

# The COMPASS

Official Newsletter of the Rocky Hill Senior/ Community Center

September & October 2025



## Senior Services

### Physical Location:

55 Church Street,  
Rocky Hill, CT 06067



### Mailing Address:

761 Old Main Street  
Rocky Hill, CT 06067

### Office Hours:

8:30am—4:30pm  
Monday through Friday



### Office Phone:

(860) 258-2786



### Facebook:

[www.facebook.com/  
RockyHillSeniorCenter/](http://www.facebook.com/RockyHillSeniorCenter/)



### Website:

[Rockyhillct.myrec.com](http://Rockyhillct.myrec.com)



### Department Contacts:



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Phone: (860) 258-2786

Event	Description
<b>BINGO &amp; BREAKFAST</b> 	<b>Wednesday, September 10</b> <b>12:00-2:00pm</b> Enjoy a hearty breakfast of Scrambled Eggs, Home Fries, Bacon, Turkey Sausage and French Toast followed by a fun game of Bingo with prizes. <b>Cost: \$12M/\$15NM</b> <b>Co-sponsors:</b>  The Townsend Agency Homecare
<b>INDOOR EVENING CONCERT SERIES</b> 	<b>JOE MISULLI &amp; CHRISTY ELLEN</b> <b>Thursday, September 18</b> <b>6:00-8:00pm</b> This talented duo returns to perform "You've Got a Friend", the music of James Taylor and Carole King. <b>Co-Sponsor:</b>  BOUVIER insurance.com <b>DOWNTOWN 6</b> <b>Thursday, October 2</b> <b>6:00-8:00pm</b> Downtown 6 is a group of 6 talented musicians playing a repertoire that will surely have people of all ages movin' and groovin' ! <b>Co-Sponsor:</b>  Romano's Automotive Service <b>LARGER THAN LIFE</b> <b>Thursday, October 16</b> <b>6:00-8:00pm</b> High energy trio performing the hits of popular male vocal groups from 1950's to current day. <b>Co-Sponsors:</b>  Maple View Health & Rehabilitation Center <b>Specialty Desserts will be served. Registration required.</b> <b>Cost: \$5M/\$8NM Per Concert</b>
<b>SHAMROCK SHENANIGANS</b> 	<b>Wednesday, September 24</b> <b>12:00-2:00pm</b> Why wait for St. Patrick's Day to enjoy a Corned Beef & Cabbage luncheon followed by the Celtic Music of the Paddy Whack Band. <b>Cost: \$12M/\$15NM</b> <b>Co-sponsor:</b>  Farley-Sullivan Funeral Home
<b>JEWISH CELEBRATION</b> 	<b>Wednesday, October 8</b> <b>12:00-2:00pm</b> Celebrating Jewish heritage as we feast on Beef Brisket, Potato Latkes, Glazed Carrots and Kugel. "Zev and his East Side Klezmer All Stars" will entertain us with their lively music. <b>Cost: \$12M/\$15NM</b> <b>Co-sponsors:</b>  The Recording Industry's Music Fund  AUTUMN LAKE
<b>A MASQUERADE MURDER MYSTERY DINNER</b> 	<b>Friday, October 10</b> <b>6:00-9:00pm</b> <b>Midnight at the Masquerade</b> -Attend the Billionaires' Club Annual Masquerade Ball and get this soiree back on track by solving the crime before the masked menace gets away! Ticket includes mocktails, appetizers, dinner, dessert and 2 hour show. <b>Cost: \$25M/\$35NM</b> <b>Co-sponsors:</b>  GM&F
<b>ITALY-ICIOUS</b> 	<b>Wednesday, October 15</b> <b>12:00-2:00pm</b> Enzo Boscarino will present the most delightful Italian songs as well as share humorous stories about the predicament of an immigrant Italian family. The songs will be performed in their original language, folk, romantic, classic and other modern-rock. Lunch will be Lasagna, Meatballs, Sausage, Salad and Garlic Bread. <b>Cost: \$12M/\$15NM</b> <b>Co-sponsors:</b>  Right at Home In Home Care & Assistance
<b>Holiday Closing</b> 	<b>Our facility will be closed:</b> <b>Monday, September 1 — Labor Day</b> <b>Monday, October 13 — Columbus Day</b>  ncoe national council on aging  National Institute of Senior Centers

# DIRECTOR'S MESSAGE

**POWERING POSSIBILITIES: FLIP THE SCRIPT** is the theme for this year's **National Senior Center Month Campaign**. This initiative celebrates to raise awareness of the positive impact senior centers have across our country and within our communities.

