



THE SENIOR CONNECTION

A Monthly Publication of programs, events, trips and news
for South Windsor residents 55+
150 Nevers Road 860-648-6361 www.southwindsor-ct.gov

April 2026



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Follow us on Instagram: [SWSeniorCenter](https://www.instagram.com/SWSeniorCenter)

Special Spring Bingo & Easter Lunch

Join us on **Wednesday, April 1** for a Special Spring Bingo at **10:00 AM** followed by an Easter lunch consisting of glazed spiral ham, sweet potatoes and a vegetable. No need to sign up for bingo, just come. But **PLEASE SIGN UP FOR LUNCH!** Space is limited. Please call or register online by noon the day before, cost is \$5 for the lunch.

Spring Trivia & Treats

ComForCare will be back on **Tuesday, April 7 at 11:00 AM** for a winter trivia event complete with fun, treats and prizes...who doesn't love prizes?! Free, please register.

Tech Help Group Session

In addition to individual appointments, Cindy Stewart will be offering a drop in, group session on **Friday, April 10, between 10 AM - 12 PM** to ask questions, and listen to others' questions. Learning in a small group can be very helpful as you hear what other questions are being asked or find out that each of you can be a resource for each other! Free, please register, drop in anytime as indicated: ****The session will begin with an overview of smartphone use then open up to questions and help time!**

Senior Olympics



On **Tuesday, April 14** we will kick off our annual Senior Olympics at **11:00 AM** with a pizza party welcome! Shortly after we will begin our competitions. We will be competing in cornhole, chair volleyball, pool noodle javelin, and tricky trivia. Please let us know at sign up which event or events you'd like to sign up for! **Cost is \$5.** There is a lot of prizes to be won and fun to be had! Please register online or in the office.

Meet the Mayor and Town Manager

Join Mayor Craig Zimmerman, Deputy Mayor Andrew Paterna and Town Manager Mike Maniscalco on **Friday, April 17 at 10:30 AM.** Learn what's happening in town! Please come with questions. Free, please register.



Earth Day Clean Up

Join us on **Wednesday, April 22 at 10:00 AM** to do our part to clean up our town on Earth Day. We will be sending out groups of people to different parks and streets to pick up trash. Gloves and garbage bags will be supplied. Please gather your friends and register. Many hands make light work, and it makes it more fun.

Early Bird Dinner & Entertainment

Enjoy a delicious meal prepared by Jim on **Thursday, April 23 at 4:00 PM.** Dinner will consist of chicken marsala, pasta, vegetable and cheesecake for dessert in honor of Cherry Cheesecake Day. After dinner laugh with us as comic Linda Belt brings her unique style of comedy. Cost is **\$10.** Please register.



Medicare Fraud Lunch and Learn

Friday, April 24 at 10:30 AM volunteers from Senior Medicare Patrol (SMP) will discuss the latest Medicare frauds impacting our community. Learn how you can protect yourself from financial exploitation, how Medicare fraud and abuse is defined, why people are hesitant to report fraud, who to report to and more. Following, enjoy a free pizza lunch. Please register.



Art Show

Join us on **Tuesday, April 28** to view art and meet artists from the Manchester Art Association, which includes many of our neighbors from South Windsor. The local artists will be on hand to show their works and explain their process. Some will be professional and others will be amateurs just like us to show off their creations. Stop in anytime from **10:00 AM to 12 Noon** to be inspired by the beauty of artistic expression. Refreshments will be served.

SOUTH WINDSOR SENIOR CENTER
CHARLES ENES COMMUNITY CENTER
150 NEVERS ROAD
SOUTH WINDSOR, CT 06074

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Visit our Website:
www.southwindsor-ct.gov/adult-senior-services

**Adult and Senior Services
Contact Information:**

Main Number: 860-648-6361

- Transportation: Ramonda Elkey, ext. 3310
- Program Sign Ups: Liz O'Brien ext. 3335
- Lunch Program: Jim Scott
- Programs: Barbara Konicki ext. 3339
Tiffany Pagano ext. 3340
- CARES Coordinator: Amy Patterson ext. 3311
- Caseworkers: Susan Grundstrom ext. 3314
Ryan Schieding ext. 3325
- Assist Director: Lindsey Willis ext. 3319
- Human Services Director: Andrea Cofrancesco
ext. 3316



The Adult and Senior Services Division responds to the economic, social and emotional needs of the adult and older citizens of South Windsor. This is accomplished through social service delivery, senior center programming, outreach and other supportive services.

The Gathering Place Updates

We are finalizing our plans with the architects to move forward with building our café. As expected, costs have increased since our original estimate. Fundraisers are continuing. Thank you to all who have supported this cause! Over \$280,000 has been raised so far! Just \$75k more to go! *There is a visual of what our new café will look like in the lobby. Check it out!*

Garden Tour and Plant Sale

Come smell the flowers! Down to Earth Garden Club and Watershed History Collective host a South Windsor Garden Tour. **Sunday, June 14 from 9:30 AM to 4 PM.** Visit 6 beautiful gardens. Tickets are \$20 in advance, \$25 on the day of the tour. Tickets and information: <https://www.swgardenclub.org/garden-tour>. **Plant Sale: Saturday, June 13 from 8:30 AM to 4 PM** on the SW Public Library front lawn.

SOCIAL SERVICES: 860-648-6361

Lindsey Willis ext. 3319; Sue Grundstrom ext. 3314; Ryan Schieding ext. 3325

RENTER'S REBATE

Did you rent an apartment in 2025? Are you 65 or totally disabled? Income limited to \$46,300 for an individual, \$56,500 for a couple. Documentation needed includes all income for 2025 which includes your 2025 1040 form and Social Security 1099 form or if you do not file taxes all 2025 1099 forms and proof of what you paid for rent and utilities for 2025. You can obtain printouts of your 2025 Eversource light and/or gas payments by calling Customer Service, we can't accept monthly bills. If you live at Watson Farm, Berry Patch or Hillcrest we have your rent history only, you must provide all the other documents. Call 860-648-6361 ext. 3335 or your caseworker directly. **You have time: Deadline to register is September 30th.**



MEDICAL LOANING CLOSET

Wheelchairs, walkers, commodes and other items are available to borrow for free. Items vary, call ahead if you need anything or if you would like to donate. Ryan: 860-648-6361 ext. 3325.

Mobile Food Share

Wapping Church every other Thursday from **11:30 AM to 12 noon. April 9 and 23.** Fresh produce, bring your own bags. Need transportation? Call 860-648-6361 ext. 3310. This is a Food Share program. No income restrictions. Watch the news for weather related cancellations.



