Helpful Contacts

Coordinator
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Commission on Aging
Peter Cohen (Co-Chair),
Jeanette Perlman (Co-Chair)
Lorna Barrett, Jill Finch,
Cheryl Hawkins, John Jenner,
Carol Voorhees

Ex Officio: Clay Cope

Upcoming Trips & Events

Exercise Club: Every Tues at 10:00. Join us for stretching and gentle exercise. Our exercise plan was designed by NMVNA physical therapist to gain strength, improve flexibility and balance. Free

Craft Class: Wed, Feb 12 at 10:30. Martha Osborn will lead a craft class. We will be making necklaces with different beading. Free

Senior Sewing Club: Wed, Feb 19 at 10:00. We need volunteers to help finish the heart pillows for children on the heart ward at Columbia Presbyterian Hospital Mathew's Hearts of Hope. This is simple sewing!

CT Flower and Garden Show: Thurs, Feb 20. The Convention Center will be transformed into a breathtaking event for floral and garden enthusiasts. The colorful, fragrant show covers almost three acres with the 2014 theme "Backyard Paradise", with wonderful ideas for homeowners, apartment and condo dwellers alike. Highlights include: 20 gardens fill over an acre, created by professional landscape designers and nonprofit organizations, and include naturalistic, low maintenance and organic gardens. Cost $14 - cash at door.

Cooking with Lori: Mon, Feb 24; Mon, Mar 24; Wed, April 30. Cooking class with Lori Bechtold of Sherman, graduate from Johnson & Wales University with a degree in Culinary Arts and Baking/Pastry and Culinary Nutrition. Call for details. Cost $10.

Hearth for St. Patty's Day: Wed, March 12, 12:00. Join us as we celebrate St. Patrick's Day at The Hearth Restaurant. Cost $20 Includes: fruit cup, salad, entrée, dessert, coffee, and tax & tip Other Beverages are extra. Entrée Choices: Sliced Steak, Baked Scrod, Stuffed Chicken or Corned Beef and Cabbage Please RSVP with entrée choice by March 6. Limited transportation available so call early!

AARP Driver Safety Class: Thurs, March 13, 9-1. This is a wonderful refresher course that is open to everyone. The course includes a workbook, has no examinations and everyone passes! The instructor will address issues facing older drivers and will include local driving conditions in the presentation. If you are 62 or older you may qualify for a discount on your insurance. The registration fee is $15 for members and $20 for non-members; please have check made out to AARP and members should bring their membership card. Please call 860-354-2414 to sign up for the course.

Bruce Museum: Tues, March 18. The Bruce Museum's art collection consists of paintings, sculpture, drawings, prints, photographs, multimedia compositions, and decorative arts. There is an exhibit of Ed Clark, American Photojournalist.

Assistive Technology Demo: Wed, April 23, 10:30. Come and try out some assistive devices, such as magnifiers, phone amplifiers, vibrating alarm clock, smart pen, talking watch plus many more. This program is sponsored by the Western Connecticut Agency on Aging.

The Culinary Institute of America: Mon, April 28. We will tour the kitchens and campus and enjoy a lunch at the CIA's Ristorante Caterina de' Medici. Dress code is business casual. Cost $45 - includes tour, lunch, tax and gratuity. Limited transportation available, call early.
## February 2014

**Happy Birthday!**
- 02 Betty Trott
- 05 Catherine Munch
- 10 Mike Crawford
- 25 Gary Albert

### 2
- 9:00 Walking
- Trip: Elenni's
- 12:00 Pinochle

### 3
- 9:00 Walking
- Trip: Elenni's
- 12:00 Pinochle
- 1:00 Bridge

### 4
- 10:00 Exercise Club
- 1:00 Bridge

### 5
- 9:00 Walking
- Trip: Mall
- 12:00 Pinochle

### 6
- 9:00 Walking
- Shopping Trip

### 7
- 9:00 Walking
- 10:45 Senior Dine at American Pie
  - Portabello chicken with vegetable and whole grain bread, or Blueberry Pancakes with 1 egg cooked apples

### 8
- 9:00 Walking
- 10:45 Senior Dine at American Pie
  - Roasted Veggie Fajita with side of spiced apples, or Hot open pot roast sandwich on whole grain bread with gravy and side of spiced apples

### 9
- 9:00 Walking
- 11:30 Blood Pressure
- 12:30 Birthday Party
  - Pinochle after

### 10
- 9:00 Walking
- 5-7 NM Hospital Dining
  - Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or Chicken parmesan Sandwich, baked with marinara, parmesan & mozzarella cheese on Portuguese roll w/spiced apples

### 11
- 10:00 Exercise Club
- 1:00 Bridge

### 12
- 9:00 Walking
- 10:30 Craft: Beading Class
- 12:00 Pinochle

### 13
- 9:00 Walking
- Shopping Trip

### 14
- 9:00 Walking
- 10:45 Senior Dine at American Pie
  - French Toast with bananas, or Meatloaf with gravy, mashed potato and side of spiced apples

### 15
- 9:00 Walking
- 10:45 Senior Dine at American Pie
  - Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or Chicken parmesan Sandwich, baked with marinara, parmesan & mozzarella cheese on Portuguese roll w/spiced apples

### 16-17
- Presidents' Day
- Office closed

### 18
- 10:00 Exercise Club
- Shopping Trip
- 1:00 Bridge

### 19
- 9:00 Walking
- 10:00 Senior Sewing Club
- 12:00 Pinochle

### 20
- Trip: CT Flower & Garden Show

### 21
- 9:00 Walking
- 10:45 Senior Dine at American Pie
  - Vegetable Quiche of the day with slice of lettuce and tomato and whole grain bread, or Chicken parmesan Sandwich, baked with marinara, parmesan & mozzarella cheese on Portuguese roll w/spiced apples

### 22
- 9:00 Walking

### 23-24
- 9:00 Walking
- 10:30 Cooking with Lori
- 12:00 Pinochle
- Shopping Trip
- Trip: Applebee's and Loews
- 1:00 Bridge

### 25
- 10:00 Exercise Club

### 26
- 9:00 Walking

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- Shopping Trip

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- 9:00 Walking
- 10:45 Senior Dine at American Pie
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<td>Blueberry Pancakes with 1 egg &amp; cooked apples, or Portobello chicken with vegetable and whole grain bread</td>
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<td>Florentine Omelet (spinach, tomato &amp; cheese) w/ melon wedge, whole grain toast &amp; margarine, or Soup of the day with ½ corned beef Reuben sandwich on marblerey bread w/sauerkraut, Russian dressing, swiss cheese</td>
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