



MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

Open: 8:30 a.m. – 4:30 p.m. Office: (860) 647-3211

Visit us on the web: <http://seniorcenter.townofmanchester.org>

FEBRUARY ~ 2010



Manchester is a Heart Safe Community



The HEARTSafe Community program is intended to encourage all communities to strengthen every link in the cardiac 'Chain of Survival' in their community. Heartbeats are earned for CPR training, AED availability, and pre-hospital advanced life support.

Communities must apply through the Department of Public Health, Heart Disease and Stroke Prevention Program. Community is defined as one of the officially designated 169 municipalities in Connecticut. To receive this prestigious designation Manchester met the program requirements for public placement of Automated External Defibrillators (AEDs), trained community residents and equipped, staffed, and trained emergency responders. In addition, Manchester is planning on continuing to provide community Cardiopulmonary Resuscitation (CPR) programs and expand the availability of AEDs in public locations, to maintain our HeartSafe Community status into the future.

Yet another reason why Manchester is such a wonderful community in which to live, work and play.

Eileen Faust, Director



PROGRAM NOTES

Advisory Committee Meeting

This group meets the first Friday of each month at 9:00 a.m. to discuss issues of concern to members, bring forward suggestions to the administration and be visionaries for the future! **The next meeting: Friday, February 5, 2010 at 9:00 a.m.** All Senior Center Members are encouraged to attend.

AARP Drivers Safety Program

This refresher course is for motorists 50+ to learn how to avoid hazards and employ safe driving techniques. \$12.00 for AARP members or \$14.00 non-AARP. Participants may be eligible for a 5% reduction in auto insurance. Class schedule on Thur & Fri as follows: **2/25–2/26**, 8:30-12:30, **3/25–3/26**, 8:30-12:30, **4/22–4/23**, 8:30-12:30, **5/20–5/21**, 8:30-12:30.

Beginner Spanish Lessons

If you are interested in participating in Beginner Spanish lessons, please leave Karen Gubbins a message with your name, address, telephone number and email address if applicable at 860-647-3210.

Red Hat Society

The Royal Scarlet Gadabouts will meet on **Tuesday, February 2nd at 1:00 in the Senior Center Library**. On Friday, February 12th at 1:00 we will attend an elegant Valentine Tea at the Pavillions' Club House. The March meeting will take place on **March 2nd at 1:00 in the Senior Center Library**. A presentation on herb and dietary supplements will be given by Katherine Mascliaiz. We will resume meeting for breakfast (perhaps at Panera Bread late in March).

Greenhouse Program

The Senior Center Greenhouse is open to all members who love growing and cultivating flowers and vegetables. No experience necessary. Our trained horticulturist takes the time to work with all participants in making their greenhouse experience a pleasurable one. The Greenhouse will open March 1st, with the sowing of seeds and planting of hanging baskets. Seniors assist in the watering, pruning and daily tending of the plants. In May, plants go on sale with the proceeds benefiting the Senior Center. Members interested in working in the greenhouse can register with the front office **860-647-3211**.

Manchester Municipal Retirees Association

Thursday, February 11th at 2:00 p.m. in the Senior Center Cafeteria. Program TBD.

Book Group

Tuesday, February 16th, 2010 at 10:30 a.m. in the Library, "*Three Weeks With My Brother*" by Nicholas & Micah Sparks. When best-selling novelist Sparks receives a travel brochure from his alma mater, Notre Dame, he thinks, "If not now, then when?" and asks his brother to join him. As they journey to faraway places, the brothers reminisce about their unusual childhood. This is a rare opportunity for readers to get to know a favorite author as Nicholas reveals the inspirations for his fiction. A must-read for Sparks fans as well as a treat for those who want to find out what makes a family strong.

THE OFFICE WILL BE CLOSED on

Fri, 2/12–Lincoln's Birthday and closed on Monday, 2/15–Washington's Birthday. Remember to reserve your lunch for Tuesday 2/16 on or before Thurs 2/11 at 12:45 p.m.

PROGRAM NOTES - continued

Newcomer's Meeting

The next Newcomer's meeting open to those 60 and over, will be held on **Wednesday, February 10th at 11:00 a.m. in the Library**. Members will receive introductions to programs and tour the facility. **Please register with the office 647-3211 ahead of time** so we can properly prepare for your visit. If you would like to have lunch with us, **please register for lunch on or before Tuesday, February 9th** by 12:45 p.m.

Volunteer & Trip Committee Meetings!

The next Volunteer Meeting will be held on **February 3rd at 10:00 a.m.** in the Library and the Trip Committee Meeting will follow at **11:00 a.m.** All those interested in volunteering or currently volunteering at the center are encouraged to speak with Karen Gubbins 860-647-3210.

Ladies Senior Golf League Luncheon

Monday, February 1st and March 1st at 12:00 noon at the Manchester Country Club. This informal group meets the first Monday of each month at 12:00 noon (until last date April 5th). If you have a friend, age 55+ interested in playing golf next year, **please bring them as well**. Call Dolores Dunn 649-8101 or Peachy Vendetta at 643-7319.