Parkinson's Support Group

2nd Thursday of the month at 2:00 PM. **Next date: April 9.** No registration required. All are welcome.

C.A.R.E.S. Group Has Room

The "CARES" group is for residents over 60 and meets 5 days a week from 9:30-12:30 PM. The charge is \$3 per day and is billed monthly. Lunch is \$5 daily. CARES offers a variety of activities including music, crafts, games, reminiscence, current events, exercise, and holiday celebrations. If you have limitations or disabilities, but do not need medical or self-care assistance while in the group, you may qualify. Call Lindsey at 860-648-6358 for information.



Medication Disposal Day

The Triad for Senior Safety is sponsoring a Medication Disposal Day on **Saturday, April 25 from 10:00 AM to 2:00 PM** at the Police Station. Drop off all household prescription/non-prescription medications including liquid in sealable containers. Those dropping off medications will need to exit their vehicle briefly to deposit medications in a disposal box nearby. If someone has a mobility or physical limitation that prevents this, officers on site will help as needed. Household syringes and sharps will also be accepted free of charge, thanks to Environmental Services, Inc. of South Windsor. For more info, call Andrea at 860-648-6357 or Sgt. Hoover at 860-648-6256.

Energy Assistance

Applications for the 2025-26 energy assistance program are underway. Gross monthly income cannot exceed \$47,764/year (single) and \$62,460 (couples). **There is no asset limit.** Documentation needed: last four weeks of income for everyone in the household, electric bill and gas bill(if that is your heat source). Please note, bank statements are no longer an acceptable document to prove Social Security deposit. You must have a current year (2026) COLA letter from the Social Security Administration in order to apply. In addition, you will need to provide 2025 1099 forms for any other source of income, such as a pension or interest. For an appointment call 860-648-6361 ext. 3335 or call your worker.

Caregivers Support Group

Please join us on **Friday, April 10 at 10:00 AM** for a talk with Maria Bye, Manager of Outpatient Services at Intercommunity Health Care. She will address caregiver stress and coping with seasonal transitions. If you would like to join the Caregiver Support Group or be added to the email distribution list, please contact Sue at 860-648-6359 or via email at susan.grundstrom@southwindsor-ct.gov.



Arts & Crafts



Evening Paint

Join Artist Sandy Poirier on **Monday, April 20 at 6:00 PM** to paint a bouquet of tulips on an 11x14 canvas. No experience needed. This class will teach you all about blending and brushstrokes. Cost is **\$20**. All supplies are included. Register online or in the office.

Card Making

Join Carolyn, a member from the Down to Earth Garden Club, will offer a class on card making, on **Friday, April 17 at 2:00 PM**. Learn how to paint beautiful Spring floral notecards by hand, it's easier than you think! Everyone will have the opportunity to produce 10 cards to send to family and friends! All supplies and instruction provided. Cost is **\$6**. Sign up for this fun and rewarding program!

Painting with Christine

Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, April 17 and 24 from 9:30-11:30 AM**. Cost is **\$20** and includes all supplies. Register online or in the office.

Zentangle-Inspired Art

This 4-session class will introduce you to or expand your knowledge of Zentangle inspired art, a meditative form of doodling. You'll learn new tangles or explore familiar ones using different materials (pens, markers, colored pencils) and papers. For new students, a "starter kit" will be yours to keep at the end of the session. Returning students, bring your starter kit with you. Cost is \$10 (free for returning students). Register online or in the office. **Mondays, May 4, 18, June 1, 15 from 1:00-3:00 P.M.** Due to the popularity of this event, sign up begins on 4/2 (residents) and 4/9 (non-residents).

Frequently Asked Questions

- Do I need to pay a fee to be a member of the Senior Center? It's free for residents, \$30 annual fee for non-residents.
- Do I get a membership card? No. We offer a keytag to "swipe" in when you attend in-house programs OR you can just enter your phone number to check in!
- How do I get a Senior Center "account?" Everyone must register with us to join our programs by completing a form, and this automatically gets you an "account."
- How do I add money to my account? Stop in the office and make a payment with cash, check or card (fees apply). Then you can register by calling us! Easy and convenient!



Senior Center Cinema

A Dog's Purpose

A devoted dog discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan. As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self. **Friday, April 10 at 1:00 PM**. Free. Popcorn will be served. Please register. Rated PG

The Amateur

Charlie Heller is a brilliant CIA decoder whose world comes crashing down when his wife dies in a London terrorist attack. When his supervisors refuse to take action, his intelligence becomes the ultimate weapon as he embarks on a dangerous trek across the globe to track down those responsible. **Friday, April 24 at 4:00 PM**. Cost is \$5, pizza will be served. Please register. Rated PG-13

The Notebook

In the 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over. **Wednesday, April 29 at 1:00 PM**. Popcorn will be served. Please register. Rated PG-13.

Adventures Await

Residents register in person or online beginning Thursday, April 2; Non-residents April 9 unless otherwise noted. We require 12 people to sign up so we can use the bus. Otherwise we carpool, meet there, or cancel. *Please dress appropriately for outdoors. Questions, call Barbara: 860-648-6398.*

Bluff Point Beach Hike and Lunch

Join Skip at Bluff Point Coastal Reserve in Groton. This reserve offers the visitor a mixture of wooded hiking and wildlife viewing on Long Island Sound. We will hike about a 3.5 mile loop. Please bring water, snack and money for lunch at Olio's. The bus will leave the center at 9:00 AM and return approximately at 3:30 PM on **Saturday, April 18**. Cost is \$5 for transportation.

Scoville Reservoir Loop and Lunch

Join Debbie for a 3.6 mile loop around Scoville Reservoir in Wolcott. As you walk the trail, take time to observe the surroundings. You will have expansive vistas of the reservoir and surrounding hills, experience the activities of the wildlife that abound, and find old stone walls, roads, and foundations that have withstood the testament of time and tell of those who once worked this land. Please bring water, snack, trekking poles and money for lunch at Mama's Diner. **Tuesday, April 28**. The bus will leave the center at **9:30 AM** and return at approximately 2:30 PM. Cost is \$5 for transportation.

Forest Therapy Walk

Join us for a peaceful **Forest Therapy Walk** on **Friday, May 8 at 9:00 AM** at **Major Donnelly Preserve** (please park in the lot on Sullivan Avenue). This gentle, guided experience invites participants to slow down, engage their senses, and enjoy the calming benefits of nature at an easy, unhurried pace. **This is not a brisk walk or exercise program**, but rather a mindful time outdoors to relax and reconnect with nature. The walk will be facilitated by **Liz Langevin, Certified Forest Therapy Guide**. Come enjoy the fresh air and start your day feeling refreshed and grounded. Wear shoes you don't mind getting muddy. Will be about one hour and 15 minutes. Sign up any time.

