

# SAVE AND DISPLAY IN APPROPRIATE PLACE

## ACTIVITIES AT THE SENIOR CENTER

DAILY TVCCA ELDERLY NUTRITION PROGRAM 11:30 AM

CALL 848-4419 TO RESERVE MEALS

<b>MONDAY</b>	CARDIO EXERCISE	10:15-11:15 AM	IN THE BALLROOM
	BOWLING	9:30 AM	HOLIDAY BOWLING ALLEY
	COUNTRY WESTERN DANCING	3-4 PM	IN THE BALLROOM
	SPECIAL ARTS & CRAFTS	2:30-4:30 PM	ARTS AND CRAFTS ROOM
	COMPUTER CLASS	9-10AM & 11-12PM	COMPUTER ROOM
	TAI CHI	12:30-1:45PM	BALLROOM
<b>TUESDAY</b>	PAINTING CLASS	10-12:00 PM	ARTS AND CRAFTS ROOM
	HEALTH CLINIC	9-11:30 AM	CENTERHEALTH OFFICE
	YOGA	9:15-10:15	IN THE BALLROOM
	CREATIVE WRITING	10:30-11:30 AM	COMPUTER ROOM
<b>WEDNESDAY</b>	COMPUTER CLASS	1-2PM	COMPUTER ROOM
	ARTS & CRAFTS	12:30-2PM	ARTS & CRAFTS ROOM
	CHORUS	9:30-11 AM	IN THE BALLROOM
	RELAXATION CLASS	9:00-10:00 AM	LIBRARY
	CARD PLAYING	12:30 PM	IN THE BALLROOM
	DRAWING	10-12:00 & 1:00-3:00 PM	ARTS AND CRAFTS ROOM
	PILATES	2:00-3:00PM	DINING HALL
	SPANISH	4:00 - 4:30 PM	LIBRARY
<b>THURSDAY</b>	BALLROOM DACING	3:15-4:15	
	LINE & COUNTRY DANCING	9:30-11 AM	IN THE BALLROOM
	BINGO	12:30-2:30 PM	IN THE BALLROOM
	PAINTING	10-12 PM	ARTS AND CRAFTS ROOM
	SPANISH CLASS	3:45-4:30 PM	ARTS & CRAFTS ROOM
	PAINTING	12:30-2:30 PM	ARTS AND CRAFTS ROOM
<b>FRIDAY</b>	CARD PLAYING	12:30 PM	IN THE BALLROOM
	CARDIO EXERCISE	9:00-10:00PM	IN THE BALLROOM
	SPECIAL ACTIVITIES	12 PM	CHECK SCHEDULE

### PLUS

**EVERY DAY** - ALL DAY IN THE LIBRARY: TV, VCR, GAMES, PUZZLES, READING, LETTER WRITING & COMPUTER W/ INTERNET  
ALL DAY AT THE CENTER \*\*\*\*\* SOCIALIZING \*\*\*\*\* PHONE ~ 848-3323

### SENIOR BUS SCHEDULE – Subject to Change

MONDAY	Senior Center, Doctor Appointments, N.L. Shopping
TUESDAY	Senior Center Activities and TVCCA Lunch, Doctor Appointments, Banking
WEDNESDAY	Senior Center, Doctor Appointments and Shopping (Norwich)
THURSDAY	Doctor Appointments, Senior Center Activities and TVCCA Lunch
FRIDAY	Senior Center or Special Trips

***News Alert = Bus Reservations are now made through the Senior Center - Please call 848-3323 or stop by the front office.***

### MEALS

Meals for homebound, shut-ins, or convalescents: Arrangements must be made for home delivery by calling TVCCA at 885-2746 well in advance of need. A hospital will sometimes arrange this for a patient.

### LUNCHES (AT THE SENIOR CENTER)

Meals are served at 11:30 AM (5) five days a week. Meal reservations must be made 72 hours in advance at 848-4419. If you call too late, you will be placed on a waiting list and may not be served until someone cancels. Donation - \$2.50 **SEE LAST PAGE (CALENDAR) FOR MENU.**