Ladies Senior Golf League - There will be an organizational/registration meeting for the Senior Ladies Golf League on **Monday, March 22nd at 10:30 a.m. in the Library**. For more information please contact **Liz Tracy at the Recreation Department 860-647-3167**.

Men's Senior Golf League

There will be an organizational/registration meeting for the Senior Mens Golf League on **Thursday, March 4th at 6:30 p.m. in the Cafeteria at the Manchester Senior Center**. Players pay a reduced fee for reserved starting times on Monday mornings at the Manchester Country Club beginning in April and continuing through September. For more information please contact **Liz Tracy** at the Recreation Department 860-647-3167.



FEBRUARY RSVP LUNCH

Thursday, February 11, 2010 from 12:00 – 2:00

Menu:

Cranberry Orange Juice
Roast Turkey w/Gravy
Herbed Stuffing
Cut-up Winter Squash
Cranberry Sauce
12 Grain Bread
Cherry Tart w/Topping

Reserve for this lunch between Wednesday 2/3/10 and Wednesday 2/10/10 by 12:45 p.m.

Entertainment by Tom Stankus at 1:00pm – a special blend of wit and music that will have you clapping, singing and laughing in minutes.

IN THE LOOP

Manchester Matters E-mail - This service is designed to inform you of important information and events happening in the Town of Manchester. Residents and those who work in town are invited to sign up to receive periodic emails about holiday closings, trash collection delays, road construction and more! Sign up online at www.townofmanchester.org or call 647-5235.

S.eniors H.elp O.ur P.antry - Our **MACC** contribution box is located in the Senior Center Lobby as you enter the building. Have you seen it, really seen it, or just walked by? We urge you to think of your needy neighbors in town who must rely on the **MACC** food pantry to help supplement their needs. Especially needed are **canned vegetables, tuna, mayonnaise, peanut butter, jelly, pasta and sauce, coffee, tea, and paper goods**. For the single person, household-sized canned products are very helpful.

With everyone's help we can keep our **MACC** box full. If you would prefer to make a monetary contribution to **MACC**, you can pick up an addressed envelope in the Center lobby and send a check directly to **MACC** indicating our **S.H.O.P.** program. The address is **466 Main St, Manchester, CT 06040**.

Food Serve New England - Food Serve is a small alternative to food shopping. Everyone, regardless of age or income can participate. The only requirement is 2 hours of volunteer service per month. If you already help in the community, or if you are helping someone other than a family member with chores, then you already qualify. Food Serve will also be happy to assist you in finding a volunteer project that interests you.

As a reward for this effort, you can participate in Food Serve's food co-op, which offers you top quality food at a discount of up to 50%. The basic package costs **\$25**, for which you receive \$35 to \$40 of fruit, meat and vegetables. **Sign-up February 11th, 10:00-12:00 p.m.** in the Senior Center Library. For more information about Food Serve please call Jane Perrin @ 643-7342, Ann Kibbe @ 649-6971 or go to www.servenewengland.org

Support our Troops!

Valentine's Day is only a month away, so now is the time to mail cards expressing heart-felt appreciation to our soldiers! Letters, personal items, and financial donations to the VFW to cover postage are always in need! Further details of the items being collected are available online at www.townofmanchester.org/press/VFW1.cfm. Large group donations should be delivered to the VFW Post 2046 at 608 East Center Street, Manchester, 860-649-6741, seven days a week, 3pm to 9pm. Small, individual donations can be dropped off at the Town Hall Customer Service & Information Center, 41 Center Street, Manchester 860-647-5235.

Senior Center Inclement Weather Policy

As we head into the winter weather season, a reminder of the **Senior Center Inclement Weather Policy**.

If Manchester Public Schools are closed due to bad weather, all Senior Center activities/transportation/lunches are cancelled. However, the staff will report and the office will be open for business. If Manchester Public Schools are delayed, Senior Center activities/transportation services for the morning will be cancelled 1-2 hours as determined by staff. All other classes will remain on schedule after a 1-2 hour delay. If travel becomes hazardous during the course of the day due to bad weather, Staff may decide to cancel activities for the remainder of the day. If this occurs, all bus passengers will be driven home. No passenger will be left stranded. Members are encouraged to check for cancellations or delays during inclement weather.

