

COVENTRY SENIOR CENTER

172 LAKE STREET, COVENTRY, CONNECTICUT 06238



February 2020 HIGHLIGHTS

February 17 ~ President's Day

5th: Book Club at 1pm— join us this month for the following book selection: *The Women in the Castle* by Jessica Shattuck

10th: Jewelry Making with Cheryl—join us @ 11:15 AM, **FREE**, RSVP appreciated.

12th and 27th: Massage Appts. ~ treat yourself to pampering and relaxation with 1 or both of our massage therapists! Sign up at the front desk!

20th: Movie & Popcorn at 1pm in the lounge; **Something's Got to Give**~ Stars Jack Nicholson and Diane Keaton as a successful 60-something and 50-something, who find love for each other in later life, despite being complete opposites. PG-13

20th: Podiatrist Appointments, 9:30-11:30am by appointment with Dr. Morgan. By appointment only sign up at desk.

24th: Hair & Nail Appts. Moving to every 5 weeks for the winter months! By appointment only sign up at desk.

24th: Tech Monday—Need help with setting up 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.

26th: Crafternoon - 10:30am Join us for a St Patty's day inspired craft. TBD

26th: Ask the Nurse— 11am-12:30pm blood pressure checks and general health questions, a FREE service sponsored by ECHN.

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!! **RSVP by NOON** on RSVP date.*

2/12 ~ Valentine Celebration- Join us for appetizers and desserts.

Sign up at the front desk to bring a dessert **RSVP by 2/6 FREE**

2/26 ~ Fish with Rice Pilaf, Broccoli, and dessert **RSVP by 2/20 \$5.50**

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

February Member Challenge—Each time you complete a book during the month of February; you can fill out an entry to Win a Stainless Steel Tumbler and Dunkin' gift card! The more books you read, the better your chances of winning! Winner will be announced at the beginning of March.

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.

Happy
Valentine's
Day

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 06238

Winter publication has been sent
to every household in Coventry!

Check us out!

06238