Previously advertised - sign up anytime

Stratton Brook State Park Hike & Lunch

Join Debbie for a 3-mile hike at Stratton Brook State Park in Simsbury on **Tuesday, April 7**. Wear good hiking/walking shoes and bring hiking poles and water. Please bring money for lunch at Pop Over Bakery Café. Cost is \$5 for transportation. The bus will depart the center at 9:30 AM and return at approx. 2:15 PM.

Lunch Program

Lunch is served Mon - Fri at 12 PM. \$5 per meal, payable at registration. Please sign up for ALL lunches in the office, by calling 860-648-6361 ext. 3335 or online at www.schedulesplus.com/swindsor. *Financial Hardship:* If you are a SW resident, and can use a little extra to cover the cost of our lunches, please call Lindsey at 860-648-6358 for more information on our scholarship fund for lunches.

April Lunch Menu

All meals come with dessert

Tuesdays: Brookdale Lunch, Menu TBD

Wed, April 1 - Glazed spiral ham, sweet potatoes, vegetable

Thurs, April 2 - Chili con carne (not spicy) with cornbread

Fri, April 3 - Closed

Mon, April 6 - Broccoli cheddar soup with turkey and cheese sandwich

Wed, April 8 - Linguine carbonara & salad

Thurs, April 9 - Chicken quesadillas

Fri April 10 - Hot dog & poutine

Mon, April 13 - Grilled cheese & lentil soup

Wed, April 15 - Meatloaf, mashed potatoes

Thurs, April 16 - Marinated baked chicken

Fri, April 17 - Beef tacos, rice

Mon, April 20 - Chicken leek soup & tuna sandwich

Wed, April 22 - Stuffed shells, salad

Thurs, April 23 - Mediterranean fish, rice

Fri, April 24 - Monte cristo sandwich

Mon, April 27 - BLT & pesto minestrone soup

Wed, April 29 - Shrimp scampi & salad

Thurs, April 30 - Meatball grinder

Birthday Lunch



Let's celebrate April birthdays on **Wednesday, April 22 at 12 noon**. Sign up for lunch, and then for dessert we will enjoy cake donated by Whole Foods. Birthday presents will be given to anyone with a March birthday.

Stay Fit, Stay Well!

Class	Times	Session Dates	Cost
Lite Aerobics with Linda	Mondays & Thursday 8:30 AM In person and on Zoom	March 2-April 30	\$35
Cardio Drumming with Tiffany	Mondays 10:00 AM	March 2-April 30	\$15
Silver Sneakers Boom Move with Krissy	Mondays 11:30 AM	March 2-April 30	Free with SS or \$18 for Mar & Apr
Gentle Yoga with Sarita	Mondays 4:30 PM	March 2-April 30	\$30
Strength with Barbara	Tuesdays 8:30 AM	March 3-April 28 No class April 14	\$20
Intermediate Mat Yoga with Anne	Tuesdays 10:00 AM	March 3-April 28	\$25
Parkinson's Exercise with Donna	Tuesdays 11:30 AM	March 3-April 28	\$30
Line Dancing with Jim	Tuesdays 1:30 PM	March 3-April 28	\$25
Silver Sneakers with Krissy	Wednesdays 8:15 AM	March 4-April 29	Free with SS OR \$3 per class
Chair Yoga with Diana	Wednesdays & Fridays at 9:30 AM & 10:45 AM In person and on Zoom	March 4-April 29 No class April 3	\$35
Chair Volleyball	Mon. 3:00 PM Wed. 12:00 PM Thurs. 11:15 AM	On-going	FREE
Beginner Tai Chi With Marivic	Wednesdays 1:00 PM beginners	March 4-April 29	\$25
Intermediate Tai Chi With Marivic	Wednesdays 2:15 PM intermediate	March 4-April 29	\$25
All Levels Yoga with Anne	Thursdays 10:00 AM	March 5-April 30	\$25
Qigong With Lorelei	Thursdays 3:00 PM	March 5-April 30	\$25
Lift & Tone with Christine	Thursdays 6:00 PM	March 5-April 30	\$20

Fitness Center and Classes

Join Our Fitness Center!

It's easy to be a member of our Fitness Center! You must be 55 or older and a SW resident registered at the center. A doctor must complete a medical clearance form for you. Once completed, make an appointment for orientation with Christine, our personal trainer, who will review the equipment and design a program based on your health. If you have any questions call Barbara at 860-648-6361 ext. 3339.

Hours: Monday through Friday 7:30 AM to 4:30 PM and Saturdays 7:30 AM-12:30 PM.

Cost: \$30/3 months, \$50/6 months, \$75/1 year or FREE with Renew Active or Silver Sneakers!

Personal Trainer: Christine Adams will be here on Mondays 8:00 AM—10:00 AM, Free

WE ARE NOW ACCEPTING SILVER & FIT

If your health insurance offers you Silver & Fit, we are now accepting that in our fitness center. This will cover the cost of your Fitness Center membership. You just need to provide us with your Fitness ID number from Silver & Fit. Call Barbara with any questions 860-648-6361 ext. 3339.

Meditation

Join Prabha for Satya Meditation for stress reduction and self healing on **Thursday, April 16 at 11:00 AM**. Free, please register online or call.

Sound Meditation

Tuesday, April 28 at 6:00 PM. Relax to the soothing sounds of live gongs and singing bowls washing over you for a deep meditative bliss. No experience needed. Bring a zero gravity chair, yoga mat or pillow/blanket, water and eye coverings are encouraged. Free, Please register online or call us.

Beginner Pickleball Lessons



Learn a fun game and get a great workout. Join Paulette O'Malley on **Tuesdays, April 7 through 28 at 11:30 AM** at the center. Free, SW residents only. Please register. Space is limited!

More Qigong Coming in May!

Qigong with Lorelei will be held on **Mondays AND Thursdays at 3 PM**. More info in the May newsletter!

Health, Wellness and Pickleball

All Health Services below are open to residents only due to space limitations.
Please call for appointments
860-648-6361 ext. 3335

Health Service	Days/Times	Info
Footcare ~ Call to Schedule	Select Thursdays Cash or check only	Routine toenail cutting - \$30 payable that day
Health Clinic With Nurse from Brookdale	Wednesday, April 15 FREE	Blood pressure / sugar screenings
Hearing Clinic with Dr. Gail Brown from Hearing Life.	Free Next date is April 8	Hearing screenings and hearing aid cleanings. NOT wax removal
Reiki with Darby	Monday, April 13 by appt.	\$10 for 10 minutes
Therapeutic Massage with Melissa	Tuesdays and Wednesdays	\$35 for 30 minutes payable that day
Hair Cuts with Beverly	Wednesday, April 8 and 22	\$20 Payable at appt, cash preferred.