The following sources will have information on weather-related schedule changes: **WFSB Channel 3, NBC 30 and WTIC 1080 AM or by calling the Main Office at 860-647-3211.**

IN THE LOOP - continued

No Cost Income Tax Services Offered at the Senior Center Beginning February 1, 2010

There are several options available to file your simple income tax returns **FREE OF CHARGE**. The focus of these income tax preparation sites are low to middle income families, older adults, and individuals in need of assistance. The following services are available:

Manchester Senior Center: Monday, Tuesday, Wednesday and Friday 1:30-3:30. The Manchester Senior Center is an **AARP Tax-Aide** site. Knowledgeable **AARP Volunteers** certified by the IRS offer tax counseling and preparation services. Tax-Aide serves low and middle-income tax payers with a special focus on those **60 and older**. All services are **FREE OF CHARGE**. **You do not have to be a member** of the Senior Center to participate in these services. **Tax preparations begin Monday, February 1st; last day for tax preparations will be Wednesday, April 14th. Tax counseling will continue until Thursday, April 15th.** Volunteers will be in the Manchester Senior Center cafeteria on **Mondays, Tuesdays, Wednesdays and Fridays from 1:30-3:30 for WALK-INS (first come, first served)**. Bring all tax information with you. If you have used this service in the past, please bring your computer disk and forms from the last year.

PLEASE NOTE: We cannot prepare taxes for anyone who wants to claim the First Time Homebuyer's Credit. It is considered **"Out of Scope"** for our preparation purposes.

If married, both husband and wife should be present during an income tax counseling session. Taxpayers must have the following available during their meeting with the Tax-Aide counselor all information and documents that have been received that apply to their **2009** income taxes:

- § Copies of 2008 income tax forms
- § Social Security or Individual Taxpayer ID numbers for all household members and personal ID
- § A checkbook so that any refund due can be direct deposited
- § documents that relate to deductible expenses
- § 2009 income report forms that have been received: SSA-1099, Social Security Benefit Statement
- § and RRB-1099-R, US Railroad Retirement Board forms
- § 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC)
- § W-2, Wage and Tax Statement forms
- § W-2G, Certain Gambling Winnings forms
- § Original cost of assets sold during 2009.

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the **IRS**.

Town of Manchester VITA (Volunteer Income Tax Assistance) Site – February 1, 2010

Wednesday evenings 6:00-8:00 and Saturdays 10:00 a.m. to 4:00 p.m. (except Easter weekend April 3rd) – BY APPOINTMENT ONLY.

The Manchester Senior Center is a **VITA** site. Bring all tax information with you. If you have used this service in the past, please bring your computer disk and forms from last year with you. This service is available to senior citizens with income of **\$49,000** or less, low income families, and individuals.

You do not have to be a member of the Senior Center to participate in these services. **Last day will be Wednesday, April 14th. CALL 647-3092 FOR AN APPOINTMENT.**

Senior Taxpayer Programs

Thursday, February 18, 2010 at 1:00 p.m., presented by John Rinaldi, Director of Assessment & Collection. He will review the tax assistance programs available to Manchester senior citizens. This will include information on the Senior Homebuyer's Program, the HELP Program, Veteran's programs and various other programs that are offered to qualifying seniors. For more information and to **Sign Up** for this presentation, please call **860-647-3211** or sign up at Front Desk.

SILK CITY TRAVELERS

Feb 8-10 - Trump Marina – Atlantic City, NJ \$154

Includes two \$10 food vouchers and a \$25 coin bonus at Trump Marina Casino and \$22 coin bonus at Boardwalk Casino. Lunch on your own at Mastoris on the way down. Departs 2/8/10 at 7:15 a.m., returns , 2/10/10 at 9:00 p.m. Contact Don, Senior Travel 860-875-0538.

Feb 21- “Barbara & Frank: The Concert That Never Was”, City Stage Theatre, Springfield, CT \$78 pp

- Matinee performance includes Lunch at Lido’s Italian Restaurant with choice of Veal Parm, Broiled Scrod or Chicken Parm. Departs 10:00 a.m., returns 6:00 p.m. Contact Mike at the Travel Group, 1-888-320-8687.

Mar 3- “Late Nite Catechism” at the Warner Theater \$75 Sunday Matinee.

An uproariously funny comedy that takes the audience back to their youth. The irrepressible “Sister” teaches “students ” (the audience). The benevolent instructor rewards the “students” for correct answers and naughty students may well find themselves on stage sitting in a corner. Includes Lunch at the Black Rock Tavern with a menu that features Garden Salad, Choice of Chicken Parmigiana or New England Scrod, Vegetable, Potato, Bread & Butter, Coffee, Tea, Decaf and Dessert. Departs 10:30 a.m., returns 5:30 p.m. Contact Elizabeth at King Ward Tours at 800-639-4805.

Mar 16- Irish Pub Day at the Log Cabin, Holyoke \$61 - Starring Gerry Malone and The Lads singing

favorites like “MacNamaras Band”, “Danny Boy” and “When Irish Eyes are Smiling”. Plenty of singing and dancing for everyone. Includes hors d’oeuvres, soup, corned beef dinner, chef’s choice potato and vegetable, crème de Menth parfait, coffee, tea, decaf, petite bottle of wine or glass of Guinness beer. Departs 10:30 a.m., returns 4:15 p.m. Contact Elizabeth, King Ward Tours 800-639-4805.

