL SERENADERS:**

Rocky Hill Serenaders are back in  
September rehearsing for their upcoming  
Season!

**Choi Director: Joyce O'Sullivan**  
**For more information Contact the**  
**Senior Center office 860-258-2786**

**LUNCH & DINING INFORMATION:**

**BIRTHDAY BINGO**

Birthday Bingo is held on the 1st Tuesday of  
every month. This month it will be held on

**September 5, 2017**

**12:45 - 3:00pm**

**Sponsored by: Mapleview Manor**

**BINGO AT SENIOR CENTER**

Monday, 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 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.

**NEW PROGRAM:**

For the month of **SEPTEMBER** on

**WEDNESDAYS ONLY!**


We will play the game **LCR!** Bring your  
dimes!! **NO BINGO**

**SEPTEMBER 2017  
ROCKY HILL SENIOR LUNCH MENU**

**MENU SUBJECT TO CHANGE**

**SIGN UP AT LEAST ONE DAY IN ADVANCE**

**FRIDAY, SEPTEMBER 1:** Scallops, Rice, Green Beans, Bread, Beverage & Dessert

<b>MONDAY    SEPTEMBER 4</b>	<b>MONDAY    SEPTEMBER 11</b>
<b><u>CLOSED</u></b>	Baked Chicken Legs Au gratin Potatoes Green Beans Bread Coffee, Tea, Milk, Dessert
<b>TUESDAY    SEPTEMBER 5</b>	<b>TUESDAY    SEPTEMBER 12</b>
<p style="text-align: center;"><b><u>BIRTHDAY BINGO</u></b></p> Chicken Parmesan Salad Italian Bread Coffee, Tea, Milk & Dessert <div style="text-align: center;">  </div>	Sloppy Joe Sandwich Coleslaw Chips Coffee, Tea, Milk & Dessert
<b>WEDNESDAY    SEPTEMBER 6</b>	<b>WEDNESDAY    SEPTEMBER 13</b>
Breaded Chicken Breast w/ Broccoli & Cheese Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert	Pasta w/ Sausage Caesar Salad Italian Bread Coffee, Tea, Milk & Dessert
<b>THURSDAY    SEPTEMBER 7</b>	<b>THURSDAY    SEPTEMBER 14</b>
Swedish Meatballs Buttered Egg Noodles Carrots Bread Coffee, Tea, Milk & Dessert	Scallops Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
<b>FRIDAY    SEPTEMBER 8</b>	<b>FRIDAY    SEPTEMBER 15</b>
Grilled Cheese Sandwich Tomato Soup Chips Coffee, Tea, Milk & Dessert	Meatloaf Mashed Potatoes Green Beans Bread Coffee, Tea, Milk & Dessert

**SEPTEMBER 2017  
ROCKY HILL SENIOR LUNCH MENU**

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

<b>MONDAY</b> <b>SEPTEMBER 18</b>	<b>MONDAY</b> <b>SEPTEMBER 25</b>
Stuffed Cabbage Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert	Chicken Breast Florentine Rice Peas w/ Mushrooms Bread Coffee, Tea, Milk & Dessert
<b>TUESDAY</b> <b>SEPTEMBER 19</b>	<b>TUESDAY</b> <b>SEPTEMBER 26</b>
Stuffed Sole Rice Carrots Bread Coffee, Tea, Milk & Dessert	Pasta w/ Meat Sauce Salad Rolls Coffee, Tea, Milk & Dessert
<b>WEDNESDAY</b> <b>SEPTEMBER 20</b>	<b>WEDNESDAY</b> <b>SEPTEMBER 27</b>
<b>WELCOME BACK LUNCH PRE-REGISTRATION REQUIRED!</b> Pizza Party Salad <b>Make your own Sundae!!</b> Coffee, Tea, & Milk <b>Sponsored by: Apple Rehab</b>	Sirloin Tips Buttered Egg Noodles Green Beans Bread Coffee, Tea, Milk & Dessert
<b>THURSDAY</b> <b>SEPTEMBER 21</b>	<b>THURSDAY</b> <b>SEPTEMBER 28</b>
Hot Dogs w/ Chili Baked Beans Potato Salad Coffee, Tea, Milk & Dessert	Stuffed Peppers Mashed Potatoes Corn Bread Coffee, Tea, Milk & Dessert
<b>FRIDAY</b> <b>SEPTEMBER 22</b>	<b>FRIDAY</b> <b>SEPTEMBER 29</b>
Pierogies Kielbasa & Sauerkraut Bread Coffee, Tea, Milk & Dessert	Baked Cod Fish Scalloped Potatoes Beets Bread Coffee, Tea, Milk & Dessert