Pickleball Play at Ellsworth for Residents 55+
Play begins a little after 8 AM
Indoor play is generally 8 AM to 11 AM but may be extended if a volunteer is available to stay later to close. Check TeamReach daily. Late play will be confirmed by 9 AM.
Mondays and Wednesdays are for beginning, novice and low intermediate play at an easier pace of play. More experienced players must be willing and able to play with and coach less experienced players.
Tuesdays and Thursdays are for intermediate and advanced play. Play is fast, aggressive and competitive. Depending on the interest (and volunteer availability), 11AM-2PM may be reserved for highly advanced play. If needed, this will be confirmed on Team Reach by 9 AM.
Fridays are more mixed (intermediate and advanced) and a good way to learn how to transition to a more advanced level of play.
For more info on play at Ellsworth call volunteer coordinator Dick Lane at 860-614-3348.

Lessons for Beginners: Learn a fun game and get a great workout. Join Paulette O'Malley on Tuesdays, April 7 - 28 at 11:30 AM at the Center. Free, SW residents only. Please register.

Weekend Pickleball at the Center: Pickleball play is available on various weekend days, with sign-ups required on Team Reach.
Senior Center: Mondays at 12:45 PM & Fridays at 12:30 PM. Other days available are listed on Team Reach. Drop in, no sign up needed.
Team Reach: Call the Center to get the code for Team Reach, (the app that you register for play at the Sr. Center and to get updates on play at Ellsworth). Available to residents 55+ registered at the Sr. Center.

On-Going Programs

Breakfast Sandwiches



Our "Made to Order" egg sandwiches with your choice of bacon or sausage, and cheese, coffee, juice, and fruit. Cost is \$5 in advance, \$8 walk-ins. To-go orders can't be accommodated. Come anytime between 9:00 and 10:00 AM on Wednesday, April 8 and May 6.

Book Club



Monday, April 13 at 6:00 PM we will be discussing *The House Maid* by Freida McFadden. Monday, May 11 at 6:00 PM we will be discussing *Weyward* by Emilia Hart. No registration required.

Newcomer's Group

Get a tour, learn what is available and meet new people! Friday, April 17. The 3rd Friday of each month at 10:00 AM. Just drop in!

Educational Programs - Please register for all.



Artificial Intelligence

Join Paul Kriksciun, technology expert, on **Tuesday, April 7 at 1:00 PM** for a presentation on Artificial Intelligence. Paul will discuss how algorithms learn, what AI means for our daily lives, and the ethical questions we should all be asking. **FREE.** Please register.

True Crime with Taylor

Taylor Bielski will be back on **Wednesday, April 15 at 1:00 PM** to dive into the world of true crime. She will inform you about a true crime case and all its details followed by a discussion at the end. Free, please register.



Turtles in Trouble and How You Can Help

Meet some of Connecticut's native turtle species and learn about the troubles they face in the changing environment, as well as what everyday people can do to help them thrive in their own backyards. Presented by Turtle Haven, an all-volunteer non-profit organization dedicated to rehabilitating sick and injured turtles and helping them get back to their homes in the wild. **Thursday, April 16 at 2:30 PM.** Free. Please register.



Pizza! The World's Favorite Italian Creation

Join Anna Oliva, Italian cultural educator, on **Tuesday, April 21 at 10:00 AM** for a lively and engaging lecture exploring the fascinating origins, traditions and secrets behind Italy's most famous culinary creation - Pizza! This is not a cooking class, but participants will gain insight into what truly defines the authentic Italian version - from the importance of flour and fermentation to the role of high - heat ovens and the philosophy of simplicity that lies in the heart of Italian cuisine. Free, please register.

The Revolutionary War and It's Impact

Join Steve Armstrong, CCSU History Professor, for a talk on the Impact of the Revolutionary War. The following will be discussed: the reasons for and the results of the American Revolution and Connecticut's contribution to that conflict; each of the major "Founding Fathers" that wrote the U.S. Constitution and analyze the document that they created; and why citizens in 2026 should celebrate the Revolutionary era. **Thursday, April 23 at 1:00 PM.** Free, please register.

Nutrition and Naturopathic Medicine

Danielle Futerman, Naturopathic medical student from Collaborative Natural Health Partners will be at the Center on **Wednesday, April 22 at 3:00 PM** to talk about Nutrition and Naturopathic Medicine. She will discuss how lifestyle medicine and nutrition can work with your current medical plan to improve your health. Naturopathic medicine focuses on treating the cause of disease and empowering patients through lifestyle medicine, including nutrition, exercise, and supplements. **Wednesday, April 22 at 3:00 PM.** Free, please register.

Hartford's Heublein Family

This talk focuses on the Heubleins, a family of German immigrants who started a liquor and food business that rose to national prominence and brought such well-known brands as Smirnoff Vodka and A1 Steak Sauce to the United States. You will also learn more about the Heublein Tower's later history, including the period of time it was owned by the Hartford Times newspaper. **Thursday, April 23 at 10:00 AM.** Free, please register.



Ted Talks, Treats & Coffee

Enjoy your morning coffee while watching informational and enlightening Ted Talks with Tiffany. **Tuesday, April 28 at 9:30 AM.** We will be watching "What you know that AI doesn't" with Priyanka Vergadia. Tiffany will have talking points so we can follow up with a discussion after viewing. Free! Please register.

Behind the Scenes Library Tour



Join Kevin Sullivan, the Director of the South Windsor Public Library for a behind the scenes tour. See what you can do in the Maker Space and learn what is new and up and coming. Meet in the Library Board Room (first right when coming in the lower entrance) on **Tuesday, April 28 at 3:00 PM.** Free, please register.



Cards, Games & More

Billiards ~ Mondays - Fri 7:30 AM - 12 PM
Bingo ~ Mon at 10:30 AM and Thurs 4/2 & 4/16 at 6:30 PM. 4/2 Hot dogs at 5:45 PM.
Setback ~ Mon at 1:00 PM and Wed. at 6:00 PM
Canasta ~ Mondays and Fridays at 2:00 PM
Adult Coloring ~ Tuesdays at 9:30 AM
Rummy Kub ~ Tuesdays at 10:00 AM
Samba ~ Tuesdays at 12:30 PM
Knitters Group ~ Wednesdays 9:00- 11:30 AM
Hand, Knee & Foot ~ Wednesdays at 12:30 PM
Duplicate Bridge ~ Wednesdays at 12:30 PM
Poker ~ Wednesdays at 1:00 PM
Quilting & Sewing ~ Thursdays at 9:00 AM
Mahjong ~ Thursdays at 1:00 PM
Bridge ~ Fridays at 9:30 AM
Mexican Train Dominoes ~ Fridays at 12:30 PM
Cribbage ~ Fridays at 1:00 PM

Intergenerational Chair Volleyball

Let's have some fun on **Saturday, April 25 at 10:00 AM**. Bring your adult children, grandchildren, or other family members (OR just come yourself!) to join in on this fun, easy game that will have you laughing! Meet new people! Free, drop in!