April 14- “Are We There Yet?” Cost: \$74 pp - Good question....that is for us to know and you to find out.

Just get on board and see who can figure it out first. Depart on a journey to the East to ??? The trip involves a man named ??? who will make you laugh from his life full of frantic complications. You will also see a ??? afterwards. Before you meet this man though enjoy a buffet lunch. A day full of surprises. So sit back and relax and enjoy your trip. Departs at 8:30 a.m., returns at 7:00 p.m. **Sign up on Feb 17, 2010.** Contact Elizabeth at King Ward Tours at 800-639-4805.

April 19: Strolling Down Bourbon Street \$67 pp

Join us for a delightful day as we journey to Central Connecticut for a delicious full course luncheon served family style at The Aqua Turf Club. The entertainment will feature Louisiana music and song. Your entrees are served family style – you can enjoy them all! Enjoy homemade chicken gumbo soup, fresh bayou salad, old town pasta, chicken Louisiana, Sliced roast beef, dirty rice and mixed vegetables, all served with delicious hot rolls and butter, and pecan square dessert. Also includes choice of coffee or tea. Departs at 10:00 a.m., returns at 4:30 p.m. **Sign up Feb 17, 2010.** Contact Fox Tours at 1-800-342-5998.

May 3–7 -Virginia Beach & Colonial Williamsburg \$589 pp twin /triple, \$719 pp single - We’ll base

ourselves for 4 nights on the beach at the Oceanfront Inn. Take a city tour of the Old Cape Henry Lighthouse and take a dolphin watching cruise. Off to Colonial Williamsburg visiting over 40 shops, restaurants, and art galleries. Guided walking tour of historic Williamsburg and an authentic colonial tavern dinner, visit the Oceana Naval Air Station and a special lunch with the pilots at the Officer’s Club. Departs 5/3/10. **Deposit of \$200 pp due at Sign up on Feb 10, 2010.** Contact Friendship tours at 860-243-1630. **Final payment due on March 15, 2010.**

**All sign ups are at 9:30 a.m. at the Sr. Ctr. in the Library
Trips are open to the public after sign up date.**

SILK CITY TRAVELERS - continued

June 7-8 -“Joseph” a Pennsylvania Showtour \$255 each in double room, \$245 each in triple room and \$305 in a single room. Includes overnight lodging and hotel tax at The Inn at Reading, full hot breakfast, prime rib and baked stuff shrimp dinner with champagne, comedy show at hotel, “JOSEPH” at the Millennium Theater, Philadelphia Sightseeing Tour with guide, Kitchen Kettle, Intercourse Cannery, Reading Market, tip for bus drive and Philadelphia guide. Departs 7:00 a.m. **Deposit of \$50 pp at Sign up on Feb 3, 2010.** Contact Tours of Distinction at 860-627-0199. **Final payment due on April 28, 2010.**

All sign ups are at 9:30 a.m. at the Sr. Ctr. in the Library. Trips are open to the public after Sign up date.

HEALTH AND SOCIAL WORK SERVICES AND PROGRAMS

Blood Pressure – Drop In

Cathy Drouin, RN, BSN, Senior Center Nurse
Wednesday, Feb 3, 2010 9:00 - 11:00 a.m.
Wednesday, Feb 10, 2010 9:00 - 11:00 a.m.
Wednesday, Feb 17, 2010 9:00 - 11:00 a.m.
Wednesday, Feb 24, 2010 9:00 - 11:00 a.m.

Foot Care—Appointment Only

Friday, February 5th and February 19th. There is a **\$28 charge for Foot Care.** Please call the Health Dept. at 647-3173 to set up an appointment.

Caregiver Support Group

We welcome anyone caring for a senior in Manchester. You may feel comfort and support learning how other people solve similar problems.
Thursday, February 11th, 10:00 a.m.

Low Vision Support Group

Monday, February 8th, at 10:00 a.m. This program is open to everyone who could benefit from this information. Please sign up at front office.

GO Red for Woman: National Wear Red Day

On **Friday, February 5, 2010**, Americans nationwide will wear red to show their support for women's heart disease awareness on **National Wear Red Day®**. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.

Everyone can support the fight against heart disease in woman by wearing red. It is a simple, powerful way to raise awareness of heart disease and strokes.

Free Family and Friends CPR Course

If a cardiac arrest happened to your loved one or a close friend, would you know how to perform life-saving CPR, which can double a victim's chance of survival? Manchester seniors can attend a **FREE Friends and Family CPR class** at the Manchester Senior Center on **February 9, 2010 at 9:00 AM**. This class includes instruction on how to perform CPR on adults and children as well as training on how to help an adult or child who is choking. There is no test involved; this course is designed for those who want to learn CPR. To learn more about the class or to **register call the Health Department at (860) 647-3173.**

HEALTH AND SOCIAL WORK SERVICES AND PROGRAMS – cont'd

Free Cholesterol Screening

Cholesterol plays a major role in a person's heart health. High blood cholesterol is a major risk factor for coronary heart disease and stroke. That's why it's important for all people to know their cholesterol level. They should also learn about their other risk factors for heart disease and stroke.

