

# March 2020

Mon	Tue	Wed	Thu	Fri
<b>2</b> 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	<b>3</b> 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints 11:30-2:30 Pickleball <b>1:00 Book Club</b>	<b>4</b> 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	<b>5</b> 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints 11:30-2:30 Pickleball	<b>6</b> 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
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<b>16</b> 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	<b>17</b> 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints 11:30-2:30 Pickleball	<b>18</b> 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	<b>19</b> 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints 11:30-2:30 Pickleball	<b>20</b> 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
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**Book Club** –This months book is “The Blind Assassin” by Margaret Atwood.

**Cancer Support Group**– Has been canceled until further notice

**Senior Resources**—Make an appointment to learn more about your Medicare Savings Program. The fourth Thursday of every month. Register at the front desk.

**Painting with Pat**– On Thursday, March 12th we will be painting a pretty birds nest with Pat. The cost is \$20 and you must register ahead of time.



# Senior Schedule for March 2020

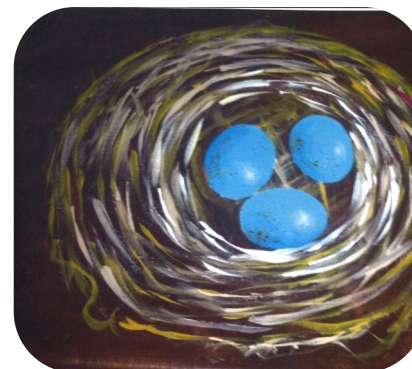
**Weiss, Hale & Zahansky Strategic Wealth Advisors**—This event is for individuals and couples that are nearing or living in retirement. Leisl will be discussing strategies to help you achieve your unique financial life goals and answering any questions you may have. **Tuesday, March 24th at 9:30 in the Teen Center.**

**Eastern CT Assistive Technology Center** Will be joining us on **Wednesday, March 25th at 9:00am** to discuss the various devices for persons living with various disabilities, along with our senior community. These devices can help to reduce barriers in the workplace, and home. A device demonstration is an opportunity for a person to learn about the different AT Devices, such as different phones, emergency systems and more.

**Senior Resource—Thursday, March 26th 9:00-3:00** On the fourth Thursday of every month the Senior Resource Center from Norwich will be here to talk about “your” Medicare benefits to make sure you are receiving all of them. This is free however you need to register and reserve your time and spot at the front desk. She will go over all of your benefits with you one-on-one!

**Book Club**—This book club is facilitated by the Putnam Public Library and all are welcome. March’s book is “The Blind Assassin” by Margaret Atwood. Please join us to pick out the books for the next six months, **Tuesday, March 3rd at 1:00**

**Painting with Pat**— On **Thursday, March 12th** we will be painting a birds nest picture with Pat Jensen who will take you step by step and make you feel like an artist. The cost is \$20 and you can register at the Welcome Center.



**Great Hartford Slimdown—Starts March 9th** It’s time to get your teams together and begin the contest to lose the most weight! Check with a Wellness Staff for more information and check out the table in the hallway for flyer. Don’t worry if you don’t have a team, we will find you one!

**First Steps Back**—This program is designed to help people who are just getting back to exercising that need some guidelines. You will meet with a Personal Trainer who will design a program to fit your needs and then meet twice a week for 6 weeks with Wellness Center Staff who will walk you through your workout and help you reach your goals. Program cost \$215.