Special Bingos

No need to register just come! Cards are \$1.

- **Monday, April 20 at 10:30 AM: Bingo, Brownies & Brookdale.** Prizes too!

Cornhole with Cindy

Join our monthly cornhole tournament with a surprise sweet treat. **Monday, April 13 at 3:00 PM**. Free. Please register.

We are OPEN on Saturdays through June!

Fitness Center 7:30 AM to 12:30 PM—Drop in!
 Chair Volleyball 10:00 AM—Drop in!
 Pickleball - Various times. Sign up on TeamReach



1:1 Tech Appointments

Cindy Stewart, Tech Expert, will be back at the center on **Friday, April 24** for one-on-one tech appointments. Free, please call for an appointment.

More Programs

Restorative Yoga & Sound Bath

Join Sarita for a 75 - minute Restorative Yoga session combined with sound healing. This deeply nourishing session invites you to rest and relax through restorative yoga, accompanied by soothing sounds that calm the mind. You'll rest comfortably in gentle restorative poses while crystal singing bowls and other gentle instruments create deep relaxation. Healing vibrations gently wash through the body, helping to restore the nervous system and guide the mind into a meditative resting state. **Tuesday, April 14 from 3 - 4:15 PM**. To support deep rest and comfort, please bring any personal yoga props you enjoy using (mat, blocks, blanket, cushion or yoga bolster.) **FREE!** Please register!



Monte Carlo Whist Party!

Tuesday, April 21 at 1:00 PM. Cash prizes awarded, goodies served! Cost: **\$5**.

Registration in advance preferred, walk-ins allowed if space is available. No partner needed! This is a fundraiser for our community service group. Register online or in the office. Please note, if we do not have enough players to make a full table we will respectfully ask walk ins to leave in the order they came in.

April is National Donate Life Month

More than 1,000 people in Connecticut alone are awaiting a life-saving organ donation. In fact, there were 41 heart transplants last year at Hartford Hospital alone. There are many elements associated with organ donations. Town residents, Doug Rode, who received a heart transplant 14 months ago, and Donna Rode, retired RN, are among the 30,000 volunteers throughout New England for the not-for-profit New England Donor Services (NEDS). NEDS focuses on the needs of organ and tissue recipients, donors, and donor families. Doug and Donna will discuss their experiences and answer your questions. **Tuesday, April 28 at 1:00 PM**. Free, please register.



AARP Safe Driver's Class

AARP's Safe Driver Class will be held on **Wednesday, April 29 from 1:00—5:00 PM**. You may get a percentage off your insurance premium for taking the class! **Cost is \$20 for AARP members/\$25 nonmembers, payable that day.** Please register.

May Programs

Wear Your Senior Center Shirt Day!



We want to see your senior center spirit! **Monday, May 4**, wear your South Windsor Senior Center Shirt, stop in the office and enter to win a Senior Center gift card! It can be an old or new shirt, your choice!

Ghosts of Amusement Park's Past

Approximately 200 historic wooden carousels operate across the United States. But what about the countless carousels and amusement parks that once brought joy to thousands during the peak of American carousel history? Ghosts of Amusement Parks Past unveils the stories of these closed parks and carousels, some with mysterious endings. Do you know if remnants still exist? Join Richard from the Carousel Museum on **Thursday, May 7 at 1:00 PM** to find out! Free, please register.



Mother's Day Afternoon Tea

Join us for a special Mother's Day Tea on **Friday, May 8 at 12:30 PM** as we celebrate ALL women! Enjoy a variety of teas accompanied by tea sandwiches, pastries and more! Kate O'Brien will play acoustic string music while you eat. Free for women, \$5 for men. Please register.

Planning and Zoning Info

Representatives from the Planning Department and the Planning & Zoning Commission will provide an overview of their general responsibilities. Topics will include; how commissioners are determined along with term limits, methods used to plan future development, legal requirements relative to the planning and zoning function, and an overview of how the town of South Windsor is zoned which drives what sort of development can occur where. Questions and discussion will be encouraged. **Tuesday, May 12 at 11:00 AM.**

Memorial Day Parade



The Senior Center is participating in the Memorial Day parade on **Monday, May 25**. Volunteers needed to decorate the bus at the parade site the morning of the parade beginning around 8 AM. Please reach out to volunteer Rose Maturo, who is spearheading this activity at 860-836-8437. We are going to be asking interested seniors who want to be on the bus and/or walk in the parade to sign up in May, so stay tuned for that!

Bowling

Join us for bowling on **Mondays, May 4, 11 and 18 from 10:00-12:00 PM**. Cost is \$2.50 a game and \$5.58 for shoes, payable at the venue. Meet at SpareTime Bowling, 350 Talcottville Rd, Vernon. Please call the register.

~VOLUNTEER CORNER~

*April is National
Volunteer Month!*

Volunteer Breakfast

If you volunteered in the Senior Center or Human Services in the past year, you will receive an invitation for our annual breakfast via email. If you do not receive it by April 10, please reach out to staff. We appreciate all of you. We could not do it without your dedication and support.

Community Service Group

A group of adults who work on projects to assist people and groups of all ages in town and surrounding communities. Meetings are the 3rd Thursday of the month at 1:00 PM. Next meeting is **April 16**. Neighbors helping neighbors. For more info: andrea.cofrancesco@southwindsor-ct.gov call 860-648-6357.

Senior Advisory Council

The Senior Advisory Council (SAC) consists of volunteers who represent different groups at the center. They bring back ideas on programs and ways to improve our center and share information with all of you. Meetings are open to the public. 2nd Tuesday of each month at **10:00 AM** except July and August. **Next meeting is April 14**. Daria Plummer, Chair, Kathie Stroh, Vice Chair, John Habif, Corresponding Secretary. Members: Toni Baer, Tom Bartomeli, Rob and Barbara Betteker, Cathy DiCiancia, Tom Field, Alva Fitch, Hansa Khant, Kathy Longo, Rose Maturo, Paulette O'Malley, Teri Richardson and Elaine Smith.