In recognition of National Heart Month, the Manchester Health Department and St. Francis Hospital is sponsoring **FREE cholesterol screening and counseling** on **February 24, 2010** from **12:00 noon to 3:00 PM**. **Appointments are necessary and space is limited**. Please call the Health Dept. **(860) 647-3173 to register**.

Health Counseling, Protective Health Assessment & Fall Risk Assessment

Cathy Drouin, Senior Center Nurse, **Wed and Fri** by appointment. **Call 647-3173 to schedule an appointment. Protective Health Assessment (PHA)** focuses on the prevention and early detection of chronic diseases and their risk factors. This assessment takes about **10 to 15 minutes** to complete. It is a good opportunity to learn about how your health habits and behaviors might be affecting your health, and what you can do to reduce or better manage your risk for chronic disease.

H1N1 Update – 2010

H1N1 has so far completely overshadowed seasonal influenza, which generally begins circulating in the United States in October and peaks in February. Results from flu tests show the pandemic of swine flu is definitely on the down swing in the United States.

The U.S. Centers for Disease Control and Prevention estimates that 47 million Americans have been infected with H1N1, nearly 10,000 have been killed by it and more than 200,000 have been hospitalized. While the severity appears somewhat milder than seasonal flu, which kills an estimated 36,000 people a year, most patients who die or have severe disease from swine flu are children or non-elderly adults.

The Manchester and Glastonbury Health Departments, MVA 33 held 22 H1N1 vaccination clinics and vaccinated more than 4,400 people from both towns. If you were able to obtain your H1N1 vaccine at the Health Department Public Clinics, the private sector including many pharmacies and doctors offices are still administering vaccine to those seeking it.

----- MONEY SAVING INFORMATION -----

If you qualify for the **MEDICARE SAVING PROGRAM**, the State of Connecticut will pay the \$96.40 that is automatically deducted from your Social Security check each month to pay for Part B of Medicare. You will then get \$96.40 more in your Social Security check each month. To qualify, your income must not be greater than \$2,091.67 monthly for a single or \$2,816.67 monthly for a couple. Savings are not counted. The news gets even better! Once you are approved for the Medicare Saving Program, you will be automatically referred to the Low Income Subsidy. This means that the co-pay for your prescriptions will be between \$2.50 and \$6.30. **PLEASE SEE YOUR SOCIAL WORKERS FOR THE SIMPLE APPLICATION.**

HEALTH AND SOCIAL WORK SERVICES AND PROGRAMS

YOU CAN ENROLL IN A MEDICARE SUPPLEMENT PLAN AT ANY TIME DURING THE YEAR.

January 1st through March 31st is **OPEN ENROLLEMENT PERIOD** for **MEDICARE ADVANTAGE PLANS**.

These are independent insurance companies that contract with Medicare to provide you with your Medicare benefits. Examples are Connecticare, Healthnet, Secure Horizons, Aetna, Wellcare, Mediblu, and Today's Options.

If you are looking to make changes to your current coverage or want to enter a new plan, you may speak to the **Senior Center Social Workers, Sue Bernstein or Helena Deary, who are trained by CHOICES for counseling**. They can provide you with the important details. **Contact 860-647-3211 to make an appointment.**

Chronic Disease Self Management Workshop - This **FREE six-week workshop** began at the Senior Center Thursday, January 7th, from **1:00-3:30 p.m. (card rm)**. and is facilitated by Cathy Drouin, RN and Eileen Faust, Senior Center Director. February dates are **Thursdays, February 4, 11 and last day will be February 18th**. To receive more information, call (860) 647-3211.

Coping with Cardiac Disease

February 25th, from 1:00-2:00 p.m., Maryla Underwood, Telehealth Services Coordinator will speak at the Senior Center on Coping with Cardiac Disease. She plans to address many aspects of this disease including congestive heart failure (CHF) and how people can lead independent lives with cardiac disease and some of the tools in place to assist in living at home with this disease. This would include the telehealth monitoring devices. Register with the front desk or 860-647-3211.

Mind Sharpener Program – Starting in March

Keeping the mind and body active are key elements to successful aging. Mind exercises can help you retain and improve your mental capacity, possibly delaying or preventing dementia.

Partnering with The New England Cognitive Center (NECC), Eileen Faust, Sue Bernstein and Cathy Drouin will present the **"Mind Sharpening Program"** for seniors. The 16 consecutive weeks, one-hour aerobic mental workouts have been shown to help participants improve or maintain cognitive functioning.

If you are experiencing no impairment or mild cognitive decline and can attend regularly on **Thursday afternoons from 1:30 to 2:30, please call (860)647-3211 to register. Class size is limited to 20 participants.**

Dial-A-Ride Services

Reserve a ride from **8:30-2:00** at **870-7940**.

