

ACTIVE ADULTS NEWSLETTER-55+



February 2018

STAFF

Rick Maynard
Director

Terry Buckley
Senior Coordinator
Connor Negri
Senior Program
Coordinator

Patti Haggerty
Office Assistant

Larry Santamaria, Chef
Ian Porter
Assistant Chef
Kitchen Assistant

Lenzy Thomas
Gail Velardi

OFFICE

Ellen Clow
Bonnie Moore
Max Robbins
Nancy Matyasovsky
Todd Rake, Custodian

DRIVERS

Dawn Albert
Larry Bonora
Jerry Fucci
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.

LEARN BEFORE LUNCH LECTURE – ASK THE PHARMACIST



On **Tuesday, February 13, 10:30 a.m.**, at the Community Center, Rick King, Pharmacist, & Edyta Bobik, from Big Y Pharmacy, will present an informative lecture on adult immunizations, The Vial of Life, script view & script talk. Come prepared with any questions regarding prescription drugs & steps you can take to safeguard your health with immunizations. Sign up in the office.



VALENTINE DAY LUNCHEON



Friday, February 16th, join us for a celebration of Valentine's Day at **noon**, with a special luncheon of manicotti, salad, Italian bread & a special dessert. We plan to dig out the chocolate fountain & have plenty of fruit, pretzels, marshmallows & other goodies to smother in chocolate. Entertainment will be provided by the Pierce Campbell Trio, who will perform their vocal jazz program "The Look of Love, Classic Jazz Love Songs." \$6.00. Tickets on sale in the office.



PEPPERMINT PARADISE WINTER DINNER DANCE

On **Friday, February 23, 5:00 – 7:30 p.m.** join us at the Community Center, for a fun evening of dinner & dancing as we celebrate the beauty of winter. Larry's crew will provide us with a delicious buffet dinner with salad, chicken, beef, eggplant, pasta, vegetables, & rolls, followed by a dessert keeping with our "peppermint" theme. After dinner, we'll take a walk down memory lane with "The VonZells", who will entertain us with songs from the 1950's, 60's & 70's. Their high energy performance is sure to get you out of your chair & onto the dance floor. Students from Guilford High School's C.A.R.E. club will again help with decorating, serving & will join in for some dancing. Tickets are \$6.00 & can be purchased in the office.



PIZZA AND A MOVIE – "GOING IN STYLE"



On **Tuesday, February 27th at 4:30 p.m.**, (Doors open at 4:00) at the Community Center, join us for **Pizza and a Movie** featuring the movie, *Going In Style*. Touted as "one of the best comedies of the year," *Going In Style* features movie legends Morgan Freeman, Michael Caine & Alan Arkin as lifetime buddies who step off the straight & narrow for the first time in their lives by embarking on a daring bid to knock off the bank that had absconded with their pension funds. Before the movie, enjoy homemade pizza created by Chef Larry & wash it down with a root beer float, followed by dessert. \$6.00 collected at the door for your meal. You must sign up in advance



GAME SHOW AFTERNOON - "MINUTE TO WIN IT"

On **Friday February 23rd, at approximately 12:30pm**, plan to stay after lunch for a friendly competition. *Minute to Win It* is an international game show where contestants take part in a series of 60-second head-to-head challenges, using objects that are commonly available around the house. Whether you are participating or watching, you will surely join in on the laughter. Volunteers will have the opportunity to win prizes. Sign up for lunch on the lunch list & have the opportunity to be selected to volunteer.

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 P&R 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.

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.
Location: Community Center
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 Time: 9:00—10:00 a.m.
Date: **January 5-April 6**
No Class Date: **March 30**
Instructor: Karen Pfrommer
Fee: \$25

Learn Ballroom Dance moves, including the Cha Cha, Waltz, Salsa, & others through Line Dancing. Great exercise & fun. No partner needed.