Ready, Set, Go! We have so many fun and interesting things planned for you this Fall. Due to the overwhelming positive response to our Indoor Evening Concert Series this past spring, we have 3 great bands scheduled for a few **Thursday Evening Concerts** in September and October.

A **Masquerade Murder Mystery Dinner** will be held on Friday, October 10<sup>th</sup>. Make sure you purchase your tickets early!

**Renew Active**, a Medicare insurance plan benefit program, will now be accepted at our Center. Check with your insurance carrier to see if you qualify. Renew Active members will be entitled to certain fitness classes, pickleball, as well as a Fitness Center membership to our gym. Description of the program is on page 17, our website and available at the Center.

The **Gymnasium will be closed** 8/11- 9/22 for Summer Camp and maintenance of the basketball hoops and floor. Painting permanent Pickleball lines will be included in this project.

We are encouraging members to register themselves on-line for their classes and programs. It is a simple process and our office staff would be happy to walk you through the steps.

Jim Salafia, a self-taught artist who began creating after he retired in 2003, will have a display in our lobby for the month of September.

Shout out to our **EXTRAORDINARY TEAM**. They have all been working extremely hard to give you the best experiences possible. I am truly blessed to work alongside the men and women of the Senior Services Department.

Yours truly,  
Gina Cristalli Marino

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## Café Coffee Sponsors

### August

Anonymous  
Ariene McKee  
Andrea Song  
Marilyn Swepson  
Cara & Bruce Whitaker

### September

Mike & Rosemary Dill  
Krystyna & Michael Ward  
Cara & Bruce Whitaker  
Ingrid Zawacki

*Thank you!*  
TO OUR SPONSORS



Volunteers are serving complimentary Coffee, Tea, Hot Chocolate, Iced Tea & Lemonade.

Grab a quick beverage before one of your activities or relax at our coffee bar and enjoy good conversation with friends!

**Open Monday – Friday  
8:30am-2:00pm**

**Support Your Senior Center by becoming a  
Café Coffee Sponsor**

Join the **Café Coffee Club** & help provide refreshments to our patrons. Sponsor a month with a \$50 donation towards the Coffee Club or Gifts of Gratitude.



**The Landing Gift Shop**  
in the Rocky Hill  
Senior Center showcases  
an ever-changing array

of hand-crafted items created by our seniors such as knitted items, cards, wreaths, paintings, soaps, and jewelry. It also carries local maple syrup and home-made jams, jellies, & pickles. This volunteer-led shop is usually open Monday through Thursday from 10:00am-2:00pm. Please email [rhscgiftshop@gmail.com](mailto:rhscgiftshop@gmail.com) for vendor application or if interested in volunteering. Stop by and visit us!

## THINKING OF YOU

Please let the office know of any Senior Center Member who would benefit from a hand-made get well, sympathy or thinking of you card created by our Community Crafters.



Donation program made in Honor of a Special Person, Event or Remembrance.

## GIFTS OF GRATITUDE

**In Memory of  
Sal Malinguaggio**

Rocky Hill transportation services are available to residents age 60 and older, or to any adult with a disability. Transportation is provided to clients utilizing the following programs:

**Rocky Hill Mini-Buses:** Town operated minibuses help clients get to medical appointments in Rocky Hill and Wethersfield, Monday thru Friday, and to appointments in Hartford and Glastonbury on Mondays and Wednesdays. In addition, rides are provided to local grocery and department stores, banks, beauty salons, barber shops, restaurants and Senior Center. Clients are limited to one ride per day.

**Ambassador Transportation:** A Tri-Town state grant provides transportation to medical appointments throughout most of Hartford county. To schedule a ride, please call (860) 258-2701 one working day in advance between 8:30 am and 10:30 am, Monday thru Friday. Service is "curb to curb." Therefore riders requiring assistance getting to and from the curb should plan to travel with a companion who can provide this help. Clients who travel in wheelchairs and are unable to operate their wheelchair independently must have an assistant travel with them.

Please call Charlene at (860) 258-2701 for more information or to schedule a ride.



Leaf Peeping" is a popular Fall pass time! Our September and October "Adventures in Dining" will celebrate this wonderful New England tradition.

**TUESDAY, SEPTEMBER 30- ROCKLEDGE GRILLE , WEST HARTFORD-** Enjoy the "best view in West Hartford" while dining on "a full range of contemporary American cuisine." The menu includes a large variety of delicious food options from which to choose.