- ➡ Saturday trips weekly, except on holiday weekends.
- ➡ Trips to ECHN Medical Building in South Windsor are available every Thursday as needed.
- ➡ Trips to Motor Vehicle Dept. will be scheduled on an as needed basis when at least 3 people request a ride.

Please direct questions or comments to Senior, Adult & Family Services **860-647-3096** if you need more information.



Do You Drive to the Senior Center?

Please remember that you
CANNOT enter the parking lot from the front of the Senior Center
You must use the Vernon Street Entrance to our Parking Lot – Every time!
Vernon Street is the **ONLY** way to enter our parking lot & Safety is our Priority!

Citizen's Police Academy

The Manchester Police Department will host the 21st session of its Citizen's Police Academy starting **Wednesday, February 17th**, concluding **Wednesday, June 2, 2010**. Meetings held in the Police Department Community Room, Wednesdays, **6:00-9:00 p.m.** Applications are available on-line through the Police Department's website or applications can be picked up at the Police Department, Town Hall Customer Service, Mary Cheney and Whiton Memorial Libraries and the Senior Center.

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|---|--|
| Q. What did the valentine card say to the stamp? | A. Stick with me and we'll go places! |
| Q. What did the paper clip say to the magnet? | A. "I find you very attractive." |
| Q. What did the bat say to his girlfriend? | A. "You're fun to hang around with." |
| Q. What did one light bulb say to the other? | A. "I love you a whole watt!" |
| Q. What did the elephant say to his girlfriend? | A. "I love you a ton!" |
| Q. What did the chocolate syrup say to the ice cream? | A. "I'm sweet on you!" |
| Q. What do farmers give their wives on Valentine's Day? | A. Hog and kisses! |
| Q. Did you hear about the nearsighted porcupine? | A. He fell in love with a pin cushion! |

Activities & Programs ~ February 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1</p> <p>Billiards 8:30-4:30 Basketball 9:00-11:00 Ceramics 9:30-11:30 Digital Photo 9:30 Bingo 10:00-12:00 Wii Drop In 10:00-11:30</p> <p>Ladies Sr. Golf 12:00 Manchester Country Club Pinochle 12:30-2:30 Poker 12:30-2:30 Floral Crafts 1:00-4:00 Dancersize 1:30-2:30 Yoga 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>2 Shop Rite</p> <p>Billiards 8:30-4:30 Bridge 8:30-11:30 Intro to Computers 9-11:00 Woodworking 9:00-12:00 Senior Circle 10:00-1:00 Bellyrobics 10:00-11:00</p> <p>Mahjongg 12:30-2:30 Red Hat Mtg 1:00-3:00 Water Color & Oil 1-3:00 Tai Chi II 1:30-2:30 Tai Chi I 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>3 WALMART</p> <p>Billiards 8:30-4:30 Walking Group 8:45-11:00 Blood Pressure 9:00 Friendship Circle 9:00-11:30 Basketball 9:00-11:00 Woodworking 9:00-12:00</p> <p>Volunteer/Trip Mtg 10:00 Strength & Flex 10:00-11:00 Memory to Memoirs 10:30 Guided Meditation 11:15 Dominoes 12:30-3:00 Social Bridge 12:30-4:00 Memory to Memoirs 12:30 Dancersize 1:30-2:30 Yoga Plus 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>4</p> <p>Billiards 8:30-4:30 Open Computer Lab 9:00 Senior Circle 10:00-1:00 Wii Bowling 10-11:30 Duplicate Bridge 12:30-4:00 Quilting 1:00-4:00 Chronic Disease Self Mgmt Wkshp #5 1:00-3:00 Creative Candy 1:30-3:15 Zumba 2:45-3:30</p>	<p>5</p> <p>Sr. Advisory Mtg 9:00 Billiards 8:30-4:30 Footcare Apts Only Breakfast Club 9:00-10:00 Basketball 9:00-11:00 Ceramics 9:30-11:30</p> <p>Plastic Canvas 9:30-11:30 Bingo 10:00-12:00 Strength & Flex 10:00 Cardmaking 12:45-2:00 Setback 12:45-3:00 Tai Chi II 12:00-1:00 Tai Chi I 1:00-2:00 Nat'I Wear Red Day</p> <p>TAXES 1:30-3:30</p>
<p>8</p> <p>Billiards 8:30-4:30 Basketball 9:00-11:00 Ceramics 9:30-11:30 Digital Photo 9:30 Low Vision Grp 10:00 Bingo 10:00-12:00 Wii Drop In 10:00-11:30 Pinochle 12:30-2:30 Poker 12:30-2:30</p> <p>Floral Crafts 1:00-4:00 Dancersize 1:30-2:30 Yoga 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>9 Stop & Shop</p> <p>Billiards 8:30-4:30 Bridge 8:30-11:30 FREE CPR COURSE 9:00 Intro to Computers 9-11:00 Woodworking 9:00-12:00 Senior Circle 10:00-1:00 Bellyrobics 10:00-11:00 Mahjongg 12:30-2:30 Golden Age 1:00-3:00</p> <p>Water Color & Oil 1-3:00 Tai Chi II 1:30-2:30 Tai Chi I 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>10 TARGET</p> <p>Billiards 8:30-4:30 Walking Group 8:45-11:00 Blood Pressure 9:00 Friendship Circle 9:00-11:30 Basketball 9:00-11:00 Woodworking 9:00-12:00 Strength & Flex 10:00-11:00 Memory to Memoirs 10:30 NEWCOMER'S MTG 11:00</p> <p>Guided Meditation 11:15 Dominoes 12:30-3:00 Social Bridge 12:30-4:00 Memory to Memoirs 12:30 Dancersize 1:30-2:30 Yoga Plus 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>11</p> <p>Billiards 8:30-4:30 Open Computer Lab 9:00 Food Serve N.E. 10-12:00 Caregiver Sprrt Grp 10:00 Wii Bowling 10-11:30 Senior Circle 10:00-1:00 RSVP LUNCH 12-2:00 Duplicate Bridge 12:30-4:00 Quilting 1:00-4:00 Chronic Disease Self Mgmt Wkshp #6 1:00-3:00 Creative Candy 1:30-3:15 Municipal Retirees Mtg 2:00 Zumba Gold 2:45-3:30</p>	<p>12</p> <p>LINCOLN'S BIRTHDAY</p> <p>OFFICE IS CLOSED</p> <p>NO ACTIVITIES</p> <p>NO LUNCH</p> <p>TAXES 1:30-3:30</p>