SIGN UP FOR NEW TRIPS WILL BEGIN ON THURSDAY FEBRUARY THURSDAY 1ST

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>Thursday, February 8 The Mattatuck Arts and History Center, Waterbury</p>	<p>FULL TRIP DESCRIPTION IN JANUARY NEWSLETTER. LIMITED NUMBER OF SLOTS STILL AVAILABLE: \$28.00 includes museum, lunch & bus. Meet at St. George parking lot at 9:00 a.m. & return at approximately 3:00 p.m.</p>
<p>Wednesday, February 14  Dalton's North Branford </p>	<p>Lunch Bunch will be having a Valentine's Day lunch at Dalton's in North Branford this month. Dalton's is a rare find with a large lunch menu. Meet at the rear parking lot of St. George Church at 11:30 a.m. and return at approximately 3:00 p.m. Lunch is on your own & a \$3.00 administrative fee will be collected on the bus. If you choose to drive on your own, the administrative fee will be collected at the restaurant.</p>
<p>Sunday, February 18 UCONN Women's Basketball Game, XL Center, Hartford  </p>	<p>Come support the #1- ranked UCONN Women's Basketball Team as the undefeated Huskies host the Temple Owls for a 2:00 game at the XL Center in Hartford. Enjoy an inexpensive day out with family & friends! \$20.00 fee includes bus & game ticket. Meet at the Community Center at 12:00 noon & return at approximately 5:00 p.m.</p>
<p>Thursday, February 22 Connecticut Flower Show</p>	<p>FULL: WAIT LIST ONLY: Meet at the St. George rear parking lot at 9:30 a.m. & return at approximately 3:30 p.m.</p>
<p>Friday, March 9 Roy Orbison Tribute, Nelson Hall, Cheshire  </p>	<p>Brian McCullough, American tribute artist, performs in character as the legendary Roy Orbison. Reminisce with his classic melodies, "Only the Lonely," "Crying," "Pretty Woman," and more. Opening and playing for McCullough are <i>The American Longboards</i>, whose repertoire features surf-style hits "Wipeout" and "Liar, Liar". Lunch before the show at Rossini's where you'll choose from Chicken Cacciatore, Chicken Marsalla, Baked Manicotti Florentine or Eggplant Parmigiana. Meal includes salad, rolls, coffee or tea and a cannoli for dessert. \$58.00 residents, \$63.00 non-residents includes bus, show and lunch. Meet at St. George Church rear parking lot at 10:45 and return at approximately 5:30 p.m.</p>
<p>Thursday, March 15 Adult Coffee Club Lecture on Ancestry and Genealogy, Connecticut Science Museum, Hartford  </p>	<p>The Connecticut Science Center will be starting their 2018 lecture series with a talk by Nora Galvin, a member of the Association of Professional Genealogists. Ms. Galvin will explore the science behind DNA & an individual's background. You will discover the three types of DNA tested, the three main companies that test DNA & some strategies on how to read your own results. This talk will help answer questions on the science behind DNA testing. Before the lecture you'll have time to explore the Science Center's exhibits & grab lunch on your own at the on-site Subway & Fro Yo Yogurt shop. \$18.00 includes bus, lecture & entry to museum to view exhibits. Meet at St. George Church rear parking lot at 9:30 & return at approximately 4:00 p.m.</p>
<p>Wednesday, April 4 The Fantasticks, Ivoryton Theatre  </p>	<p>Join us as we'll travel to Ivoryton for their first show of the 2018 season, <i>The Fantasticks</i>, the longest-running musical in the world. You will enjoy this funny & romantic tale about a boy, a girl, and their two parents who try to keep them apart. The result is a timeless fable of love that manages to be nostalgic and universal at the same time. <i>Try to remember and if you remember then follow....</i> Lunch before the show at Chips Pub, Clinton. Choose from a number of wrap choices served with fries, coffee or soda & dessert, when you sign up. Limited tickets available. \$63.00 residents, \$68.00 non-residents includes bus, show and lunch. Meet at St. George Church rear parking lot at 10:45 & return at approximately 5:30 p.m.</p>

Monday, April 9
Exit Laughing,
Newport Playhouse
Dinner Theatre,
Newport, RI



NEW

Travel by motor coach to this quaint Rhode Island Dinner Theatre. Upon arrival, we'll enjoy a great buffet lunch with a wide variety of salads, hot and cold entrees, desserts and beverages. After dining, we'll take our reserved seats in the on-site theater and enjoy "Exit Laughing." This gentle comedy features three lifelong, bridge-playing friends in the South dealing with a crisis that turns humorously uplifting. After the play we return to the dining room for a unique Cabaret Show. \$87.00 includes motor coach bus, lunch and shows. Meet at the Community Center at 8:45 a.m. & return at approximately 6:45 p.m.



2018 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 & local culture in the Finger Lakes Region and the 1000 Islands of the Saint Lawrence Seaway. **A DETAILED TRIP FLYER IS AVAILABLE IN THE OFFICE.** \$905 per person double occupancy, \$1,149 Single & \$851 per person triple occupancy. \$200 deposit due with reservation & final payment is due March 14, 2018. You don't need a passport for this trip.

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



Discover the beauty & 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". **A DETAILED TRIP FLYER IS AVAILABLE IN THE OFFICE** \$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.