Previously Advertised Trips -

Sign Up Has Begun, Space is Limited,
Sign Up Anytime In the Office

Palace Theater Backstage Tour - 5/7; \$15 - Bus leaves at 11:00 AM, bring money for lunch at East Street Eatery before our visit to Palace Theater.

Fairy Tale Brunch at Pickity Place - 5/12; \$162 - Mason, NH, visit the 1786 cottage for a tasty lunch followed by time to stroll the grounds. Known as the original inspiration for "Grandmother's House" in Little Red Riding Hood.

Maine Moose Tour - 5/27 - 5/29; \$769/\$959 - See flyer for details.

Escorted New Orleans Adventure - 5/31 - 6/4/2026 - prices begin at \$3,199. See flyer for details.

Newport Flower Show - 6/19; \$136 - Rosecliff Mansion, filled with incredible floral arrangements, Shopper's Marketplace and gorgeous views. Free time after to explore downtown Newport. Departs at 7:45 AM.

Adirondack Mountains - Lake Placid, NY - 6/23 - 6/25; \$799/\$1,029. See flyer for details.

Bermuda & Nova Scotia Cruise - 7/19-26/2026; prices start at \$1,499 pp. See flyer for more details.

Escorted - Magnificent Montana - 8/3-8/8/26; Prices start at \$4,999pp. See flyer for more details and full itinerary.

Colorado Rockies - 8/14 - 8/22/2026; \$4,378/\$4,428/\$5,428 - See Flyer for more details or visit <https://groups.gocollette.com/en-US/link/1329021>

California Dreamin' - 10/8-15, 2026; Prices begin at \$3,899pp double - see flyer for more information and full itinerary.

Tropical Costa Rica - 11/5/26 - 11/13/26; \$3,548/\$4,148 To see a full itinerary visit <https://gateway.gocollette.com/link/1329131>

Flyers are online or in the office!

Call Tiffany with questions:

860-648-6399



Dineout:

Sign Up Thursday, 4/2 at 8 AM (residents);
4/9 (non-residents)

Maine Fish Market

Have lunch at Maine Fish Market in East Windsor on **Thursday, April 16**, it's the place to be if you love seafood. Everything is prepared when ordered, nothing is pre-bread or pre-cooked. If you aren't a seafood lover, enjoy one of their many other options, you won't be disappointed! **The senior bus will depart at 12:30 PM and return at approx. 3:00 PM.**



Grandparents & Grandchildren

Pancake Breakfast and Bingo!

Youth and Family Services is once again offering their annual event on **Tuesday, April 14** at the Center. Breakfast begins at 8:30 AM with bingo immediately following. The program will end by 10 AM. Register in the office or online through SchedulesPlus. \$8.00/ adult and \$6.00/child) and includes pancakes, sausage, fruit, coffee/juice. Money raised goes to the CARES fund to help local youth in need. Due to space limitations, we can not accommodate walk-ins.

Program Cancellations:

Did you sign up for a program and can't make it? Please call us to cancel, as we buy food based on the number of sign-ups. We also pay for most speakers and we want a certain number of attendees to make it worth the cost. Please help us keep our costs down.



Veteran's Corner

Benefits Questions

Stop in anytime **Thursday, April 2** from 10:30-12 noon to talk with reps from the American Legion. Learn about benefits and ask questions!

Social Hour!

Join us for our veterans chat! Representatives from the American Legion will be at the center on **Thursday, April 16 at 9:00 AM.** No need to register, join us!

New Trips: Residents sign up begins Thursday, April 2 at 8:00 AM. Non-residents 4/9.



Mohegan Sun Casino Fundraiser

Have yourself a day at Mohegan Sun Casino on **Tuesday, May 5!** You will have the day to yourself to gamble, shop, relax, dine, or a combination of them all. **The bus will depart the center at 9:30 AM and return at approx. 3:00 PM. Cost is \$20** - all proceeds go towards the cafe.



Yard Goats Baseball Game

Baseball season is underway! Let's enjoy America's favorite past time by going to a Yard Goats baseball game on **Saturday, May 30**, where you can see them take on Pirates affiliate the Altoona Curve! Game highlight is fireworks! Come and see the night lit up! **Depart the senior center at 4:45 PM and return approx. 9:30 PM. Cost is \$32** and includes your ticket and transportation. Bring money for concessions - note, Dunkin Park is cashless.

Sail250 - Boston Tall Ships

Join Friendship Tours on an adventure to Sail250 in Boston on **Monday, July 13, 2026** marks the 250th anniversary of our nation's founding in 1776. For this occasion, a fleet of the world's most magnificent international tall ships and military ships, in an epic peacetime gathering, will come together in the port of Boston as part of Sail250. Our day in Boston will include a wonderful opportunity for up-close views of this amazing gathering of Tall Ships aboard a narrated cruise in Boston Harbor. Prior to this you will begin your day with a three-course family-style Italian lunch at Maggiano's Little Italy. Menu consists of stuffed mushrooms, salad and rolls, rigatoni with meat sauce, chicken piccata, lemon cookies and coffee, tea or soda. After lunch we'll board Charles Riverboat's Lexington, a 2 level paddle wheeler departing from Rowe's Wharf in Boston Harbor. Our narrated cruise experience will bring us up close to these magnificent vessels from all over the world. Don't miss this historic event!! **Cost is \$175pp. Depart at 9 AM from Duprey Field and return at approx. 7:30 PM.**

Freedom & Flowers Valley Forge & Longwood Gardens

Let Friendship Tours take you to Philadelphia, PA **October 27-29** for their freedom and flowers trip where you'll step back into America's history at Valley Forge, explore the vibrant heart of Philadelphia and wander through the breathtaking beauty of Longwood Gardens—all in one unforgettable trip. On day 1, you will enjoy colonial chocolate making at the Betsy Ross House. After this experience you'll check into the Holiday Inn Express Midtown before a welcome dinner that evening. On day 2, highlights include Valley Forge National Historical Park, Washington Memorial Chapel, Longwood Gardens, and an included dinner to end your day. Your final day will find you visiting the Museum of the American Revolution. You will stop for lunch and shopping at the Reading Terminal Marketplace before heading home. **Cost is \$719pp double/\$895pp single** and includes deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing and admissions as per itinerary, tour escort, driver and driver and tour director gratuity. Deposit of **\$150** deposit due at sign up. Note, insurance is not included in this price. We highly recommend signing up for insurance, more info available at sign up.