**SENIOR LOUNGE:**

(next to the nurses office)

Computers, puzzles, magazines, chairs with ottoman, and card tables.

A place where you can relax and meet up with friends!

**If you have any questions or want more information please call the Senior Center At 860-258-2786 or 860-258-2757.****SENIOR FUNDRAISING COMMITTEE MEETING**Attend our Sept. meeting on Friday, **September 15 from 1:00-2:00pm.**

Join us in planning our 1st Annual Wine Tasting/Food Event and the Upcoming car show on Sept. 16. For more information please stop by or call the senior center office at 860-258-2786.

**Please attend our meeting on Friday September 15 1:00-2:00pm Rm #2 Senior Center****EXERCISE PROGRAMS:****BOOMERS BOOT CAMP**

Sept 12 - Dec 12 (NC 10/10, 11/7 &amp; 11/21)

Tuesdays 8:00am—8:45am

Location: RHCC Gym

**COST: \$32.00/residents****\$37.00/non-residents****Instructor: Cindy Riccio****Drop-in fee: \$5.00 per class****BOOMERS PILATES**

Sept 11 - Dec 4 (NC 10/9)

Mondays 4:30pm—5:15pm

Location: RH Town Hall—Rm #6

**Cost: \$62.00/residents****\$67.00/non-residents****Instructor: Jeannine Personal Euphoria****BOOMERS PILATES**

Sept 13 - Dec 6 (NC 11/22)

Wednesdays 4:30pm—5:15pm

Location: RH Town Hall—Rm #6

**Cost: \$62.00/residents****\$67.00/non-residents****Instructor: Jeannine Personal Euphoria****T'AI CHI-OIGONG**

Sept 27 - Dec 6 (NC 11/22)

Wednesdays 9:45am—11:00am

Location: RHCC—Rm #2

**COST: \$32.00/residents****\$37.00/non-residents****Instructor: Denise Gander****SENIOR FITNESS**

Sept 11 - Dec 6 (NC 10/9 &amp; 11/22)

Mondays &amp; Wednesdays 8:00am - 8:45am

Location: RHCC Gym

**COST: \$42.00/residents****\$47.00/non-residents****Instructor: Cindy Riccio****ZUMBA GOLD**

Sept 14 - Dec 7 (NC 11/23)

Thursdays 8:00am - 8:45am

Location: RHCC Gym

**COST: \$32.00/residents****\$37.00/non-residents**

**REGISTRATION INFORMATION**

You can register at the senior center office or online for any of our exercise programs. Any questions please call 860-258-2786 or 258-2757.

**If you do not sign up for the exercise class. We ask for a \$5.00 drop in fee for each class attended.**

**STEPNEY SENIORS**

Calling all seniors 55+, come join us for fun, games, food and special activities. Meetings are held every Thursday from 10:30am to 11:30am. Come early for the raffle. Bingo or cards after each meeting. For more information call Bernadette at 860-721-7227.