Activities & Programs ~ February 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>15</p> <p>WASHINGTON'S BIRTHDAY</p> <p>OFFICE IS CLOSED</p> <p>NO ACTIVITIES</p> <p>NO LUNCH</p> <p>TAXES 1:30-3:30</p>	<p>16</p> <p>ShopRite</p> <p>Billiards 8:30-4:30 Bridge 8:30-11:30 Woodworking 9:00-12:00 Senior Circle 10:00-1:00 Bellyrobics 10:00-11:00</p> <p>Book Group 10:30</p> <p>Mahjongg 12:30-2:30</p> <p>Water Color & Oil 1-3:00 Tai Chi II 1:30-2:30 Tai Chi I 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>17</p> <p>Kmart/Kohls</p> <p>Billiards 8:30-4:30 Walking Group 8:45-11:00</p> <p>Blood Pressure 9:00</p> <p>Friendship Circle 9:00-11:30 Basketball 9:00-11:00 Woodworking 9:00-12:00 Strength & Flex 10:00-11:00</p> <p>Memory to Memoirs 10:30 Guided Meditation 11:15 Dominoes 12:30-3:00 Social Bridge 12:30-4:00 Memory to Memoirs 12:30 Dancersize 1:30-2:30 Yoga Plus 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>18</p> <p>Billiards 8:30-4:30 Open Computer Lab 9:00 Senior Circle 10:00-1:00 Wii Bowling 10-11:30 Duplicate Bridge 12:30-4:00</p> <p>Senior Tax Programs 1:00</p> <p>Quilting 1:00-4:00 Chronic Disease Self Mgmt Wkshp #7 1:00-3:00</p> <p>Creative Candy 1:30-3:15 Zumba 2:45-3:30</p>	<p>19</p> <p>Billiards 8:30-4:30</p> <p>Footcare Apts Only</p> <p>Breakfast Club 9:00-10:00 Basketball 9:00-11:00 Ceramics 9:30-11:30 Plastic Canvas 9:30-11:30 Bingo 10:00-12:00</p> <p>Strength & Flex 10:00 Cardmaking 12:45-2:00</p> <p>Setback 12:45-3:00 Tai Chi II 12:00-1:00 Tai Chi I 1:00-2:00</p> <p>TAXES 1:30-3:30</p>
<p>22</p> <p>Billiards 8:30-4:30 Basketball 9:00-11:00 Ceramics 9:30-11:30 Digital Photo 9:30 Bingo 10:00-12:00 Wii Drop In 10:00-11:30</p> <p>Pinochle 12:30-2:30 Poker 12:30-2:30 Floral Crafts 1:00-4:00</p> <p>Dancersize 1:30-2:30 Yoga 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>23</p> <p>Stop & Shop</p> <p>Billiards 8:30-4:30 Bridge 8:30-11:30 Woodworking 9:00-12:00 Senior Circle 10:00-1:00 Bellyrobics 10:00-11:00 Mahjongg 12:30-2:30</p> <p>Golden Age 1:00-3:00</p> <p>Water Color & Oil 1-3:00 Tai Chi II 1:30-2:30</p> <p>Tai Chi I 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>24</p> <p>Mall / X-Mas Tree</p> <p>Billiards 8:30-4:30 Walking Group 8:45-11:00</p> <p>Blood Pressure 9:00</p> <p>Friendship Circle 9:00-11:30 Basketball 9:00-11:00 Woodworking 9:00-12:00</p> <p>Strength & Flex 10:00-11:00 Memory to Memoirs 10:30 Guided Meditation 11:15</p> <p>Free Cholesterol Screening 12:00-3:00</p> <p>Dominoes 12:30-3:00 Social Bridge 12:30-4:00</p> <p>Memory to Memoirs 12:30 Dancersize 1:30-2:30 Yoga Plus 2:30-3:30</p> <p>TAXES 1:30-3:30</p>	<p>25</p> <p>DRIVERS ED 8:30-12:30</p> <p>Billiards 8:30-4:30 Open Computer Lab 9:00 Senior Circle 10:00-1:00 Wii Bowling 10-11:30 Duplicate Bridge 12:30-4:00</p> <p>Coping with Cardiac Disease 1:00-2:00</p> <p>Quilting 1:00-4:00 Creative Candy 1:30-3:15</p> <p>Zumba Gold 2:45-3:30</p>	<p>26</p> <p>DRIVERS ED 8:30-12:30</p> <p>Billiards 8:30-4:30 Breakfast Club 9:00-10:00 Basketball 9:00-11:00 Ceramics 9:30-11:30 Plastic Canvas 9:30-11:30</p> <p>Bingo 10:00-12:00 Strength & Flex 10:00 Setback 12:45-3:00</p> <p>Tai Chi II 12:00-1:00 Tai Chi I 1:00-2:00</p> <p>TAXES 1:30-3:30</p>