Sight & Sound Theater and Lancaster

Take the trip with Friendship Tours to Lancaster, PA **November 13 - 15**. Upon your arrival enjoy a buffet dinner and show at the Dutch Apple Dinner Theatre - "Holly Jolly Holiday." The halls are decked with holly, so let the jolly festivities begin with lively dancing and singing along with a visit from Old St. Nick! On day 2, venture through the heart of the Amish farmlands where you'll enjoy picturesque scenery, visit an Amish Broom Shop and Quilt Shop. You'll get to stop at Kitchen Kettle Village before arriving at Sight & Sound Theater for "Joshua." JOSHUA is a miraculous adventure for everyone. Journey alongside the people of Israel as they navigate their new-found freedom in an unforgiving wilderness. When Joshua is called to replace Moses as their faithful leader, tensions mount in the midst of dwindling supplies and approaching armies. With one last fortified city standing between the Israelites and the Promised Lane, unexpected help emerges from behind enemy lines and Joshua's trust in God's plan is put to the ultimate test. Dinner after will be at Hershey Farm Restaurant. On your final day visit Byers' Choice Museum and Village before heading home. **Cost is \$745 double\$ 899 single. A deposit of \$150 is due at registration.**

South Windsor Senior Center Lunch Program ~ Menu is subject to change ~ **April 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Sign up for lunch by 12 noon the day before: online, in office or call us 860-648-6361 ext. 3335. No refunds for same day cancellations.		All meals come with dessert or fruit.	1	Easter Meal Glazed Spiral Ham Sweet Potatoes Vegetable Glazed Spiral Ham Day!	2	Chili Con Carne (not spicy) Corn Bread	3	CLOSED for Good Friday
6	Broccoli Cheddar Soup Turkey and Cheese Sandwich	7	Lunch Provided by Brookdale	8	Linguine Carbonara Salad National Carbonara Day!	9	Chicken Quesadillas Cheddar and Fries Celebrating National Cheddar Fry Day!	10	Hot Dog Poutine National Poutine Day!
13	Grilled Cheese Lentil Soup National Grilled Cheese Day!	14	Lunch Provided by Brookdale	15	Meatloaf Mashed Potatoes Vegetable	16	Marinated Baked Chicken Roasted Potatoes Vegetable	17	Beef Tacos Spanish Rice
20	Chicken Leek Soup Tuna Sandwich National Pineapple Upside Down Cake Day!	21	Lunch Provided by Brookdale	22	Stuffed Shells Salad	23	Mediterranean Fish Rice Vegetable	24	Monte Cristo Sandwich Cucumber Slices Chips
27	BLT Pesto Minestrone Soup	28	Lunch Provided by Brookdale	29	Shrimp Scampi Salad National Shrimp Scampi Day!	30	Meatball Grinder Carrot/Celery Slices National Oatmeal Cookie Day!		\$5 per lunch, payable at time of registration. Financial hardship? SW residents will not be turned away. Call us!