**WEDNESDAY, OCTOBER 22- FIRE AT THE RIDGE, MIDDLEFIELD-** Dine on "artfully inspired regional cuisine" while overlooking the gorgeous vistas of "Powder Ridge Mountain Park." What a unique way to take in the scenic mountain foliage on an Autumn evening!

Reservations at both restaurants are at 5:00 pm and individual checks will be provided to participants. There is a \$5.00 registration fee, whether taking the bus or driving on your own. Space is very limited.

Online registration is available at rockyhillct.myrec.com. Please call (860) 258-2701 with any questions.



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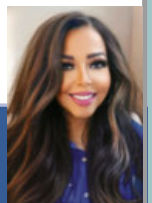


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The Senior Center is serving a hot lunch for seniors 55 years and better. Meals are catered by **Mitchell's Restaurant** and are available Monday – Friday from 12:00-12:30pm. The cost for lunch is **\$5 for residents** and **\$10 for nonresidents. Reservations must be accompanied by payment and need to be made at least 3 business days in advance before 10:00am.** Cancellations should be called in as early as possible and anyone arriving after 12:30pm is considered a “no show.” No Refunds. Credit may be applied for medical reasons only.

A vegetarian option is available with advance notice for those with religious or dietary restrictions.

**Special events are excluded. Food is not allowed to be taken home.**

Thank you to **Big Y & Westside Market** for their generous dessert donations!

Low sugar fruit cups are available for diabetics or those looking for a healthier option.

Please alert staff at check in.

**Join us and share your noon time meal with old friends and make new friends.**

*Our daily senior meal is subsidized by the Town and the fees we collect do not cover the expense of the program.*

*If you are able to contribute more for your own lunch or would like to donate towards this wonderful cause, please feel free to give any amount. Your generosity is appreciated!*



**Genny celebrating her 100<sup>th</sup> Birthday with her family**

**Donations: \$5,000 Anonymous & (2) \$100 Anonymous**

## HEALTH SERVICES & PROGRAMS

### BLOOD PRESSURE CLINIC

Weekly clinic will be held at the Center co-sponsored by Masonicare at Middlewoods of Newington and Masonicare at Greenridge Place. No appointments needed, just drop in.

**Day:** Mondays **Time:** 10:30am-11:30am

### FOOT CARE

Pamela Rowe, RN will provide this service by appointment.

Please pay provider at time of visit.

**Date:** Wednesdays, 9/10, 9/24, 10/8, 10/22

**Time:** 9:00am–2:30pm **Fee:** \$30 **Home visit:** \$50

### HEARING SCREENING

Free Screening is provided by Nova Hearing and includes videoscope ear wax checks, hearing aid cleanings and adjustment, all make hearing aid repair services, batteries, complete testing and evaluations. Please call for an appointment.

**Date:** Thursday, 10/2 **Time:** 1:00-3:00pm

### MASSAGE

Join LMT Connie Drake for a Therapeutic Massage. Enjoy the many benefits of massage: relaxation, stress relief, decreased muscle tension, better sleep, increased awareness of balance, greater range of motion and reduced pain. Please call for an appointment and pay provider at time of visit. Massages are reserved for members only and held on select Wednesdays and Fridays. **Due to high demand, Massages are limited to (2) per month per person.**

**Time:** 9:00am-2:00pm

**Fee:** 15 Minute Chair Massage \$15

30 Minute Table Massage \$28

60 Minute Table Massage \$55

### DEMENTIA CAREGIVER SUPPORT GROUP

Join Mary Klatt, Certified Dementia Specialist, for monthly discussions on types of dementia including Alzheimer's, tips for handling behaviors, and available support for caregivers. Complimentary boxed lunch provided by Maplevue.

Please preregister by the preceding Friday.

**Date:** Tuesday, 9/16, 10/21 **Time:** 12:00-1:00pm



### NOTARY SERVICE

Notary service provided by a representative of **Gordon, Muir & Foley, LLC**, is available on the **second Thursday of the month**. Members may take advantage of this **FREE** service for documents that require a notarized signature. Please bring photo identification along with the documents to be signed.

Please register for a 10 minute appointment.

**Dates:** Thursday, 9/11, 10/9

**Time:** 11:30am-12:30pm

### REIKI SESSIONS

Reiki is a Japanese technique for stress-reduction and relaxation. It promotes physical and emotional healing in the body. It is a holistic approach that removes blocks to the flow of energy in the body. Reiki is effective in promoting physical and emotional healing in the following areas: Acute and chronic pains, and well-being during cancer treatment; Stress, anxiety and depression, Pre/Post Operative transitions. A calm mind, body and spirit, makes way for a healthier you!

