

MARCH PROGRAMS AND NEWS

LADIES LUNCH BUNCH: La Fortuna, 7365 Main St., Stratford. Great lunch menu! Weds., March 27, 11am. Please let us know if you need the van. Sign up soon

CALAMITY COOKING with Hobie Summers. Seafood bisque with Caesar salad and a surprise dessert. \$10. per person. Must sign up. Tuesday, March 19 at 10am.

TRIVIA: Wednesday, March 6 at 1:30pm 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. Wed, March 20 at 10am. Call for appointment.

VEGETARIAN/VEGAN COOKING with Prabha. Thurs., March 14 at 11am. Vegetable burger with home-made coleslaw. Free!

PHONES, COMPUTERS LAPTOPS and TABLETS. Bring your phone, laptop, etc. Randy or Tim will help you. Monday, March 4, 11, 18, 25, 12-3pm. Call for appt.

MEXICAN DOMINOES: Looking for new players. Every Weds., March 6, 13, 20, 27, 9am-11:45am. Beginners welcome! Lots of fun & you can learn very quickly! Sign up!

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

SNACKS for the kitchen! Any kind! Canned tuna/chicken

SPECIAL DONATIONS: Jewelry! Any condition.

SELF-CARE IS HEALTHCARE: Different Areas/Components of Self-care. Classes will include practical tips anyone can use regardless of your age to improve your mental, emotional, physical and spiritual wellbeing. Weds., March 20, 11am-12noon join this great lecture series each month. Dr. Vivian Hardison. Sign up

BUNCO: with Randy Weds., March 27th 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!

ROUNDTABLE with Val & Dan (see front page)

ROCK PAINTING: Come in any day you want to paint a rock for yourself or our upcoming rock garden.

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

PRESSED FLOWER JAR: Sponsored by Cambridge and Ludlowe Health & Rehab Centers. Spring has sprung! Let's welcome it with the creation of a beautiful "pressed flower jars". Friday, March 15, 2pm. Must sign up.

COOKING WITH PIKU: Cauliflower and chick peas in Thai red curry. Thursday, March 21 at 11am. Sign up!

DECORATIVE PLANT STAKES WITH CINDI: Come and make a custom plant stake, can be used for a plant or use in a flower vase. Bring scissors & sign up! Tuesday, March 5th at 2pm.

FABRIC FRAMES WITH CINDI: Make a special frame for a favorite quote, or snapshot picture. Bring scissors & sign up! Tues., March 19, 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, March 12.

HEALTHCARE TALK: "Is this covered by my insurance?" You certainly DON'T want to have to ask this when you go through a healthcare crisis! Too often people learn about the healthcare system in the middle of a crisis. This lecture prepares you to know all about the components of care levels (hospital, SNF, Rehab, etc.) This lecture is designed for BOTH independent seniors & the adult children of seniors. Weds., March 20, 9:30am.

JAPANESE LANTERNS: With Ritu (please do not sign up if you already made one in the past Limited to 8. Friday, March 22, 2pm. (\$5/donation)

TALES FROM THE SOUTH PACIFIC with Don Lambert and Elsa Cantor at 2pm. Hear some tales from the exotic South Pacific. Learn the true story of Robinson Crusoe. Visit the island where he was shipwrecked and sail on to the mysterious Easter Island. Friday, March 22.