

VAN SERVICE

For *Van service call: 203-938-3580

The van runs Monday—Thursday from 8:30 am to 4:00 pm.

Please make a reservation at least 3 days in advance. The van is scheduled on a first come first serve basis. Medical appointments take priority over other appointments.



ON-GOING SERVICES

Meals-On-Wheels—203-743-5418

*Food Pantry— 203-938-3580 (Hours 10:00 a to 4:00 pm)

please call for an appointment

*Blood Pressure Screening—2nd & 4th Tuesday 12:30 pm to 1:30 pm every month—no charge

Lunch is served every Tuesday & Wednesday at 12:00 noon at a donation of \$2.50 per day. Reservations MUST be made by 10:00 am Monday morning.

NEW CLASS

Starting Tuesday, January 3rd at 9:00 am—

RELAXATION CLASS

Join us once a week for 45 minutes of guided relaxation. Simple joint articulation and a long seated relaxation.

This is a **FREE** class conducted by our instructor Daniela Panessa. The class will be in the Community Room at the Community Center. Please call 203-938-9725 if you would like to attend.

Coming Thursday, June 14 we will be taking a trip to the Westchester Broadway Theatre to see **GEORGE M.** Lunch is included of which you will receive a choice of entrée upon arrival. **GEORGE M** is a musical based on the life of George M. Cohan, the biggest Broadway star of his day who was known as “The Man Who Owned Broadway.” The story covers the period from the late 1880s until 1937& focuses on Cohan’s life & show business career from his early days in vaudeville w/his parents & sister to his later success as a Broadway singer, dancer, composer, lyricist, theatre director & producer. The show includes such Cohan hit songs as “Give My Regards To Broadway,” “You’re A Grand Old Flag,” & “Yankee Doodle Dandy.” Cost is \$91 pp and must be reserved & paid for by April 5th. 203-938-9725

GENERAL ACTIVITIES CALENDAR

MONDAY

9:00 am *Mah Jongg
9:00 am Zumba Gold
10:30 am Tone & Stretch Class
12:30 pm *Lunch presentation by Regional Hospice—(Feb. 27)
1:00 pm *Book Discussion Group (Jan. 30)



TUESDAY

9:00 am *Relaxation Class
10:00 am *Crochet
10:00 am Aerobics
12:00 noon Lunch
12:30 pm *Blood Pressure Screening(2nd & 4th Tues. of month)
12:45 pm *Bridge
1:00 pm Art
6:00 pm Eve. Art



WEDNESDAY

9:15 am Yoyalates
10:30 am Tone & Stretch Class
10:00 am *Current Events Discussion Gr.
10:00 am Drawing
12:00 noon Lunch
1:30 pm Open Ceramics
5:30 pm Eve. Drawing



THURSDAY

9:00 am Aerobics
10:00 am Zumba Gold
10:00 am *Quilting
12:45 pm *Bridge
3:30 pm Jewelry (1/12, 1/26, 2/9, 2/23, 3/8, 3/22)



To access our newsletter go to the Town of Redding web page: Townofreddingct.org

-Under town department click on Heritage Center—our page will open up—click on our newsletter or any other items that interest you. * Denotes free classes

