

ACTIVE ADULTS NEWSLETTER-55+



welcome,
january

2018

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Larry Bonora
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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.

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.



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 & Recreation Department staff as we play the classic game show "Family Feud". This fun event is sure to keep you laughing. You will have an opportunity to win prizes. The Village at Mariner's Point will be providing scrumptious desserts to enjoy along with the fun & games. Sign up on the lunch list.



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.

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.



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 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 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 JANUARY 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>Wednesday, January 17 Lunch Bunch, Pacific Buffet, Wallingford</p>  <div style="float: right; font-size: 2em; font-weight: bold; color: #0070C0; padding-left: 10px;">NEW</div>	<p>Our destination for the January Lunch Bunch is the Pacific Buffet in Wallingford. Their all-you-can-eat menu features a wide variety of American and Asian food. Lunch is on your own. After lunch, we will make a stop at Lyman Orchards. Meet at St. George rear parking lot at 11:30 a.m. and return at approximately 3:30 p.m. \$3.00 administrative fee will be collected on the bus. Sign up begins on January 4th.</p>
<p>Wednesday, January 24 Estuary Thrift Shop, Old Saybrook with stop at Niko's Ice Cream and Confectionary, Clinton</p> 	<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 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.</p>
<p>Thursday, February 8 The Mattatuck Arts and History Center, Waterbury</p>  <div style="float: right; font-size: 2em; font-weight: bold; color: #0070C0; padding-left: 10px;">NEW</div> 	<p>The Mattatuck Arts and History Center in Waterbury is a very interesting museum, full of exhibits from an old industrial town specializing in the brass industry. In addition to their educational regular exhibits, for the holiday season they are featuring a special exhibit entitled "Candy Arcade: The Story of Holiday Sweets". This unique exhibit includes a tree decorated with dozens of festive Christmas candy boxes from the early 1900s to the early 1970s. After time at the museum, we'll continue with the Waterbury Brass City theme and stop for lunch at the Brass City Bistro. Choose from Black Angus Cheese Burger, Fried Filet of Sole Sandwich, Boneless Chicken Parmigiana Sandwich or Soup and Salad which includes a bowl of Pasta Fagioli and a Classic Caesar Salad. Meals also include a choice of coffee or a soft drink. \$28.00 includes museum, lunch and bus. Meet at St. George parking lot at 9:00 a.m. and return at approximately 3:00 p.m.</p>
<p>Thursday, February 22 Connecticut Flower Show</p> 	<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.</p>



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 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

ANNUAL HOLIDAY FAIR

The 2017 Annual Holiday Fair was held on Friday, December 1st & Saturday, December 2nd. This was another very successful event attended by many who found great bargains & unique handmade & beautiful holiday gifts. The net revenue for the fair stands at \$5,126.07 which, among other things, will be used to support our monthly birthday celebrations, provide entertainment for our special lunches & evening events, fund necessary equipment and support worthy community charities. Our dedicated volunteers who worked tirelessly all year and during the fair will be thanked and honored at our Volunteer Appreciation Luncheon – See information on next page.

We especially want to thank our local Guilford vendors and other special individuals who donated generously to our hugely successful Market Place raffle. Please thank these local vendors by visiting their businesses and expressing your appreciation.

Vendors/Individuals Who Donated Items to the Market Place

Breakwater Books, BSK Design
Ella Where She Shops
Flutterby
John & Toni Long
Lakeside Feed
Page Hardware
Planet Fitness
Sachem Card & Party
Synergy Homecare
Vera Wolf
Whitehouse Florist
Pat Cahill-Guerrette

Casio & Co.
Evergreen Gallery
Guilford Lakes Golf
John Cicarella, Jr
Lulu's
Patti Haggerty
Rosabianca Vineyards
Sarah's Nail Nook
The Birds Nest Salon
Village Chocolatier
Juliet Calabrese

Christopher's Salon
Featherly Ever After
Home Instead Senior Care
Just Hatched,
Mix Design Store
Perk On Church
Russ Pierson
Sweet Frog Yogurt
UBS Financial Services
Village Greene Gardens
Ron Calabrese

Miscellaneous Information

"OUR VOLUNTEERS ARE SOUPER" APPRECIATION LUNCHEON

On **Wednesday, February 7th at 12:00 noon**, all volunteers who were involved with the holiday fair are invited to attend a luncheon. Our volunteers are "Souper" & we want to honor, thank, & show you our appreciation for your hard work & dedication. Your meal choices are salmon or chicken cordon bleu. An invitation will be sent to all known volunteers, but if you helped & are accidently missed from the invitation list, please let the office know. Please RSVP with your meal choice to the office by Friday, February 2nd.