Miscellaneous Information

LEARN TO PLAY BRIDGE

Interest in our Social Bridge Program is growing rapidly. Experienced player, Laurel Billings has agreed to provide Standard Bridge lessons for beginners wanting to learn how to play this fun & brain-stimulating game. Once you learn, you will be encouraged to join one of our numerous weekly groups. Lessons will be given on Wednesdays, February 7 – March 28, 1:30 – 3:00 p.m. in the Alexander Lounge at the Community Center. No charge. Sign up in the office.

SSILL RECEPTION AND COAST GUARD BAND CONCERT

On **Wednesday, February 28th, 10:00 – 11:30 a.m.**, SSILL Life Long Learning, will have the Coast Guard Band Saxophone & Harp Duo at the Community Center with a performance of "French & Modern Masters". They have invited us to attend & enjoy this concert. Arrive early at 9:30 a.m. to learn more about upcoming SSILL programs & to enjoy pre-show refreshments. Sign up in the office.

SPRING INTO BOCCE

Registrations are now being accepted for the Senior Bocce League Spring season which will run on **Tuesdays, from April 17th through June 26th, 10:00 a.m.** at Chittenden Park. The registration fee is \$10.00 and covers both the Spring and Fall seasons, as well as the end of the year banquet. New players are always welcome and there is also a need for people to be subs. Playing Bocce is a great way to have some fun, laugh, meet new friends & get some exercise. Register in the office. If you have any questions, contact us at 203-453-8086.

MYSTERY BAG OF BOOKS SALE

On **Friday, March 2nd, at 12 noon**, during lunch, Ruth Meoli will be organizing a Mystery Bag of Books sale in an effort to find a home for extra books not needed for "Our Little Library" in the Alexander Lounge. For \$5.00 you can purchase a bag of books made up of 20 paperbacks or 10 hardcovers, from assorted authors. What is included in your chosen bag is a mystery –

NO 👁️ 👁️ PEEKING!

Miscellaneous Information

TAX RELIEF PROGRAMS

On **Friday, February 23, at noon**, representatives from the Assessor's Office will be available to provide information and answer questions regarding the Guilford Tax Relief Programs. These programs include the Homeowners/Circuit Breaker Program, Tax Deferral Program and Elderly Tax Relief Program. Basic requirements for these programs are as follows:

The Property owner/applicant must be at least 65 as of 12/31 or was receiving 100% disability benefits from SS and; The property owner/applicant must have lived in Connecticut for at least one year and; The property owner/applicant must occupy the property as their principal residence and; The applicant's (and any spouse's) income must not exceed certain limits and; An application must be filed no later than May 15th.

GET FREE HELP WITH YOUR TAX RETURN

Certified counselors working through AARP Tax-Aide will be available to provide free income tax preparation assistance for low & moderate income taxpayers, especially those 60 & older. Taxes are prepared by **APPOINTMENT ONLY on Thursdays from 9:30 a.m. – 3:00 p.m. from February 1 through April 12** at the Guilford Free Library, 67 Park Street. Appointments can be scheduled by calling the Guilford Community Center at 203-453-8086. For your appointment, **you must bring all documents you have that apply to your 2017 income taxes & copy of 2016 taxes.** Taxpayers holding accounts with brokerage firms & other investment companies should schedule their appointments beginning March 1st, as these statements are frequently corrected & re-issued.

IMPORTANT NOTICE

On **Tuesday, February 20th**, a portion of the Community Center parking lot will be closed down for the Winter Wonderland event. Programs will not be held that day since all rooms will be utilized for the event. Lunch will be served but there will be limited parking so you will have to find alternative parking or schedule a bus pick-up. Call the office at 203-453-8086 to schedule the bus.

VOLUNTEERS/DONATIONS NEEDED

Come join our Craft/Sewing Senior volunteer group. This is not a class but a crafting/sewing get-together of beginners and skilled folks who love to create, laugh & share ideas. The items we make from the donated materials/supplies are sold at the annual Fair & revenue goes back to Senior & community programs. They meet every Tuesday, February through November, from 10:00 – 12:00, at the Community Center. No fee. Also, check out the constantly changing showcase for items that may spark your purchasing fancy. **Craft/Sewing wish list:** Material including black, walnuts in their shells, cinnamon sticks, fleece, poly-fill, mini holiday items (figurines, etc.). Drop off these in-good-shape items at the office.

NEW CARD GROUP –“POKER”

Interest has been expressed in starting a new social card group to play POKER. The group meets on Thursday afternoons, **from 1:00 - 4:00 p.m.** in the Alexander Lounge for a fun social game using poker chips. Join the group to meet some new friends and challenge your mind. Sign up in the office.