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE FEBRUARY , 2010



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Lemon Baked Chicken Mashed Potatoes w/ Chives Whole Baby Carrots Wheat Dinner Roll Apple Sauce	2	Chicken Vegetable Soup Stuffed Peppers w/ Tomato Sauce White & Brown Rice Capri Blend Vegetables Dinner Roll / Saltines Fresh Fruit	3	Cranberry Juice Old Fashioned Beef Stew Tossed Salad w/ Raspberry Vinaigrette Dressing Homemade Biscuit Tapioca Pudding w/ Topping	4	Coriander & Plum Seasoned Pork Loin Rice Pilaf Wax Beans Whole Grain White Bread Pineapple Tidbits	5	Six Bean Soup Chicken Cutlet Lettuce & Tomato Cucumber Salad Mayonnaise Multi Grain Roll / Saltines Fruit Cocktail
8	Salmon Boat w/ Newburg Sauce Rice Pilaf Italian Green Beans Wheat Bread Apricots	9	Cranberry Juice Meatloaf w/ Onion Gravy Mashed Potatoes w/ Chives Peas & Diced Carrots Rye Bread Apple Crisp	10	Minestrone Soup Manicotti w/ Italian Sauce Tossed Salad w/ Italian Dressing Italian Bread / Saltines Fresh Fruit	11	RSVP Valentine Lunch Cran-Orange Juice Roast Turkey w/ Gravy Herbed Stuffing Cut-Up Winter Squash Cranberry Sauce 12 Grain Bread Cherry Tart w/ Topping	12	Closed for Lincoln Birthday Holiday
15	Closed for President's Day Holiday	16	Orange Pineapple Juice Savory Baked Chicken Lyonnaise Potatoes Collard Greens Dinner Roll Ice Cream	17	Corn Chowder Catch of the Day Tartar Sauce Wild Rice California Vegetables Oatnut Bread / Saltines Fresh Fruit	18	Roast Beef w/ Mushroom Gravy Whipped Potatoes Peas & Pearl Onions Wheat Dinner Roll Sliced Pears	19	Orange Juice Grande Cheese Ravioli w/ Marinara Sauce Spinach Salad w/ Cherry Tomatoes and Dressing Green Beans Club Roll Apple Nibbler
22	French Onion Soup Roast Pork Loin w/ Gravy Mashed Sweet Potato Riviera Vegetables 100% Whole Wheat Bread / Saltines Applesauce	23	Baked Chicken w/ Supreme Sauce Cornbread Stuffing Brussell Sprouts Dinner Roll Pineapple and Mandarin Oranges	24	National Do a "Random Act of Kindness" Day Orange Pineapple Juice Beef Stroganoff Parslied Noodles Mixed Vegetables Rye Bread / Oyster Crackers Frosted Chocolate Éclair	25	Grape Juice Spaghetti w Italian Sauce Meatballs w/ Italian Sauce Tossed Salad w/ Raspberry Vinaigrette Club Roll Tropical Fruit	26	Cream of Broccoli Soup Baked Fish Sandwich Tartar Sauce Potato Wedges Pineapple Coleslaw Multi Grain Roll / Saltines Peaches

Elderly Nutrition Program meals are served Monday thru Friday to persons and their spouses' 60 years of age or older. All meals are served with bread, coffee and/or tea and milk.

DONATIONS: \$2.00 (or what ever you can afford).