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 and enjoy this concert with them. Arrive early at 9:30 a.m. to learn more about upcoming SSILL programs and to enjoy pre-show refreshments. Sign up in the office.

NEW CARD GROUP –"POKER"

Interest has been expressed in starting a new social card group to play POKER. The group will meet on Thursday afternoons, beginning **January 4th, 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.



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.

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 and moderate income taxpayers, especially those 60 and older. Taxes will be 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, beginning **January 22**. For your appointment, you must bring all documents you have received 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 and re-issued.

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.



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.

SHORELINE MEN OVER-60 GROUP

The Shoreline Men Over Sixty group will hold their monthly meeting on Friday, January 5th, noon to 1:30 p.m. at the Hubley Hall of the First Congregational Church of Madison, 26 Meeting House Lane. A lunch menu of pork loin, rosemary potatoes, mixed vegetables, apple sauce and apple spice cake will be served for \$12.00. This month's speaker will be Jerry Abbatello, who will talk about the New England Air Museum. Reservations can be made by calling Hank Petroskey at 203-484-9002 or e-mailing John Wygmans at smosmonthly@gmail.com.



January 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: \$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 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 lowers the income guidelines for the Medicare Savings Program. The date for the changes has now been revised to start effective March 1, 2018. The legislators will be meeting before the March 1, 2018 to vote on reversing these changes and how to address the MSP in the future.

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.

Call – Write—Email your Town of Guilford State Legislators

Senator Ted Kennedy * Rep Vincent Candelora * Rep Sean Scanlon

Let them know how and why the MSP is important to you.



UNDER 65 and not on MEDICARE

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

- If you don't enroll in a 2018 plan by January 31, 2018, you can't enroll in a health insurance plan for 2018 unless you qualify for a [Special Enrollment Period](#).



CONSUMER LAW PROJECT for ELDERS 1-800-296-1467

Free program designed to help seniors solve consumer law problems. It will provide advice and representation to seniors 60 and older with consumer problems in the areas of: overwhelming credit card debt * medical debt * credit repair issues

* credit discrimination * abusive and harassing debt collection practices * identity theft

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.

January 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 Closed HAPPY New Year 	2 Baked Chicken Roasted Red Potatoes String Beans	3  Breakfast Only	4 Lemon Chicken Buttered Noodles Broccoli	5 Stuffed Sole Fillet Squash Rice \$4.25
8 Fettuccini Alfredo with chicken, Broccoli Garlic Knot	9 Meatloaf Mashed Potatoes String Beans	10  Breakfast Only	11 Salmon Patty Yellow Squash Rice	12 Chicken Cordon Bleu Scalloped Potatoes String Beans \$4.25
15 Closed 	16 Baked Chicken Thigh Scalloped Potatoes Mixed Vegetables	17  Breakfast Only	18 Mild Turkey Chili Corn Muffin Cauliflower	19 Roast Pork Sweet Potatoes Mixed Vegetables \$4.25
22 Salisbury Steak Mashed Potatoes String Beans	23 Hungarian Goulash, Biscuit Cauliflower	24  Breakfast Only	25 Chicken Parmesan Pasta, Spinach	26 Pot Roast Mashed Potatoes Vegetables Birthday Lunch \$4.25
29 Chicken Casserole Biscuit, Broccoli	30 Beef Enchilada Vegetables w/Rice Corn Muffin	31  Breakfast Only		

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> *Medical Appts to New Haven, North Haven, Hamden, Westbrook & VA Hospital	*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	*Shop @ Big Y 9-10 * <u>Limited Rides</u> within Guilford <u>ONLY</u> (Medical or CC) <div style="text-align: center;">  </div>	*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

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.