

ACTIVE ADULTS NEWSLETTER-55+



DECEMBER

2017

STAFF

Rick Maynard
Director

Terry Buckley
Senior Coordinator

Patti Haggerty
Office Assistant

Larry Santamaria, Chef

Ian Porter
Assistant Chef
Kitchen Assistant

Lenzy Thomas
Gail Velardi

OFFICE

Ellen Clow
Bonnie Moore
Nancy Matyasovsky
Todd Rake, Custodian

DRIVERS

Dawn Albert

Larry Bonora

Chuck Hart

Dennis Marron

Dom Mastrony

Cliff McGuire

Jim Shanley

Howard Vaillancourt

Jim Ward

Please sign up in the office for all programs. Programs may be cancelled if enrollment is low. Participants must complete, sign and date a registration form to participate in any program or trip. In addition, the fee or deposit must be with the form to reserve your space.

ANNUAL HOLIDAY FAIR - KRINGLE'S CRAFT VILLAGE

The Annual Senior Holiday Fair at the Community Center will be held this year on **Friday, December 1, 4:00 – 7:00 p.m. & Saturday, December 2, 9:00 a.m. – 2:00 p.m.** In an effort to draw more families to view & purchase our wonderful hand-made items, this year we will hold the Fair in conjunction with the Annual Christmas Tree Lighting Ceremony & the Parks & Recreation Department's Kringle's Craft Village which includes photos with Santa, crafts, games & other family activities in addition to the regular Holiday Fair sale of crafts, sewing, knitted items, jewelry, used books, baked goods, marketplace & other raffles. A limited number of local crafters have been invited to participate so there will be a wide selection of items for your holiday shopping. This is a major fundraising event for senior activities and programs, so please plan to attend and support the hard work of our talented senior knitters, crafters and bakers.



Note: St. George Church will also be holding its craft fair on Saturday and Sunday, so please plan to make a full day of shopping and check out their offerings & support their fair also.

ROTARY CHRISTMAS LUNCHEON



The Annual Rotary Christmas Luncheon will take place on **Wednesday, December 13, 12:00 noon.** If you arrive early, our own Joyful Voices Chorus will be singing holiday songs to get you in the holiday spirit starting at 11:00 a.m. Please bring a non-perishable food donation for the local Food Bank. Parking will be limited so consider being picked up at home by the bus or parking in the rear of St. George Church & being shuttled to the Community Center by the bus. Call the office at 203-453-8086 or stop at the main desk to sign up for the lunch & to arrange for a ride. There is no charge but you must sign-up in the office by Friday, December 8th. Residents and non-residents, who regularly use the programs & services at the Community Center, are invited to attend. This wonderful annual event is made possible by the generosity of our local Rotary Club.

ANNUAL CHRISTMAS LUNCH:

Friday, December 15, 12:00 noon, we'll have our annual special Christmas Lunch with a menu of Larry's Famous Pot Roast, potatoes, vegetable and a delicious dessert. Entertainment will be provided by the very talented "Elderly Brothers". Long term popular solo artists Brian Gille and T-Bone Stankus, are incredibly entertaining as solo musicians, & together they are truly amazing as they serve up mint-condition oldies. There might also be some surprise entertainment. **\$6.00. Tickets must be purchased in advance in the office. Limited space so sign up early.**



ASHLEY ALLEN CHRISTMAS MEMORIES CONCERT

Join us for lunch & a special concert on **Friday, December 22, 12:00 noon.** Entertainment will be provided with a unique performance by Ashley Allen, mezzo-soprano. Ms. Allen, a native of Guilford, has performed in numerous leading roles with various opera groups, and has performed on many occasions for the Guilford Seniors and on the Town Green. Her "**Christmas Memories Concert**" will feature classics like "I'll be Home for Christmas", "Santa Baby", "White Christmas" and many more. Lunch will be Roast Pork, mixed veggies, mashed potatoes & of course Birthday Cake for dessert. \$4.25 for lunch. Sign up on the lunch list in the office.

ACTIVE ADULT PROGRAMS (55+)

TAI CHI #10206

Day: Tuesday & Friday
Date: January 2—April 6
No Class Date: **March 30**
Time: 11:00 - 12:00 p.m. (adv)
12:00 - 1:00 p.m.(adv-int)
1:00 - 2:00 p.m. (beg)
2:00 - 3:00 p.m. (int)
Location: Community Center
Instructor: Martin Reichgut
Fee \$60 one day/week
\$105 two days/week

Participants will use the graceful movements of this ancient Chinese martial art to improve their physical wellbeing, manage their stress, & defend against the confrontations of everyday life. Open to adults of all ages.