**The summer season is coming to an end and The Stepney Club Meeting will be September 14. We are planning a Welcome Back Pizza Party.**

**SAVE THE DATE: September 14, 2017  
10:30am**

**Where the fun begins  
again!**

**SENIOR TASK FORCE MEETING**

**2ND MONDAY OF THE MONTH  
NEXT MEETING  
SEPTEMBER 11 2017  
10:00AM—NOON  
RH TOWN HALL—RM #4**

**ROCKY HILL SENIORS CLUB**

The Rocky Hill Seniors meet on Fridays, 10:30am at The Rocky Hill Community/ Senior Center, a social hour follows. Open to all 55+. Come join us! For more information please call Maria @ 860-563-6707.

**Board Meeting—Sept 1st 10:00am**

**September 15:** Meeting 10:30am

50/50 Raffle

Welcome Back Tea

Bingo 12:45-3:00pm

**September 22:** Meeting-10:30am

50/50 Raffle

Bingo 12:45-3:00pm

**September 29:** Meeting-10:30am

50/50 Raffle

Food Bank

**Speaker: Lance Morton - "Connection  
Between Hearing Loss and  
Alzheimer Disease."**

Bingo 12:45-3:00pm

**WALK TRACK PROGRAM:**

Walk Track hours are as followed:

***Monday thru Thursday: 7:00am - 8:00am  
1:00pm - 3:00pm***

***Fridays: 7:00 - 8:00am***

***2:00 - 3:30pm***

**COST: FREE!**

**LOCATION RHCC GYM**

<b>MONTHLY CALENDER</b>
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<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				<b>September 1:</b> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<b>September 4:</b>  <div style="text-align: center; font-size: 1.2em;"><b>CLOSED</b></div>	<b>September 5:</b> 7:00-8:00: Walk Track 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Birthday Bingo 12:00-3:00: Setback 1:00 - 3:00: Walk Track	<b>September 6:</b> 7:00 - 8:00: Walk Track 12:00: Lunch/LCR 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<b>September 7:</b> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>September 8:</b> 7:00-8:00: Walk Track 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track <b>10:30: Trip to High Hopes-Old Lyme</b>
<b>September 11:</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:45: Nurse 10:00: Sr. Task Meeting 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<b>September 12:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00:Scrabble/cards 1:00 - 3:00: Walk Track	<b>September 13:</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 8:30-3:30:Footcare 12:00: Lunch/LCR 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<b>September 14:</b> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-3:00: Stepney Seniors 10:00-11:00: Hearing Service 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>September 15:</b> 7:00-8:00: Walk Track 10:00-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track <b>1:00-2:00: Fundraising Committee</b>
<b>September 18:</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<b>September 19:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00:Scrabble/cards 1:00 - 3:00: Walk Track	<b>September 20:</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness <b>10:30-3:00: Welcome Back Lunch</b> 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track	<b>September 21:</b> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-3:00: Stepney Seniors 12:00-3:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong <b>4:30: Get out of the Kitchen</b>	<b>September 22:</b> 7:00-8:00: Walk Track 10:00-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track
<b>September 25:</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:45: Nurse 12:00-3:00: Lunch/Bingo 12:30-4:30: Bridge Group 1:00 - 3:00: Walk Track	<b>September 26:</b> 7:00-8:00: Walk Track 8:00 - 8:45: Bootcamp 10:00-12:00: Knitters Group 12:00: Lunch 12:00-3:00: Setback 12:45-3:00: Scrabble/cards 1:00 - 3:00: Walk Track <b>1:00-2:00: Lunch &amp; Learn</b>	<b>September 27:</b> 7:00-8:00: Walk Track 8:00-8:45: Sr. Fitness 9:45 - 11:00: T'ai Chi 12:00-3:00: Lunch/LCR 1:00-3:00:Wii Bowling 1:00-3:00: Woodcarvers 1:00 - 3:00: Walk Track <b>6:00-8:00: Paint Night</b>	<b>September 28:</b> 7:00-8:00: Walk Track 8:00-8:45: Zumba Gold 10:00-3:00: Stepney Seniors 12:00: Lunch/Bingo 1:00 - 3:00: Walk Track 1:00-4:00: Mahjong	<b>September 29:</b> 7:00-8:00: Walk Track 10:00-3:00: RH Club 12:00-3:00: Lunch/Bingo 2:00 - 3:30: Walk Track



