

MARCH PROGRAMS AND NEWS

LADIES LUNCH BUNCH: Little Testo's, 1023 Brook-lawn Ave., Bridgeport at 11:30am. Order off the menu and pay there. Please sign up. If you need van transportation please let us know. Friday, March 24th at 11.30am

COOKING WITH CHEF JULIA: Thursday, March 23, 10am-12noon. \$10. Limit 14. Julia is a local Easton resident with a background in French food & language. Come enjoy a quiche, salade niçoise & a French inspired dessert.

TRIVIA: Wednesday, March 8 & 22 with Randy at 1pm. Must sign up!! Prizes awarded.

DAVID KATZ Review your Medicare coverage and understand Medicare. David makes Medicare easy to understand. Medicare enrollment; parts covered by A and B; Medicare costs; coverage change and how to save money. Wednesday, March 8th at 11-Noon. Sign up.

PRABHA & AMANDA: Vegetarian/Vegan cooking! Friday, March 17 at 11am. Quinoa Salad. Free! Sign up.

WORD PLAY: Variety of activities through Joggin your Noggin Series written by Mary Randolph. Thurs., March 9 & 23, 10:30—11:30. Please sign up.

HELPING FOLKS WITH PHONES AND COMPUTER/LAPTOP TABLET HELP Bring your phone, laptop, etc. Randy or Tim assist you. Every Monday, from 12-3pm. Sign up. 1/2 hour appts. Please call to sign up.

MEXICAN DOMINO'S: Is looking for new players. Every Weds., 9am-11:45am. Beginners welcome! Lot's of fun, you can learn very quickly! Not competitive, call info.

AARP DEFENSIVE DRIVING: Thursday, March 9, 8am-12noon. Must sign up. Call for more details.

OPEN ROUND TABLE: With Atty Christine Tenore regarding probate & estate administration and potential tax consequences & the importance of titling your assets. Weds., March 22 at 9:30am. Please sign up.

CROSS GENERATIONAL: Join in a lively discussion with junior and senior students from Joel Barlow H.S. Many are deciding on career plans & can use your advise & wisdom. Weds. March 1st, 10-11:30am. SNACKS!

U S HISTORY BOOK: 5Th program in the series subject on ICONS This is a great interactive activity! Wednesday March 15th. at 1pm. Test your knowledge on Iconic World Figures PLUS "Build Your Own History Book". Sign up!

KNITTERS are still needed! and we are still accepting hats, gloves, scarves for our Fall Boutique

BOOK CLUB WITH VAL Man's Search for Meaning. By Viktor E. Frankl Must sign up immediately. A book will be purchased for you by the ESC. As of 1992 this book in English has sold more than 3 million copies. "Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. You cannot control what happens to you in life, but you can always control what you feel and do about what happens to you." Weds., March 29, 1pm.

FLORAL CLASS: Celebrate St. Patrick's Day by making a Shamrock Wreath with Maryellen & Diane. Also, make a small St. Patty's fresh floral arrangement! Sign up! Friday, March 10th at 11am. Bring shears or scissors.

****SPECIAL COOKING CLASS WITH CHEF FIRST SELECTMAN DR. BINDLEGLASS**** March 24th at 10am. CRAB CAKES! FREE! Bring your kitchen questions and your appetite. Limited space! \$5.00 per person.

COLORING: Come in on Monday, March 20 at 10:30am. Have you thought of relaxation through coloring? Join Val and let's have a relaxed coloring & chat time. Crayons and Creative Expression design book provided.

ALZHEIMERS & DEMENTIA TALK: Learn about the impact of Alzheimer's, the difference between Alzheimer's and Dementia, warning signs/symptoms, disease stages and risk factors & current research and treatments. Monday, March 13, 10:30-11:30.

HERBS & SPICE PLANTING: bonus sunflower seeds Join Diane T and let's get planting!! Weds, March 15 at 1pm. Spring is upon us and it's time to get the seeds planted. Everything provided.

KNITTING CLUB: Every Friday with Val. Come in and knit and chat from 10am-11am.