**Dates:** Friday, 9/5, 10/3

**Time:** 10:00 am-2:00 pm

**Fee:** \$30.00 for 30 minute session

## 2025 Community Vaccination Clinics

**Central Connecticut Health District**

**Appointments Required**  
Open to ages 3 years and older  
No residency requirements

All flu vaccines are trivalent, injectable & preservative free  
A limited number of high-dose vaccines are available

<p><b>Wethersfield Pitkin Center</b></p> <p>*October 1 - Indoor - 10am-2pm</p> <p>October 2 - Drive Through - 2pm-6pm</p>	<p><b>Newington Senior &amp; Disabled Center</b></p> <p>*October 8 - Indoor - 2pm-6pm</p> <p>*October 9 - Indoor - 10am-2pm</p>
<p><b>Berlin Senior Center</b></p> <p>*October 15 - Indoor - 2pm-6pm</p> <p>*October 16 - Indoor - 10am-2pm</p>	<p><b>Rocky Hill Senior &amp; Community Center</b></p> <p>*October 21 - Indoor - 2pm-6pm</p> <p>*October 22 - Indoor - 10am-2pm</p>

**Sensory Friendly Family Clinic**  
Newington High School  
October 4 - 10am-2pm

\*COVID-19, RSV, Pneumococcal & Shingles vaccines will be available at these clinics, provided by Beacon Prescriptions.

Appointments are required: please go to [WWW.CCTHD.ORG](http://WWW.CCTHD.ORG) to sign-up.  
For assistance with the on-line appointment system, call 860-785-8380 ext. 216.

**FIVE MEDICARE CHANGES COMING IN 2026**

**Friday, September 5, 10:00am-11:00am**

Elena Scofield, CMIP® Certified Medicare Insurance Planner™ Owner and Founder of Scofield Insurance Consulting has 25 years of experience with Medicare health plans and she currently serves as an Advanced Medicare Committee member for National Association of Brokers Insurance Professionals (NABIP). Elena will present vital information on the five Medicare changes coming in 2026. This will be an informational presentation for people that are age 64 and over. Program is free but registration is required

**SUBS & SCOOPS: GET THE INSIDE BITE ON MEDICARE CHANGES!**

**Thursday, September 25, 6:00-7:30pm**

Join MediMike for a delicious grinder sub dinner sponsored by Nardellis while we dive into the latest updates for Medicare Annual Election Period! Whether you're new to Medicare or a seasoned pro, this seminar will serve up the essential changes, plan updates, and cost-saving tips you need to make confident choices for the year ahead. Bring your questions—we'll have answers. **Medicare Disclaimer:** "We do not offer every plan available in your area. We currently represent 7 Medicare organizations which offer 32 plans in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local state health insurance program to get information on all your options. This event is for educational purposes only. Program is free but registration is required

**CREATING A STRONG ESTATE PLAN: PROTECT YOUR FAMILY AND YOUR FINANCES**

**Friday, October 3, 10:00am-11:00am**

Whether you are a planner or a procrastinator, having a strong and up-to-date estate plan should be at the top of your to-do list. In addition to providing the peace of mind of knowing your final wishes will be legally documented, an estate plan provides a roadmap for your loved ones to know how to care for you if you are no longer able to care for yourself and/or your financial and legal affairs. In this session with elder law and estate planning attorney Jeff Rivard, you'll learn about important estate planning documents such as Wills, powers of attorney, advance directives, and trusts, and the purpose and powers included in each. He will examine what happens if you don't have a Will when you pass away, how your estate gets divided amongst your heirs, who can pay your bills if you can't, how to choose your power of attorney and health care agents, and some common estate planning mistakes that you will want to avoid. Even if you have already created an estate plan, discover when and if you should have your existing documents reviewed and updated. Program is free but registration is required.

**MAXIMIZING SOCIAL SECURITY**

**Wednesday, October 15, 6:00-7:30pm**

One of the most important decisions you need to make before you retire is when and how to claim Social Security benefits. About half of retirees apply for Social Security as soon as they become eligible at age 62, but by doing so, they may significantly and permanently impact their income and benefits for the rest of their lives. *The difference between the best and worst possible decision of when to start Social Security can cost you THOUSANDS OF DOLLARS A YEAR in retirement income – for life!* That's why it's vital to understand the latest Social Security and Tax rules, options and strategies BEFORE FILING FOR YOUR BENEFITS. Learn how to maximize your benefits, minimize your taxes, and make more informed decisions about your retirement. Program is free but registration is required.