LOW IMPACT AEROBICS/

WEIGHT TRAINING #10208

Day: Tuesday and Friday \$50.00
Date: January 2 - April 6
No Class Date: **March 30**
Time: 1:30 - 2:30 p.m.
Location: Community Center
Instructor: Barbara Corso
Excellent program for cardio & stretching exercises.

PICKLEBALL AT

GUILFORD RACQUET CLUB

See Winter Brochure

PICKLEBALL #10204

Date: Monday-January 8 – April 2
No Class: **January 15, February 19**
Times: A1 8:15 – 9:15 (Int)
A2 9:15 – 10:15 (Beg/Int)
A3 10:15 – 11:15 (Int/Adv)
A4 1:00 – 2:00 (Adv)
A6 6:00 – 7:00 (Adv)
Tuesday (@ North Branford)
January 9 - April 3

D1 9:00-10:00a.m. (Int. +)

D2 10:00-11:00a.m. (Int+)

Wednesday- January 10 – April 4

Times: B1 8:00 – 9:00 (Int/Adv)

B2 9:00 – 10:00 (Beg/Int)

Friday

January 12 – April 6

No Class Date: **March 30**

Times: C1 8:00 – 9:00 (Beg/Int)C2
10:15 – 11:15 (Int/Adv)

Fee: \$20 per session

Location: Community Center
Played with a low net, wooden paddles & a ball similar to a whiffle ball. A combination of ping pong,

tennis and badminton.

OIL PAINTING #10212

Day: Thursday
Date: January 4 - April 5
Time: 12:30 - 2:00 p.m. (A1)
3:00 - 4:30 p.m. (A2)
Location: Community Center
Instructor: Emer Gearheart
Fee: \$65

Explore the wonderful world of art by starting with a black & white painting and progress to color. Express your creativity and have fun with other budding artists.

HULA #10203

Day: Monday
Date: January 8 - April 2
Time: 1:30 - 2:30 p.m.
No Class: **January 15 - February 19**
Location: Community Center
Instructor: Joanne Wilder
Fee: \$20

Learn traditional hula moves and learn about island culture. Helps to trim the waistline and improve strength, flexibility and balance.

FRENCH CONVERSATION #10210

Day: Monday
Date: January 8 - April 2
No Class: **January 15; February 19**
Time: 10:30 - 11:30 a.m.
Location: Community Center
Instructor: Candace Routh
Fee: \$30

Parlez-Vous Francais? Would you like to? Come join the French class! All levels welcome from beginner to advanced. Not a grammar class but an opportunity to learn conversational phrases and French culture. An extra 30 minutes at 10:00 is set aside for conversation.

BODY WISE #10201

Day: Tuesday & Thursday
Date: January 2– April 5
Time: 1:00 - 2:00 p.m.
Location: Community Center
Instructor: Lynne Keyser
Fee: \$40

A safe program of gentle exercise and movement designed to increase flexibility, muscle tone, bone density, and improve circulation, balance and coordination.

CHAIR YOGA #10217

Day: Monday
Date: January 8– April 2
Time: 10:45 a.m. - 12:00 p.m.
No class: **January 15; February 19**
Location: Community Center
Instructor: Lynda Corcoran
Fee: \$40

Protect yourself from stiffness through a program of gentle stretching, proper breathing & relaxation techniques. Improve your posture & sense of balance to help reduce your risk of falling.

WATER STRIDES #10211

Day: Monday or Wednesday
Date: **January 8 - April 2**
January 10 - April 4
No Class: **January 15; February 19**
Time: 1:30 - 2:30 p.m.
Location: Soundview YMCA (Branford)
Instructor: YMCA Staff
Fee: Monday -\$55/Weds. -\$65
A variety of moves and equipment make this a versatile and challenging class. The pool is heated and includes a gentle ramp for pool entry.