LECTURE “LONLINESS IS NOT GOOD FOR YOUR AGING HEALTH”

The Shoreline Eldercare Alliance has invited area seniors to attend an informational lecture by Dr. Alan Siegal, Geriatric & Adult Psychiatry, on Saturday, February 17th, 2:00 – 4:00 p.m., at the Madison Senior Center, 29 Bradley Road in Madison. Dr. Siegal will talk about how “Loneliness Is Not Good for Your Aging Health.”

AARP DRIVER SAFETY COURSE

Classes will be offered at the Guilford Community Center on Wednesdays, February 21 (snow date February 28), & 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.

SHORELINE MEN OVER 60 GROUP

The Shoreline Men Over Sixty group will hold their February meeting **on Friday the 2nd, 11:30 a.m.** at the First Congregational Church of Madison. A Sole Florentine lunch will be served for \$12.00. Speaker will be Dr. Keith Mirante, Coastal Chiropractic & Wellness. For reservations call Hank Petroskey at 203-484-9002 or e-mail John Wygmans at mosmonthly@gmail.com.



Happy Valentine's Day

2018 SENIOR'S INFORMATION, REFERRALS AND APPLICATION ASSISTANCE

Call 203-453-8009 for an appointment with Tammy DeFrancesco, 263 Church Street, Guilford.

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 60% of state median: \$34,366 for a single person/ \$44,941 for two. Some assets are considered. Guilford residents call 203-453-8009 with questions or to schedule an appointment.

OPERATION FUEL UTILITY PROGRAM



Applicants may qualify for up to a one time emergency energy grant of \$500 if household has income below 75% 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. Must first apply for LIHEAP if potential eligibility.

The recently passed state budget lowered the income guidelines for the Medicare Savings Program. The date for the changes has now been revised to start effective July 1, 2018. The legislators will be meeting again before July 1, 2018 to determine a way to keep the program viable past July 1, 2018 and in future years., which may mean some structural changes to the program such as asset tests. As information becomes available it will be published. Keep up with all MSP paperwork that comes your way! If you are to lose the SLMB or ALMB benefit level you may begin to pay the monthly cost of your Medicare premium. Those that lose the QMB level benefit would 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 or a Medicare Supplemental Plan to assist with the increased out of pocket medical costs.

Senator Ted Kennedy * Rep Vincent Candelora * Rep Sean Scanlon

Will be the legislators representing Guilford in discussions on any structural changes to CT's program.

New Medicare Cards are coming!

To help protect your identity, Medicare will be mailing you New Medicare cards starting April 2018. Your card will have a new Medicare Number that's unique to you instead of your Social Security Number.



Here's what you need to know about your new Medicare card:

- You do not have do anything to get your new Medicare card
The new card won't change your Medicare coverage or benefits
Medicare won't call and ask you for private information to get your new Medicare Number or card
There's no charge for your new card

NEED FREE HELP with YOUR TAXES?



Free income tax assistance is provided at numerous facilities for low to moderate income taxpayers of all ages, with special attention to those 60 and older. In Guilford, call 203-453-8086, to schedule an appointment to have your taxes prepared by a volunteer at the Guilford Free Library.

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.

FRIENDLY VISITORS provides an hour of caring, quality friendship a week to any Guilford resident feeling "out of touch" or lonely. Anyone wishing to have a visitor or be a visitor, should call 203-453-8359.

February 2018 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 Soup, Quiche Lorraine Stewed Tomatoes Muffin	2 Stuffed Peppers Mashed Cauliflower \$4.25
5 Eggplant Parmesan Pasta Spinach	6 Salisbury Steak Mashed Potatoes Green Beans	7  Breakfast Only	8 Lemon Chicken Rice Broccoli	9 Roast Pork Sweet Potatoes Mixed Vegetables \$4.25
12 BBQ Chicken Tater Tots Corn	13 Swedish Meatballs Beets Cauliflower	14  Breakfast Only	15 Chicken Alfredo With Pasta Broccoli	16 VALENTINE'S LUNCHEON  \$6.00
19 CLOSED 	20 Soup and Sandwich	21  Breakfast Only	22 Chicken Cacciatore Pasta Zucchini	23 Roast Turkey Mashed Potatoes String Beans \$4.25
26 Sweet & Sour Meatballs, Rice Mixed Vegetables	27 Beef Stew Biscuit Cauliflower	28  Breakfast Only		

Daily Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:15a.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 1:00 p.m. Poker 1:00p.m. Body Wise 3:00p.m. Oil Painting	9:00a.m. Line Dance 8:00a.m. 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
Financial Assistance— by appointment

Hearing Clinic- Fourth Monday each month
Legal Assistance- Fourth Tuesday 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.