**LEARN HOW TO LOWER YOUR ELECTRIC BILL - CHOOSE A SUPPLIER**

**Friday, October 17, 10:00am-11:00am**

Bring a recent copy of your electric bill and learn how choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain how to choose a supplier and answer questions about the Eversource Standard Service generation supply and rates, licensed electric suppliers, the NEW electric bill, discounts for Hardship Customers and any question you have about Connecticut's electric rates and policies. Art worked at PURA for 32 years and among his numerous duties was responsible for the EnergizeCT.com Rate Board. He maintained the Rate Board and also regulated licensed suppliers from 2006 until he retired in 2021. He was also involved with redesigning the Eversource and United Illuminating electric bill. As a result, he has considerable knowledge about electric rates, the energy supply market, rules surrounding switching suppliers and much more. Program is free but registration is required.

**HOME, HEART & HELP: AGE GRACEFULLY WITHOUT LOSING YOUR INDEPENDENCE**

**Friday, October 24, 10:00am-11:00am**

Join staff from Adora Home Care for an upbeat, informative session designed to empower you with knowledge about:- Staying safe and happy at home as they age. How to prevent falls and home accidents. Understanding options like AFL (Adult Family Living) — a state-supported program where loved ones can be paid to provide care at home. Skilled Health, PT, OT, Veteran supports And Behavioral Health Services. Presenters will keep things simple, supportive, and interactive — with real-life tips, visual aids, and plenty of time for questions. Seniors who attend will enjoy raffles, giveaways, and small prizes for participating. Program is free but registration is required.

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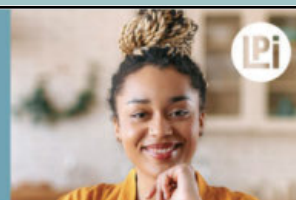
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### BELLY BUSTERS

This is a half hour class that targets your core and more. We will shape and tone your midsection which will require some mat work on the floor. If you want a flat belly and a smaller waist this class is for you.

**Instructor:** Kathryn Zizzi-Meyers

**Days:** Friday **Dates:** 9/5-10/24, 10/31-12/19 (NC 11/28)

**Time:** 9:00am-9:30am **Fee:** Free RA/\$24M/\$30NM

### BELLY DANCING

Learn posture, presence and power through this ancient art form. The moves in this dance are very simple and natural. They stretch and strengthen the muscles, the bones, the internal organs, improve balance, and connect you to your own awareness of mind and body. It is also a lot of fun and connection with other women. The moves are not strenuous, but you will use every part of your body. Gia has been teaching Belly Dance since 1997. This class is about obtaining grace, power, freedom, joy, through belly dance.

**Instructor:** Gia Khalsa

**Day:** Wednesdays **Dates:** 9/10-10/15, 10/22-11/26

**Time:** 1:00pm –1:45pm **Fee:** \$48M/\$58NM

### BETTER BALANCE

Would you like to improve your overall balance, strength and endurance? In this class you will learn how your body controls your balance and ways to help improve your overall balance and reduce the risk of falling. You will also learn how to identify potential risk factors for falling in your home and environment, as well as ways to correct for these.

**Instructor:** Physical Therapy Center of Rocky Hill

**Day:** Wednesdays **Dates:** 10/8-11/26

**NEW Time:** 2:15pm-3:00pm **Fee:** \$16M/ \$20NM

### CHAIR YOGA WITH MARY

This class is a fun, gentle form of yoga done mostly while seated. Optional standing poses are included, with suggested modifications to accommodate all bodies and abilities. Chair yoga is encouraged for people who might be recovering from an injury, have limited mobility, and / or are concerned about balance. Physical benefits include stretching stiff muscles, keeping joints limber, and helping improve circulation by moving the limbs. Mental benefits include stress reduction, body awareness & increased mindfulness achieved through meditation, & breath work.

**Instructor:** Personal Euphoria

**Day:** Thursdays **Dates:** 9/11-10/16, 10/30-12/11 (NC 11/27)

**Time:** 10:05am-10:50am **Time:** 10:55am-11:45am

**Fee:** \$36M/ \$46NM

### CHAIR YOGA WITH GIA

Gia's style of "Yoga in a chair", is a great experience for ALL fitness levels. This class will make you feel good all over...by stretching & strengthening every part of the body. The class is gentle yet effective. Mostly done sitting but has a section with standing to work balance and the legs. Gia has studied and taught yoga since 1970 and has developed her own personal style.