ITALIAN # 10213

Day: Friday
Date: **January 5 - April 6**
No class date: **March 30**
Time: (A1)Beginner 11:30-1:00 p.m.
(A2) Intermediate 1:00-2:30 p.m.
Location: Community Center
Instructor: Elaine Jackson
Fee: \$30
All levels welcome. A fun opportunity to learn to converse with fellow students. A new language helps keep the mind sharp.

BALLROOM DANCE #10205

Day: Wednesday Time
12:30 - 1:30 p.m.
Date: **January 3—April 4**
Instructor: Karen Pfrommer
Fee: \$30

Sign up with a partner or as a single to learn the basics of some great ballroom dances including foxtrot, swing, rumba, cha cha & waltz.

BALLROOM LINE DANCE #10202

Day: Friday -Date: **January 5 - April**
No Class Date: **March 30**
Time: 9:00 - 10:00 a.m.
Instructor: Karen Pfrommer
Fee: \$25
Learn Ballroom Dance moves, including the Cha Cha, Waltz, Salsa, & others through Line Dancing. Great exercise and fun. No partner needed.

SIGN UP FOR NEW TRIPS WILL BEGIN ON MONDAY DECEMBER 4TH

REGISTRATIONS FOR TRIPS LISTED IN PREVIOUS NEWSLETTERS ARE ONGOING CONTINGENT ON AVAILABILITY. IF A TRIP FILLS WE MAKE EVERY EFFORT TO ADD SLOTS OR REPEAT IT TO ACCOMMODATE THE WAIT LIST. THERE IS A \$5.00 ADMINISTRATION FEE CHARGED FOR CANCELLING A TRIP VALUED AT \$60.00 OR LESS. OVER \$60.00 A \$10.00 FEE APPLIES. PLAN CAREFULLY WHEN SIGNING UP FOR TRIPS. **IMPORTANT: ONCE A COMMITMENT HAS BEEN MADE BY THE OFFICE TO THE RESTAURANT / VENUE, REFUNDS CAN ONLY BE GIVEN IF YOUR SLOT CAN BE FILLED.**

DATE	TRIP INFORMATION
<p>Tuesday, December 5 Trees of Hope Benefit Display with Lunch at Lenny and Joe's, New Haven</p> 	<p>You will have an opportunity to open up your heart to the children and families who benefit from the Ronald McDonalds Charities & also enjoy the Christmas spirit by joining us for the 27th Annual "Trees Of Hope" event at the Maritime Center in New Haven. The Trees of Hope features more than 100 beautiful adorned trees, elegant wreaths, elaborate table settings and other wonderful holiday displays donated and sponsored by individuals, local businesses and community organizations. Each display is raffled off to a lucky winner for \$1.00 per ticket. After enjoying the display & taking some chances, we'll stop at nearby Lenny & Joe's for lunch on your own. Meet at St. George Church rear parking lot at 10:00 a.m. and return at approximately 2:30 p.m. \$2.00 administrative fee will be collected on the bus.</p>
<p>Wednesday, December 6 Lunch Bunch Christmas Luncheon Gelston House</p> 	<p>The Gelston House in East Haddam is the destination for our Christmas lunch. Your lunch will include a salad, entrée choice of Vegetarian Pasta, Bistro Steak, Sherry Mushroom Chicken or Salmon, dessert, coffee or tea. Choose your entree when you sign up. \$33.00 includes lunch, gratuity & bus. Meet at St. George's rear parking lot at 11:30 a.m. & return at approximately 3:30 p.m.</p>
<p>Saturday, December 23 Shen Yun at the Palace Theatre, Waterbury</p> 	<p>Treat yourself to an amazing holiday gift. Experience a divine culture at Shen Yun where you'll journey through 5,000 years of Chinese culture with some of the world's finest classical Chinese dancers, gorgeous handcrafted costumes and massive animated backdrops. Experience brilliant colors you didn't even think could exist. The show is presented at the historic Palace Theatre built in the early 1920's in Waterbury. \$88.00 includes orchestra seats and bus. Meet at the Community Center at 1:00 p.m. and return at approximately 5:30 p.m.</p>
<p>Wednesday, January 24 Estuary Thrift Shop, Old Saybrook with stop at Niko's Ice Cream and Confectionary, Clinton</p>  <div style="float: right; border: 1px solid green; padding: 2px; background-color: white;">NEW</div>	<p>Enjoy lunch, if you want, at the Community Center and then join us for a trip to The Estuary Council Thrift Shop that features bargains every day. It has a great selection of clothing, shoes, purses, dishes, crafts, games and seasonal and home décor including some gently-used furniture. The Shop is a fun place to browse and hopefully find a bargain you can use. After some time shopping we will make a stop at Niko's Ice Cream and Confectionary in Clinton to grab an ice cream, cupcake or something else from their wide selection of treats. \$2.00 administrative fee will be collected on the bus. Shopping at Thrift Shop or Niko's on your own. Meet at the Community Center at 12:30 p.m. and return at approximately 3:00 p.m. Sign up begins on December 4.</p>
<p>Thursday, February 22 Connecticut Flower Show</p>  <div style="float: right; border: 1px solid green; padding: 2px; background-color: white;">NEW</div>	<p>Spring in February arrives annually at the Connecticut Convention Center. Join us to attend the 36th Annual CT Flower and Garden Show, one of the premier flower and garden shows on the East Coast. The Convention Center in Hartford will be transformed into a breathtaking event for floral and garden enthusiasts. You can explore over 300 booths of landscaped gardens, fresh flowers, plants, herbs, bulbs, seeds, gardening books and garden equipment. The flower show is sure to brighten your day and lift those winter doldrums! \$18.00 includes entry to the Garden Show and bus. Lunch on your own can be purchased at one of the food vendors at the Center. Meet at the St. George rear parking lot at 9:30 a.m. and return at approximately 3:30 p.m. Sign up begins on December 4.</p>



