

# COVENTRY SENIOR CENTER

172 LAKE STREET, COVENTRY, CONNECTICUT 06238

## January 2020 HIGHLIGHTS



January 1 ~ New Years Day

January 20 ~ Martin Luther King, Jr. Day

**8th: Book Club** at 1pm— join us this month for the following book selection: *Becoming* by Michelle Obama **\*\*Moving to the 2nd Wednesday of each month in 2020\*\***

**9th and 15th: Massage Appts.** ~ treat yourself to pampering and relaxation with 1 or both of our massage therapists! Sign up at the front desk!

**13th: Hair & Nail Appts.** Moving to every 5 weeks for the winter months! Sign up at the front desk.

**16th: Movie & Popcorn** at 1pm in the lounge; *Calendar Girl* ~ With Helen Mirren, Julie Walters, Penelope Wilton, John Alderton. A Women's Institute chapter's fundraising effort for a local hospital by posing nude for a calendar becomes a media sensation. Rated PG-13.

**22nd: Musical Entertainment by Bruce John** at 12:30-1:30pm. Consider joining us for lunch!

**27th: Tech Monday**—Need help with setting up a new electronics, downloading your pictures or issues with storage space? Kayla from Booth & Dimock Library will be available to help; beginning at 10:00am; sign up at the front desk.

**29th: Jewelry Making with Cheryl**—join us @ 10 AM, **FREE**, RSVP appreciated.

**TBD -Get Creative—Painting workshop with Nina! 4:30 PM.** Materials and supplies provided, a watercolor and acrylic workshop. RSVP appreciated. **OR**

**TBD -Get Creative—Painting workshop with Nina! 9:30 AM**

### REMINDERS.....

**Access Energy Program**—if you are in need or have questions on the guidelines for eligibility for fuel assistance during the winter months, give the Coordinator a call to discuss.

**Inclement Weather Policy**—In case of inclement weather, the Center will post information regarding cancellations, late openings and early closing on WFSB TV Channel 3. **WHEN IN DOUBT, CALL BEFORE YOU VENTURE OUT!**



### LUNCH MENU

*All luncheons begin at noon! Sign up at the front desk!!*

1/8 ~ Mac/cheese, side garden salad, roll and dessert **RSVP by 1/2** \$4.00

1/22 ~ Meatloaf/gravy dinner, roll and dessert, entertainment by Bruce John. **RSVP by 1/16** \$4.00

### WHAT'S NEW AT THE CENTER.....

**NEW Chair Yoga**— 10:00am taught by Certified Yoga Instructor, Tami Toscano; \$3.00/class.

**Zumba Gold**— Certified Instructor, Sheila Carroll, Thursdays at 5:15pm, \$20/5 class punch card or \$5.00 per class.

**AARP Tax Aide Program**—The Center is happy to announce 4 dates in 2020 for **FREE** tax return assistance. 1 hour appointments, 9am-1pm. 2/24/20, 3/9/20, 3/23/20, 4/6/20. Sign up at the front desk!

**AARP Smart Driver Course**—9am-1pm, March 11th or October 14th; AARP members \$15, non-members \$20; sign up is required and payment due at class. No written tests, No road tests! You may qualify for a discount on your auto insurance.



### Center Hours:

**Monday: 9am-4pm**

**Tuesday: 9am-4pm**

**Wed: 9am-4pm**

**Thurs: 9am-6pm**

**Friday: 9am-1pm**

Tel. (860) 742-3525

Fax. (860) 742-3506

\*\*\*\*\*

**LOOKING FOR  
MORE  
INFORMATION?**

Find us in the Coventry

Winter publication sent to  
every household in Coventry!  
Mid January Release

**06238**