Sign up online at schedulesplus.com/swindsor or call 860-648-6361 ext 3335 by noon the day before if you have money on your account.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><u>Trips</u></p> <p>Stratton Brook State Park 4/7 @ 9:30 AM La Boheme at the MET 4/11 @7:00 AM Aqua Turf Club 4/14 @ 10:15 AM Dineout: Maine Fish Market 4/16 @ 12:30 PM Bluff Point Beach Hike 4/18 @ 9 AM Greece Island Hopper 4/27 - 5/7 Scoville Reservoir Loop 4/28 @ 9:30 AM Daffodil Days 4/29 @7:30 AM</p>	<p align="center"><u>Every Day Programs</u></p> <p>Lunch: Mon-Fri 12 PM/ Coffee: 9 - 11 AM</p> <p align="center">Billiards <i>Mon - Fri 7:30 AM - 12:00 PM</i></p> <p align="center">Pickleball At Ellsworth Mon—Fri 8:00 AM</p> <p align="center"><u>Saturday Programs</u></p> <p>Chair Volleyball at 10 AM Interg. Chair Volleyball 4/25 @ 10 AM Fitness Center 7:30 AM - 12:30 PM</p>	<p>Silver Sneakers 8:15 AM Knitters Group 9:00 AM (H) Chair Yoga 9:30 & 10:45 AM Italian Language Class 10:00 AM Special Spring Bingo 10:00 AM Chair Volleyball 12:00 PM Easter Lunch 12:00 PM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:30 PM Beginner Tai Chi 1:00 PM Poker 1:00 PM Intermediate Tai Chi 2:15 PM Setback 6:00 PM</p>	<p>Trip Sign Up Day 8:00 AM Taxes By Appt. 8:30 AM Footcare By Appt. 8:30 AM (H) Lite Aerobics 9:00 AM Quilting & Sewing 10:00 AM All Levels Yoga 10:00 AM Veteran's Benefits 10:30 AM Chair Volleyball 11:15 AM Mahjong 1:00 PM Continuing Ukulele 1:30 PM Beginner Ukulele 2:45 PM Qigong 3:00 PM Hotdogs & Bingo 5:45/6:30 PM Lift and Tone 6:00 PM</p>	<p align="center">Closed</p>
<p>Personal Trainer 8-10:00 AM (H) Lite Aerobics 8:30 AM Cardio Drumming 10:00 AM Bingo 10:30 AM SS Boom Move 11:30 AM Pickleball 12:45 PM Setback 1:00 PM Zentangle-Inspired Art 1:00 PM Canasta 2:00 PM Chair Volleyball 3:00 PM Gentle Yoga 4:30 PM</p>	<p>Massage By Appt. 8:30 AM Strength Class 8:30 AM Adult Coloring 9:30 AM RummyKub 10:00 AM Mat Yoga 10:00 AM Spring Trivia and Treats 11:00 AM Pickleball Lessons 11:30 AM Parkinson's Exercise 11:30 AM Samba 12:30 PM Artificial Intelligence 1:00 PM Line Dancing 1:30 PM</p>	<p>Massage/ Hearing Clinic/ Haircuts By Appt. 8:15 AM Silver Sneakers 8:15 AM Knitters Group 9:00 AM (H) Chair Yoga 9:30 & 10:45 AM Breakfast Sandwiches 9:00 AM Italian Language Class 10:00 AM Chair Volleyball 12:00 PM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:30 PM Beginner Tai Chi 1:00 PM Poker 1:00 PM Intermediate Tai Chi 2:15 PM Setback 6:00 PM</p>	<p>Taxes/ Footcare By Appt. 8:30 AM (H) Lite Aerobics 8:30 AM Quilting & Sewing 9:00 AM All Levels Yoga 10:00 AM Chair Volleyball 11:15 AM Mahjong 1:00 PM Continuing Ukulele 1:30 PM Parkinson's Support Group 2:00 PM Beginner Ukulele 2:45 PM Qigong 3:00 PM Lift and Tone 6:00 PM</p>	<p>Taxes By Appt. 9:30 AM Bridge 9:30 AM (H) Chair Yoga 9:30 & 10:45 AM Tech Help Group Session 10:00 AM Caregiver Support Group 10:00 AM Pickleball 12:30 PM Mexican Train 12:30 PM Cribbage 1:00 PM Movie: A Dog's Purpose 1:00 PM Canasta 2:00 PM</p>
<p>Reiki By Appt. Personal Trainer 8-10:00 AM (H) Lite Aerobics 8:30 AM Cardio Drumming 10:00 AM Bingo 10:30 AM SS Boom Move 11:30 AM Pickleball 12:45 PM Setback 1:00 PM Canasta 2:00 PM Chair Volleyball 3:00 PM Cornhole 3:00 PM Gentle Yoga 4:30 PM Book Club 6:00 PM</p>	<p>Massage By Appt. 8:30 AM Grandparents Pancake 8:30 AM Breakfast & Bingo Adult Coloring 9:30 AM RummyKub 10:00 AM Senior Advisory Council 10:00 AM Mat Yoga 10:00 AM Senior Olympics 11:00 AM Pickleball Lessons 11:30 AM Parkinson's Exercise 11:30 AM Samba 12:30 PM Line Dancing 1:30 PM Restorative Yoga & Sound 3:00 PM Bath</p>	<p>Health Clinic By Appt. Silver Sneakers 8:15 AM Knitters Group 9:00 AM (H) Chair Yoga 9:30 & 10:45 AM Italian Language Class 10:00 AM Chair Volleyball 12:00 PM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:30 PM Beginner Tai Chi 1:00 PM Poker 1:00 PM True Crime with Taylor 1:00 PM Intermediate Tai Chi 2:15 PM Setback 6:00 PM</p>	<p>(H) Lite Aerobics 8:30 AM Quilting & Sewing 9:00 AM Veteran's Social Hour 9:00 AM All Levels Yoga 10:00 AM Meditation 11:00 AM Chair Volleyball 11:15 AM Mahjong 1:00 PM Community Service Group 1:00 PM Continuing Ukulele 1:30 PM Turtles In Trouble 2:30 PM Beginner Ukulele 2:45 PM Qigong 3:00 PM Lift and Tone 6:00 PM Bingo 6:30 PM</p>	<p>Bridge 9:30 AM Painting with Christine 9:30 AM (H) Chair Yoga 9:30 & 10:45 AM Newcomers Group 10:00 AM Meet the Mayor and Town Manager 10:30 AM Pickleball 12:30 PM Mexican Train 12:30 PM Cribbage 1:00 PM Canasta 2:00 PM Card Making 2:00 PM</p>
<p>Personal Trainer 8-10:00 AM Lite Aerobics 8:30 AM Cardio Drumming 10:00 AM Bingo, Brownies & Brookdale 10:30 AM SS Boom Move 11:30 AM Pickleball 12:45 PM Setback 1:00 PM Zentangle-Inspired Art 1:00 PM Canasta 2:00 PM Chair Volleyball 3:00 PM Gentle Yoga 4:30 PM Evening Paint 6:00 PM</p>	<p>Massage By Appt. 8:30 AM Strength Class 8:30 AM Adult Coloring 9:30 AM RummyKub 10:00 AM Mat Yoga 10:00 AM Pizza! 10:00 AM Pickleball Lessons 11:30 AM Parkinson's Exercise 11:30 AM Samba 12:30 PM Whist 1:00 PM Line Dancing 1:30 PM</p>	<p>Haircuts/Massage By Appt. Silver Sneakers 8:15 AM Knitters Group 9:00 AM (H) Chair Yoga 9:30 & 10:45 AM Italian Language Class 10:00 AM Earth Day Clean Up 10:00 AM Chair Volleyball 12:00 PM Birthday Lunch 12:00 PM Hand, Knee, Foot/Dup. Bridge 12:30 PM Beginner Tai Chi 1:00 PM Poker 1:00 PM Intermediate Tai Chi 2:15 PM Nutrition and Naturopathic Medicine 3:00 PM Setback 6:00 PM</p>	<p>Footcare By Appt. (H) Lite Aerobics 8:30 AM Quilting & Sewing 9:00 AM All Levels Yoga 10:00 AM Hartford's Heublein Family 10:00 AM Chair Volleyball 11:15 AM Mahjong 1:00 PM Revolutionary War 1:00 PM Continuing Ukulele 1:30 PM Beginner Ukulele 2:45 PM Qigong 3:00 PM Early Bird Dinner & Entertainment 4:00 PM Lift and Tone 6:00 PM</p>	<p>Tech Appts. By Appt. Bridge 9:30 AM Painting with Christine 9:30 AM (H) Chair Yoga 9:30 & 10:45 AM Senior Medicare 10:30 AM Patrol Lunch and Learn Pickleball 12:30 PM Mexican Train 12:30 PM Cribbage 1:00 PM Canasta 2:00 PM Movie: The Amateur 4:00 PM</p>
<p>Personal Trainer 8-10:00 AM Lite Aerobics 8:30 AM Cardio Drumming 10:00 AM Bingo 10:30 AM SS Boom Move 11:30 AM Pickleball 12:45 PM Setback 1:00 PM Canasta 2:00 PM Chair Volleyball 3:00 PM Gentle Yoga 4:30 PM</p>	<p>Massage By Appt. 8:30 AM Strength Class 8:30 AM Adult Coloring 9:30 AM Ted Talks, Treats and Coffee 9:30 AM Art Show 10 - 12:00 PM RummyKub 10:00 AM Mat Yoga 10:00 AM Pickleball Lessons 11:30 AM Parkinson's Exercise 11:30 AM Samba 12:30 PM Donate Life Month 1:00 PM Line Dancing 1:30 PM Behind the Scenes 3:00 PM Library Tour Sound Meditation 6:00 PM</p>	<p>Silver Sneakers 8:15 AM Knitters Group 9:00 AM (H) Chair Yoga 9:30 & 10:45 AM Chair Volleyball 12:00 PM Hand, Knee, Foot/Dup. Bridge 12:30 PM Beginner Tai Chi 1:00 PM Poker 1:00 PM AARP Safe Driver's Class 1:00 PM Movie: The Notebook 1:00 PM Intermediate Tai Chi 2:15 PM Setback 6:00 PM</p>	<p>(H) Lite Aerobics 8:30 AM Quilting & Sewing 9:00 AM All Levels Yoga 10:00 AM Chair Volleyball 11:15 AM Mahjong 1:00 PM Continuing Ukulele 1:30 PM Beginner Ukulele 2:45 PM Qigong 3:00 PM Lift and Tone 6:00 PM</p>	<p align="center">April 2026</p>

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