The staff of the Guilford Parks and Recreation Department would like to wish you a Merry Christmas and Happy Hanukkah season, bright with joy and rich memories. It has been our pleasure to serve you with fun activities and trips, healthy meals and helpful bus rides over the past year.



2018 OVERNIGHT TRIPS

Overnight Trips



New York Lakes & Islands The Fabulous Finger Lakes & 1000 Islands

May 14 – 17, 2018

4 Days/8 Meals



Get away to beautiful upstate New York & experience stunning nature, fine dining, wineries and local culture in the Finger Lakes Region and the 1000 Islands of the Saint Lawrence Seaway. Day 1 includes a visit to the famous Corning Museum of Glass, a tour & tasting at Glenora Winery. After checking into our hotel in Geneva, dinner will be at The Belhurst Castle overlooking Seneca Lake. Day 2 includes a tour of Sonnenberg Gardens & Mansion and a cooking demonstration and wine pairing lunch at New York Wine and Culinary Institute. Then it is off to Alexandria Bay in the 1000 Islands where we'll stay at Capt. Thomson's Resort overlooking the Saint Lawrence River and Boldt Castle. Day 3 we'll enjoy a boat ride to Boldt Castle and take a "Two-Nation" luncheon cruise of the islands followed by a visit to the 1000 Islands Winery. Before heading home we'll travel to the charming village of Clayton for a tour of the Antique Boat Museum & some free time for lunch on your own. \$905 per person double occupancy, \$1,149 Single and \$851 per person triple occupancy. \$200 deposit due with reservation & final payment is due March 14, 2018. You do not need a passport for this trip. A detailed flyer is available in the office.

Mackinac Island with Frankenmuth & Niagara Falls September 23 – 30, 2018 8 Days/14 Meals



Discover the beauty & many cultures of the Great Lakes region, from the Victorian splendor of Mackinac Island (where no cars are allowed), to the Town of Frankenmuth, Michigan's "Little Bavaria". After a night at Niagara Falls, we'll stop for the night in Dearborn & have a visit to the Ford Rouge Plant & the fascinating Henry Ford Museum. The next two nights will be spent in enchanting Mackinac Island at the Lake View Hotel with lunch at the magnificent Grand Hotel with a horse-drawn carriage ride of the Island. The next two nights are in Frankenmuth where we'll enjoy a guided tour & a visit to Bronner's Christmas Village & a cruise aboard the Bavarian Belle Paddlewheeler. Another stop at Niagara Falls on the way home will be our last night. \$1,719 per person double occupancy, \$2,303 Single & \$1,579 per person triple occupancy. \$200 deposit due with reservation & final payment is due August 1, 2018. You must have a valid passport for this trip. A detailed flyer is available in the office.

