

# MAY PROGRAMS AND NEWS

**LADIES LUNCH BUNCH:** Old Post Road Tavern, 1418 Post Road, Fairfield. Friday, May 19, 12noon (Please note time). Order off the lunch menu, and pay there. Please sign up, and let us know if you need the van service.

**CALAMITY COOKING with Hobie Summer.** Wednesday, May 31, 11am. Build a burger or decorate a hotdog, (relish, onions, mushrooms, American/Swiss cheese, tomatoes and lettuce). Macaroni salad, fresh fruit (berries) with whip topping. \$10. per person. Call to sign up! Game Day

**TRIVIA:** Wednesday, May 10 & 24 (Open House) with Randy at 1pm. Must sign up!! Prizes may be awarded.

**MEDICARE with David Katz** will review your Medicare coverage and understand Medicare. David makes Medicare easy to understand. Medicare enrollment A and B; Medicare costs; coverage change and how to save money. Weds May 10, 10am. Please sign up.

**VEGETARIAN/VEGAN COOKING with Prabha.** Free! Vegetarian tacos, chips and salsa. Thursday, May 18, 11am. Please sign up!

**WORD PLAY:** Variety of activities using the Joggin your Noggin Series written by Easton's own Mary Randolph. Fun and Challenging word games for Seniors. Thurs., May 11 & 25, 10:30—11:30. Please sign up.

**PHONES, COMPUTERS LAPTOPS and TABLETS.** Bring your phone, laptop, etc. Randy or Tim will help you. Every Monday, from 12-3pm. Please call to sign up.

**MEXICAN DOMINOES:** Looking for new players. Every Weds., 9am-11:45am. Beginners welcome! Lots of fun, and you can learn very quickly! Call for info.

**SCARF MAKING:** Friday, May 12th at 2pm. Come make a beautiful scarf in honor of Mother's Day with Danielle. All materials supplied! Please sign up. FREE!

**COOKING CLASS WITH CHRISTINE:** Come learn how to make shrimp and vegetable dumplings. Monday, May 22 at 11am. Must sign up! FREE

**HARRY POTTER BOOKS WANTED:** Hard or soft cover Drop off at the front desk.

**ROCK PAINTING:** Back by popular demand. Paint and decorate a rock for spring! Weds. May 17 at 11am-12:00, this will be a monthly class. All materials provided. FREE! Call to sign up! You don't need to be an artist!

**KNITTING CLUB:** Every Friday's 10am-11:30am. Yarn and needles available at no cost.

**CALLING ALL VETERANS, FAMILIES OF VETERANS, AND ANYONE WHO KNOWS A VETERAN:** On Weds., May 3 at 1pm. The Easton Senior Center and Trumbull Veterans of Foreign Post 10059 will sponsor an informative meeting which will focus on the changing of benefits, programs available, activities and a local post update. This is a great opportunity to ask questions and share ideas. Coffee & refreshments provided. Please sign up.

**GAME DAY:** Join Hobie (see CALAMITY COOKING) in the kitchen for a special lunch (\$10. per person) then play different games! Weds., May 31st! Indoors or out, weather permitting. Cooking starts at 11am! Sign up!!

**MAKE YOUR OWN SUNDAES!** We supply all the goodies! Build your sundae before the movie! FREE!!!! Friday May 5, 11:30am!

**URINARY TRACK HEALTH FOR WOMEN: DR BERCIK** will come in on Friday, May 12 at 10am for this informative talk. He is an expert on female pelvic floor disorders. Bring in your questions!

**DIABETES & NUTRITION** Presented by Vanessa from Aspetuck Health District. Thursday, May 11 at 10:30am What are the dietary guidelines for Type II diabetes? Let's talk about how we can incorporate these into your routine

**HEALTH & WEATHER with Vanessa.** Thursday, May 25, 10:30am. Sunny weather has its downsides! We will cover an array of topics that plague us during summer from warm potato salad to bugs to hurricane prep!

**COLORING:** Monday, May 15, 10:30am. Have you thought about relaxation through coloring? Everything provided. Please sign up.

**MONTHLY BOOK CLUB:** Tues & Thurs., 10-11am, May 2, 4, 9, 11, 16 & 18. When Bad Things Happen to Good People by Harold Kushner. Books provided.