**Instructor:** Gia Khalsa

**Day:** Mondays, **Dates:** 9/8-10/20 (NC 10/13), 10/27-12/1

**Time:** 1:30pm-2:15pm **Fee:** \$36M/\$46NM

**Day:** Tuesdays **Dates:** 9/9-10/21-12/2

**Time:** 11:00am-11:45am **Fee:** \$42M/\$52NM

**Day:** Tuesdays **Dates:** 10/28-12/2

**Time:** 11:00am-11:45am

**Fee:** \$36M/\$46NM

### CHAIR YOGA WITH LYNN

Enjoy seated & standing poses and routines, accompanied by a variety of options! We will focus on connecting our breath to each movement, while also combining some poses to incorporate a synchronized flow. Benefits include improved: strength, balance, flexibility, stability, and relaxation. Stretching and mindfulness will open and close each class. Let's set some achievable goals together, while participating in a fun & focused session!

**Instructor:** Lynn Tracey

**Day:** Wednesdays **Dates:** 9/10-10/15, 10/22-11/26

**Time:** 1:00pm-1:45pm **Fee:** \$36M/\$46NM

### INTRODUCTION TO CHESS

This class will focus on learning the basics of this mind stimulating game. Our instructor, Aryan Jangle, a Sophomore at RHHS, has been playing chess since he was 4 years old. He is eager to teach this exciting game and share his passion and knowledge. He has been to many tournaments and won over 25 trophies. Former students are welcome to play.

**Instructor:** Aryan Jangle

**Days:** Saturdays **Dates:** 9/20-11/15 (NC 10/11)

**Time:** 10:00am 12:00pm **Fee:** \$10M/\$15NM

### CREATE A COLLAGE ADVANCED

"It's the little things that make the big picture." Are you looking for another way to expand your possibilities in your art work...Join the collagers. Instructor will introduce the many ways working with paper can enhance a painting, drawing, etc,. Must have previous collage experience.

**Instructor:** Janet Ferraris

**Dates:** Wednesdays, 9/10-10/29

**Time:** 10:00-11:30 am **Fee:** \$18M/\$22NM

### CIRCUIT TRAINING

Workout is specially designed for older active adults with modifications by a certified personal trainer to include all fitness levels. Go at your own pace with timed intervals using weights, bands, balls, step and cardio exercises. Jump start weight loss, improve balance, coordination and gain strength in this fun and friendly class.

**Instructor:** Wendy LeClerc

**Days:** M, W, F **Dates:** 9/15-10/6, 10/10-11/3 (NC 10/8, 10/13)  
11/5-11/26

**Time:** 11:00am-11:50am

**Fee:** 3 classes/ week; Free RA/\$50M/\$58NM,  
2 classes/ week; Free RA/\$40 M/\$48NM

### FUNCTIONAL FUN TONING

Use it or lose it and have fun while doing it! This class focuses on toning but also includes balance and range of motion exercises that are executed from standing and seated positions. Required: sneakers and a set of 1 or 2 pound hand weights. Suggested: water bottle and sweat towel.

**Instructor:** Karen Chorney

**Day:** Mondays **Dates:** 10/6-11/17 (NC 10/13), 11/24-12/29

**Time:** 11:30am-12:15pm **Fee:** Free RA/\$30M/\$38NM



### GENTLE YOGA

This is an 60 minute all levels, mat-based yoga class for seniors that will help you calm your mind, strengthen and stretch your body and improve body awareness and balance. This class is for every body, as it incorporates conscious breathing with slow controlled movements and focused stretching. There will be opportunities to modify postures throughout, and each class will end with a restorative posture and quiet relaxation.

**Instructor:** Kristin Longenecker

**Days:** Mondays **Dates:** 9/15-10/27 (NC 10/13), 11/10-12/15

**Time:** 4:00pm-5:00pm **Fee:** Free RA/\$36M/ \$46NM

**GUITAR-SMALL-GROUP ACOUSTIC LESSONS FOR ADULTS** In this class, students will learn the fundamentals of playing the acoustic guitar in a small-group setting with individual attention. Students will learn how to form chords and read chord diagrams, learn guitar tablature, and how to play various strumming patterns in songs. This class is perfect for a beginner or someone who wishes to pick up the guitar after being away from it for a long time. The student must bring his/her own guitar and tuner to class.

**Instructor:** Maryanne Lauria

**Day:** Mondays **Dates:** 9/15-10/27 (NC 10/13), 11/3-12/8

**Time:** 5:30pm-6:00pm **Fee:** \$75M/ \$85NM

### La Dolce Vita: A Cultural Journey Through Italy

**Tuesdays | September 30 – November 4, 2025 10:30 AM – 12:00 PM**

Get ready to travel across Italy—no passport required!