Miscellaneous Information

PARKS AND RECREATION GAME SHOW AFTERNOON

"FAMILY FEUD"



On **Friday January 12**, at approximately **12:30 p.m.**, plan to stay after lunch for a friendly competition among Parks and Recreation Department staff as we play the classic game show "Family Feud". "Johnny B" from The Village at Mariner's Point will be the emcee for this fun event which is sure to keep you laughing. You will have an opportunity to win prizes. The Village at Mariner's Point will also be providing complimentary scrumptious desserts to enjoy along with the fun and games. Sign up on the lunch list.

ICE CREAM CAKE FOR JANUARY BIRTHDAY

By **Friday January 26**, we will have had enough of winter to need a fun pick-me up. To give us a splash of summer we will be serving Ian and Terry's Famous Homemade Ice Cream Cake, which always draws rave reviews, for the January birthday cake. Sign up on the lunch list in the office and include your name on the Birthday List. If your birthday falls in January, you will receive a flower and a coupon for a free \$3.25 lunch to use at a future date.



LEARN AT LUNCH LECTURE - DR. HOWARD DISTELMAN - THE AGING EYE

Following lunch & Ice Cream Cake on **Friday January 26**, at approximately **12:45 p.m.** at the Community Center, well-respected local Eye Physician & Surgeon Dr. Howard Distelman, will present an informative lecture on the aging eye. He will discuss cataracts, glaucoma & macular degeneration. He will explain the nature of each disease & the various available treatments. This is a unique opportunity to learn about an important topic that can have a great impact on your quality of life. Dr. Distelman will be available to answer questions following his presentation. Sign up at the office.



Miscellaneous Information

DINNER AND A MOVIE

We'll begin our popular winter activity "Dinner and A Movie" on **Tuesday, January 30 at 4:30 p.m.** at the Community Center. This month will feature the very popular 2016 release "**Hidden Figures**" touted as one of the year's most inspiring stories. "**Hidden Figures**" is based on the incredible true story of three mathematically & technologically gifted African-American women who must cope with racism & sexism while performing vital tasks, including calculating flight trajectories for Project Mercury & other missions. This visionary trio crossed all gender & racial lines & inspired generations. Before the movie you will enjoy a dinner of salad, ziti, bread & dessert. \$5.00 will be collected at the door for dinner. You must sign up in advance in the office.

FREE HEALTH COACHING SESSIONS

On **Friday, January 26th, 11:30 – 12:30** the VNA will be offering Free Health Coaching sessions. A registered nurse (RN) can check your blood pressure, heart rate & weight, assess your health & work with you to set goals. The nurse can also review your medications, help you create a medication list & discuss how you can prepare for a medical appointment. She will be sitting at a private table near the windows in the lunch room so stop by & say hello & see if she can help you with any health issues.

DONATIONS NEEDED FOR WORTHY LOCAL CAUSES

The Police Department, in conjunction with the Fire Department & Social Services Department, is conducting its Annual Toy Drive for children in the community. You can drop off your donation of a new unwrapped toy at the office and we will see that it gets to the Police Department.

The Youth and Family Services Department is collecting new children's pajamas, size newborns to teens, for children staying at Life Haven. Life Haven is a temporary shelter in New Haven providing a safe & nurturing environment for homeless pregnant women & women with young children. You can drop off pajamas at the office.

Shoreline Men Over Sixth Group - Meeting scheduled for Friday, Dec. 1, 12:00. First Congregational Church of Madison. Baked ham lunch served for \$12.00. Hand High School Encore Chorus will perform Holiday music. For reservations call Hank Petroskey, 203-484-9002 or email smosmonthly@gmail.com.

SNOW BIRDS

Please remember to notify the office if you receive our newsletter by mail and will be away for the winter. We get charged for each returned newsletter, so if you will not be at home this winter, please let us know.

INCLEMENT WEATHER

As we get closer to the winter months and possible inclement weather, please remember that when Guilford Public Schools are closed, the Parks and Recreation programs, including lunch, are cancelled and our buses do not run. If there is a school delay, our programs and bus service go on as scheduled.

FREE WEEKLY MOVIE

Guilford Seniors and SSILL invite you to attend a weekly movie series on Thursdays at 1:00 in the Faulkner Room in the Community Center. December 7th – *The Bone Collector*; December 14th – *The Andromeda Strain*. Head up & join the group.