**MOHEGAN SUN CASINO TRIP:****FRIDAY OCTOBER 20, 2017****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 TUESDAY****OCTOBER 10 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!****UPCOMING BUS TRIPS:****GET OUT OF THE KITCHEN****THURSDAY, September 21, 2017****Pick up will start at 4:30PM****Restaurant: Olive Garden,****Manchester CT****(subject to change)****FEE: \$3.00(bus fee)****(plus cost of dinner)****MUST REGISTER IN ADVANCE!****Please call the Rocky Hill Senior Center for  
more information. 860-258-2786****SENIOR TRIPS:****(More Trips are located on Senior  
Bulletin Board)****TRIPPING WITH RITA PRESENTS:****CHRISTMAS IN BETHLEHEM****Sands Casino Resort Bethlehem, Hunterdon  
Hills Playhouse Moravian Museum,  
Christkindlemarket.****December 3-5, 2017****Includes: Deluxe Motorcoach, 2 nights Sands  
Casino, Casino bonus of \$60pp slot and 2 Buffet  
Dinner Vouchers, 2 breakfast, 1 luncheon show,  
sightseeing & admissions as per itinerary****COST: \$471 pp double/triple****\$617 pp single****Based on 40-50 pp****For reservation info: Rita Thibodeau  
860-563-9803****ADVENTURES WITH LOIS PRESENTS:****BENNINGTON!****Awaken your Senses!****Great Fall Foliage Trip!****Tuesday, September 26, 2017****The Publyk House-Vermont Dining with  
a view****Depart: 7:45am, Elm Ridge Park****Return: 6:30pm, Rocky Hill CT****Cost: \$80 pp based on 40-52****For reservation info: Lois Morton****(860)529-2797****loisjmorton@cox.net**

## **LUNCH & LEARN SCHEDULE**

**TIME: 1:00-2:00PM**

**Must register in advance!**

**September 26: Tammy Hackett**

**(Independent Living Facility-Bringing a panel)**

**October 24: Clair Gadson**

**(NE Division/American Cancer Society)**

**October is Breast Cancer Awareness Month!**

**November 28: TBA**

**\*If you have any recommendations, I would love to hear from you!\***

**MUST REGISTER IN ADVANCE!**

## **WELCOME BACK LUNCH**

**SEPTEMBER 20, 2017**

**10:30AM - 3:00PM**

**PRE-REGISTRATION REQUIRED**

**COST: \$5.00/MEMBERS**

**\$7.00/NON-MEMBERS**

**LIMIT OF 60!**

**Menu:**

**Pizza**

**Salad**

**MAKE YOUR OWN SUNDAE'S!!**

**Entertainment SPONSORED BY: Apple Rehab  
Rocky Hill Serenaders will be performing 11:00am!**

**LUNCH SERVED  
AT 12PM**

To register please call the Senior Center Office  
during business hours 8:30am - 4:30pm at 860-258-2786

**REGISTRATION STARTS SEPTEMBER 1!!**



**LUNCH & LEARN****Tuesday, September 26, 2017****1:00PM - 2:00PM****Location: Rocky Hill  
Community Center Rm#2****SPEAKER: TAMMY HACKET****“Bringing a panel from an Independent  
Living Facility.” Question & Answer****To reserve your spot please call  
the senior center @860-258-2786****MOHEGAN SUN TRIP****Friday, October 20, 2017****8:30am—5:00pm  
Leaving Elm Ridge Park****Mohegan Sun Casino Trip  
Cost: \$20.00****Registration on Tuesday  
October 10, 2017****To register please stop by the senior  
center office or call to reserve your  
seat 860-258-2786.****NEW PROGRAM:****LCR  
WEDNESDAYS****For the month of SEPTEMBER!****BRING YOUR DIMES!****Come and enjoy a fun and easy game with your friends, great way  
to socialize!****For more information please call the Senior Center Office  
@860-258-2786.**