Join Italian-born educator and public speaker **Anna Oliva** for a fun and engaging six-week journey through Italian food, history, daily life, and hidden treasures. Each week features a different topic, a few Italian words, and plenty of cultural insight. Sign up for the full series or choose the sessions that interest you most. It's the perfect way to celebrate Italian-American Heritage Month and enjoy a taste of **\*La Dolce Vita!\***.



#### Sept 30 – A Journey Through Modern Italy

How Italy became a nation—and how it shaped the Italian American story.

#### Oct 7 – A Culinary Journey Through Italy

Explore regional dishes and food traditions—plus a recipe to try at home.

#### Oct 14 – Coffee, Culture & Community

Learn coffee etiquette, social rituals, and phrases like a true Italian.

#### Oct 21 – Beliefs & Superstitions in Italian Culture

Discover Italy's charms, rituals, and superstitions—past & present.

#### Oct 28 – Italy's Hidden Gems

Uncover charming towns and off-the-beaten-path destinations across Italy.

#### Nov 4 – Essential Italian for Travelers

Practice simple phrases and tips to help you feel confident in Italy.

**Let's explore, laugh, and learn together—Italian-style!**

**Limited to 20 participants. Cost: 6 Week Series-\$60M/\$70NM**



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**LEARN HOW TO DRAW**

Ed Rosado, well known art teacher with 50 years of experience, will cover basic drawing techniques /shapes, shadows and understanding forms. Students will learn how to work with charcoal pencils and pastels. At the end of the work period, Students can take home their art project! A material fee of \$18 which includes all drawing materials, supplies, newsprint drawing pads, and easels is payable to the instructor. Please bring a smock or tee shirt and wipes for your hands. Max of 10 students.

**Instructor:** Ed Rosado

**Days:** Tuesdays **Date:** 9/16-10/28

**Time:** 1:00-3:30pm **Fee:** \$60M/\$75NM

**THE GREAT COURSES**

Join former educator and facilitator Mimi Theroux, as she shares a series of college-level audio and video courses on our large screen. Each video is approximately 30 minutes in length to allow two episodes to be shown each week followed by a lively group discussion.

**Instructor:** Mimi Theroux

**Days:** Tuesdays **Dates:** 9/16-11/18 (NC 9/23, 11/4)

**Time:** 1:00pm-2:30pm **Fee:** \$12M/\$15NM

**INTRODUCTION LINE DANCE WORKSHOP**

This is a one time intro class to give you a jump start on all the steps that will be used in class. Tags and Restarts will also be covered. Join us to see what Line Dancing is all about.

**Instructor:** Amy Perales

**Day:** Thursday **Date:** 9/11 **Time:** 11:45am-12:30pm

**Fee:** Free M/\$5NM

**LINE DANCING**

Learn Rocket to The Sun, I Like This, Bullfrog on A Log and so much more! Prepare yourself to go out dancing and you will find that you do less sitting, as you will know many of the Line Dances that are being done now.

**Instructor:** Amy Perales

**Beginner:** **Days:** Thursdays, **Dates:** 9/18-10/23, 11/6-12/18

**Time:** 11:45am-12:30pm **Fee:** \$35M/\$45NM

**Advance Beginner:** **Days:** Thursdays **Dates:** 9/18-10/23, 11/6-12/18

**Time:** 12:30pm-1:15pm **Fee:** \$35M/\$45NM

**MAHJONGG FOR BEGINNERS**

Learn to play the American version of Mahjongg, a brain stimulating tile game of strategy as well as an excellent memory exercise. You will learn about the tiles, how to decode the card and all the rules to play the game. The American version has 152 tiles that are drawn and discarded until one player secures a winning hand. The fee for the class includes your card.

**Instructor:** Kathryn Carle

**Day:** Tuesdays **Dates:** 9/9-10/14

**Time:** 10:00am-12:00pm **Fee:** \$36M/ \$46NM

**PARKINSON'S EXERCISE**

Come take a class designed specifically for persons with Parkinson's. Appropriate for ALL with mobility concerns. This hour long session will focus on balance, strength, speech and power. We'll use some traditional and more unique equipment to foster positive results.