AARP DRIVER SAFETY COURSE

Class will be offered at the Guilford Community Center on Wednesdays, January 17 (snow date January 24), February 21 (snow date February 28), and March 21 from 12:30 – 4:30 p.m. Cost is \$15.00 for AARP members & \$20.00 for non-members. **MAKE CHECKS PAYABLE TO AARP.** Sign up in the office.

TAKE A BOOK-LEAVE A BOOK:

The "Little Library" in the Alexander Room is open & there are some new books to read for your enjoyment. Donating your "gently" used books will be appreciated & added to the "Little Library". Bring them in & leave them on one of the tables in the back of the room. Get acquainted with James Patterson, John Grisham, Mary Higgins Clark, & many more. Reading keeps your mind sharp. There are also some DVDs. Many thanks to Ruth Meoli for organizing this area for your reading pleasure.

MAGIC TOYSHOP PERFORMANCE

The Starship Dance Theater has invited Guilford Seniors to attend their performance of the "Magic Toyshop" at the discounted price of \$10.00 per ticket. The show is scheduled for December 2nd at 4:00 and 7:00 p.m. & December 3rd at 2:00 p.m. at **East Haven High School**. Contact the office if you are interested in purchasing tickets at this discounted rate.





MEDICARE OPEN ENROLLMENT PERIOD: OCTOBER 15-DECEMBER 7, 2017



As a **Medicare** beneficiary, **you have until Dec. 7, 2017, to review your coverage** and make any changes for **2018**. New coverage for changes made during the

UNDER 65 and not on MEDICARE [access health CT](http://www.accesshealthct.com)

You shouldn't have to worry about getting sick or hurt. Even if you're on a tight budget. Even if you couldn't qualify for it before due to your health. www.accesshealthct.com or call 1-855-805-4325

- **November 1, 2017:** Open Enrollment starts — first day you can enroll in a 2018 Marketplace plan. Coverage can start as soon as January 1, 2017. provided you apply by Dec 15, 2017.

CT HEATING ASSISTANCE



Guilford Social Services will schedule LIHEAP applications now through April 2018. All household income and assets must be documented. Grants towards your heat expenses for the 17/18 season are available from CT State Programs if your income is below: \$34,366 for a single person/ \$44,941 for two. Some assets are considered.

OPERATION FUEL UTILITY PROGRAM



Applicants may qualify for up to a one time energy grant of \$500 if household has income below 60% state median income & has not received an Operation Fuel grant during the previous 12 months. Call 203-453-8009 for more info or an appointment after Dec. 10, 2017. Must first apply for LI-

PLEASE NOTE: The recently passed state budget lowers the income guidelines for the **Medicare Savings Program** effective Jan. 1 2018. DSS notices will be mailed out to all who are affected by these changes in the upcoming weeks. If you lose the SLMB or ALMB benefit level you may begin to pay the monthly cost of your Medicare premium as of Jan 1st. Those that lose the QMB level benefit will need to find coverage for the deductible and the 20% that Medicare does not cover—you will want to enroll in a Medicare Advantage Plan (by Dec 7th) or other Medicare Supplemental Plan to assist with the increased out of pocket medical costs.

Are you or someone you know impacted by these changes to the Medicare Savings Program?

Call – Write—Email your Town of Guilford State Legislators

Questions About Guilford's Holiday Food Basket Program this year, call us 203-453-8009 or check us out on Facebook!

VNA HELPLINE 1-866-474-5230 elder health care information, advice and support from local experts.




MEALS ON WHEELS -Call 203-453-8359 to request this invaluable midday hot meal delivery service. Sliding scale fee.

CHARLIE'S CLOSET refurbished durable medical equipment that can be purchased for \$1. Call 203-453-8359 for more info.

December 2017 Lunch Menu

Meals \$3.25 unless otherwise noted

You must call the office by 11:00 am to sign up for lunch. Please call to cancel if you will not be at lunch. Breakfast served Mon-Fri 7:30-10:45 am. (*Breakfast meal time is subject to change at discretion of kitchen staff.* Lunch is served at 12:00pm. **NO LUNCH ON WEDNESDAY** **Menu is subject to change at discretion of the kitchen staff.* 453-8086

