

## APRIL PROGRAMS AND NEWS

**LADIES LUNCH BUNCH:** Cheesecake Factory, 5065 Main Street, Trumbull. Order off the menu. Thurs., April 18th, 11am. Let us know if you need the van. Sign up.

**CALAMITY COOKING** with Hobie Summer. French onion soup with crusty bread, tossed salad and a surprise dessert. \$10. per person. Tues., April 23, 10am.

**TRIVIA:** Wednesday, April 10 at 1:00pm with Randy. Must sign up!! Prizes will be awarded as a donation to charitable funds chosen by the winners.

**MEDICARE David Katz,** 30 year Easton Resident and Medicare agent with United Health Care will give an educational & informational talk one on one **Medicare Basics.** Turning 65, retiring or losing your health insurance will be discussed. Weds., April 17, at 10am. Call for appt.

**VEGETARIAN/VEGAN COOKING** with Prabha. Vegetable burrito's with a side. Thurs., April 25 at 11am. You must sign up and stay to enjoy lunch!

**PHONES, COMPUTERS LAPTOPS and TABLETS.** Bring your phone, laptop, etc. Randy or Tim will help you. Monday, April 1, 8, 15, 22, 29 12-3pm. Call for appt.

**MEXICAN DOMINOES:** Looking for new players. Every Weds., April 3, 10, 17, 24, 9am-11:45am. Beginners welcome! Lots of fun & you can learn very quickly! Sign up!

**CLOTHES: Wanted** for our sale. Please make sure everything is nicely laundered, no spots or rips please.

**SPECIAL DONATIONS: Jewelry! Any condition.**

**SELF-CARE IS HEALTHCARE:** Connection between self-care & healthcare. Classes will include practical tips anyone can use regardless of your age to improve your mental, emotional, physical and spiritual wellbeing. Weds., April 10, 11am-12noon Dr. Vivian Hardison.

**BUNCO:** with Randy Weds., April 24 at 2pm. This fun dice game with 12 or more players divided into groups of 4 trying to score points while taking turns rolling dice. A special ESC "coupon" for the winners

**FLORAL SPRING CENTERPIECE:** With Danielle Thurs., April 19th at 2pm. Sign up!

**KNITTING Needed: Scarves, hats & gloves for our upcoming sales.** Yarn & needles available.

**FLOWERS & FACTS:** with Maryellen. April 18, 10:30am. Let's get ready to celebrate Kentucky Derby day on May 3 at the Center or watch the official race at home on May 4th. Lets learn fun facts. Create your very own flowered Derby Hat!! Sign up. Bring scissors.

**COOKING WITH PIKU:** Chicken tagine with bulgur wheat salad. Monday, April 22 at 11am. You must attend class to enjoy lunch! Please sign up

**CLAY POTS** with Cindi Part 1: Celebrate Spring by decorating your own clay planter. This is a 2-part class. If you can't attend both classes you will be given supplies & instruction to finish at home! Thurs., April 11, 2pm.

**CLAY POTS** with Cindi Part 2: Celebrate Spring by planting fresh herb seeds in your spring decorated pot. Tues., April 23, 2pm.

**ALFRED HITCHCOCK PRESENTS:** Please join avid Hitchcock collector and fan Tim Daley who will display some of his vintage memorabilia and present an overview of the Master's career. The multimedia presentation starts at 2pm on Tuesday, April 16 \*after the Alfred Hitchcock movie The Birds!\*

**MANDALA DOT PAINTING** on recycled wine bottles; Mandala is a spiritual & ritual symbol that represents the universe. It is a circle with dots/geometric shapes. Ritu. Thurs., April 25 at 2pm.

**ROUNDTABLE TALK:** Join Atty Tenore with a discussion regarding wills, trusts & probate. Friday, April 19 at 11am. Also the consequences of not having a will, and how to avoid probate. Please call to sign up! Bring questions!

**MASSAGE & ACUPUNCURE:** Join Beth as she gives an introduction to the history and clinical application. (did you know she helped during 9/11)!. Weds., April 17, 11:15am-12:15pm. Sign up!

**HORSE CRAFT:** April 26, 11am-12noon. Come & decorate our Kentucky Derby horses. Must sign up! All materials provided. Our first annual Kentucky Derby May 3rd, 12noon. Please sign up!