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Cod Rice, Yellow Squash \$4.25
4 BBQ Chicken Tater Tots Brussels Sprouts	5 Stuffed Peppers Mashed Cauliflower Yellow Squash	6  Breakfast Only	7 Eggplant Parmesan Pasta, Spinach	8 Stuffed Chicken Breast, Roasted Red Potatoes Green Beans \$4.25
11 Ham Slice Scalloped Potatoes Peas & Carrots	12 Baked Chicken Thigh Sweet Potatoes Mixed Vegetables	13  Breakfast Only	14 Salisbury Steak Mac & Cheese Corn	15 Pot Roast Mashed Potatoes Mixed Vegetables \$4.25
18 Honey Mustard Chicken Rice, Broccoli	19 Ravioli Meatballs Zucchini	20  Breakfast Only	21 Quiche Stewed Tomatoes Muffin	22 Roast Pork Mashed Potatoes Mixed Vegetables \$4.25
25 CLOSED MERRY CHRISTMAS!	26 Swedish Meatballs with Noodles, Beets Cauliflower	27  Breakfast Only	28 Pulled Pork Garlic Mashed Potatoes, Corn	29 Roast Turkey Mashed Potatoes Green Beans \$4.25 BIRTHDAY LUNCH

Daily Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:15a.m. Pickleball 10:30a.m. French 10:45a.m. Chair Yoga 11:00a.m. Chorus 12:30p.m. Bridge 1:00p.m. Knitting 1:00p.m. Conversation 1:30p.m. Water Strides 1:30p.m. Hula	9:30a.m. Pinochle 10:00a.m. Bocce (seasonal) 10:00 a.m. Crafts/Sewing 11:00a.m. 2nd Tuesday Budget Committee 11:00a.m. Tai Chi 12:30p.m. Mah Jongg 1:00p.m. Body Wise 1:30p.m. Aerobics	9:15a.m. Pickleball 10:00: Zumba Gold 12:30p.m. Ballroom dance 1:00p.m. Bridge 1st Wed. 1:30p.m. Water Strides	9:00a.m. Bridge 9:30a.m. Pinochle 10:00 a.m. Mah Jongg 12:30p.m. Oil Paint 12:30p.m. Set Back 1:00p.m. Body Wise 3:00p.m. Oil Painting	9:00a.m. Line Dance 9:15 Pickleball 9:00a.m. Pinochle 1:00p.m. Tai Chi 1:00p.m. Bingo 1:00p.m. Italian (no summer) 1:30p.m. Aerobics

MONTHLY ASSISTANCE PROGRAMS

Call the Office at 203-453-8086 to schedule an Appointment

Medicare Assistance— by appointment Hearing Clinic- Fourth Monday each month
 Financial Assistance— by appointment Legal Assistance- Fourth Tuesday each month
 Blood Pressure— Second Monday each month



32 CHURCH STREET
 GUILFORD, CT 06437
 RETURN SERVICE REQUESTED

PRESORTED
 STANDARD
 US POSTAGE PAID
 PERMIT NO. 247
 GUILFORD, CT
 06437




TRANSPORTATION SERVICES-203-453-8086

Curb to Curb transportation services are provided to Guilford residents who are 55+ or disabled to medical appointments, errands, shopping & the Community Center.

TO SCHEDULE: Call 48-72 hours in advance. Provide the following information:

Your Name, Address & Phone Number * Date, Time, Estimated Appointment Length, *Name, Address, phone number of Appointment.

***YOU MUST CALL UPON COMPLETION OF APPOINTMENT FOR PICK UP.**

MONDAY (8:30AM-3:30PM)	TUESDAY (8:30AM-3:30PM)	WEDNESDAY (8:30AM-2:00PM)	THURSDAY (8:00AM-3:30PM)	FRIDAY (8:30AM-3:30PM)
*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u>	*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u>	*Shop @ Big Y 9-10 * <u>Limited Rides</u> within Guilford <u>ONLY</u> (Medical or CC)	*Shop @ Big Y 9-10 *Rides within Guilford <u>11:30-2:30 only</u> (Medical, errands, CC) *Medical Appts to: Branford, N. Branford and Madison	*Rides within Guilford (Medical, errands, CC) *Medical Appts to: Branford, N. Branford, Madison, Clinton <u>10:00-1:00 ONLY</u>
*Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital	*Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital			*Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital

All efforts are made to pick you up close to your appointment time, but sometimes, an early pick up is necessary. Wheelchair clients who need assistance must be accompanied by a family member or aide who is able to transport to & from bus!

New 2017 Transportation Policy available to pick up in the office.