**Instructor:** Lisa Callahan

**Day:** Mondays **Dates:** 9/8-11/3 (NC 10/13), 11/10-12/29

**Time:** 2:00-3:00pm **Fee:** \$24M/\$32NM

**Day:** Thursdays **Dates:** 9/11-10/23, 10/30-12/18 (NC 11/27)

**Time:** 1:00pm-2:00pm **Fee:** \$21M/\$28NM

**QIGONG CLUB**

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture. Volunteer Martha Jaffe will guide you through gentle movements and a guided meditation that will leave you feeling relaxed and refreshed.

**Instructor:** Martha Jaffe

**Day:** Wednesdays **Dates:** 9/10-10/29, 11/5-12/24

**Time:** 11:00am-12:00pm **Fee:** Free RA/\$16M/\$20NM

**Day:** Fridays **Dates:** 9/12-10/31, 11/7-12/19 (NC 11/28)

**Time:** 12:00pm-1:00pm **Fee:** Free RA/\$16M/\$20NM

**SINGING FOR FUN**

This relaxed and enjoyable class is for ANYONE who likes to sing! Sing familiar tunes and some modern songs as well, simply for FUN! There are several health benefits to singing. Why sing? It improves sleep, releases endorphins, improves our posture and calms our mind. You do not have to be an experienced singer to enjoy the many benefits of song. Have an instrument? Bring it along! All are welcome. Lynn is a professional musician with an A.S. in Music!

**Instructor:** Lynn Tracey

**Date:** Tuesday, 9/9-10/28

**Time:** 1:00pm -2:00pm **Fee:** \$16M/\$20NM

**STRENGTH & TONING- MAT**

A certified personal trainer will help get you stronger and toned with the use of dumbbells, bands, bars and various equipment. Your body can be the fitter self that it deserves to be. We'll use the mat for core work, cool down & stretching.

**Instructor:** Wendy LeClerc **Days:** M, W, F

**Dates:** 9/15-10/6, 10/10-11/3 (NC 10/13)

**Time:** 10:00am-10:50am

**Fee:** 3 classes/ week; Free RA/\$50M/\$58NM

2 classes/week; Free RA/\$40M/\$48NM

**TAP DANCING—INTRODUCTION**

This class is perfect for the absolute beginner. Someone that has never taken tap dancing before. We will be working on Tap Terminology, strengthening our ankles through various exercises and working on balance, which is the most difficult part of tap for most people.

**Instructor:** Amy Perales

**Day:** Thursdays **Dates:** 9/18-10/23, 11/6-12/18

**Time:** 2:15pm-3:00pm **Fee:** \$35M/\$45NM

**TAP DANCING**

Join us for the wonderful art of tap dancing! Are you a former tapper or have always wanted to try tap dancing? Here is your chance!

**Instructor:** Amy Perales

**Day:** Thursdays **Dates:** 9/18-10/23, 11/6-12/18

**Time:** 1:30pm-2:15pm **Fee:** \$35M/\$45NM

**TOTAL BODY WORKOUT**

This circuit training program incorporates resistance machines, free weights, bands, balls, and cardiovascular equipment to help improve balance, functional strength, mobility and cognitive skills. A certified personal trainer will lead this workout in the Fitness Center. You do not need to be a Fitness Center member to participate. Must fill out Medical Forms prior to participation. Class size is limited to 6.

**Instructor:** Kathryn Zizzi-Meyers

**Days:** M & W **Dates:** 9/22-10/27 (NC 10/13), 10/29-12/1

**Time:** 1:30pm-2:15pm **Fee:** \$36M/\$46NM

**Time:** 2:30pm-3:15pm **Fee:** \$36M/\$46NM

**Time:** 3:30pm-4:15pm **Fee:** \$36M/\$46NM



### UKULELE LESSONS-BEGINNER GROUP

Students will learn the basics of the ukulele and how to play simple songs in a fun and relaxed atmosphere. Topics will include identifying parts of the ukulele, how to tune the instrument, how to play notes and chords, strum patterns, and understanding music theory as it relates to the ukulele. Course Materials Required: Ukulele, a tuning device (clip on or free app on phone or tablet), and a pocket folder for handouts. The Music Score (2315 Silas Deane Hwy., Rocky Hill) will put together a package deal for seniors which will include a ukulele and tuner for \$50. One Ukulele and tuner may be available to borrow for use during class. Please ask office when registering.

**Instructor:** Maryanne Lauria

**Day:** Tuesday **Dates:** 9/16-10/21, 11/4-12/9

**Time:** 4:45pm-5:15pm **Fee:** \$65M/\$75NM

### UKULELE LESSONS -CONTINUING GROUP

Using skills learned in the Beginner Group, students will learn additional chords and strumming techniques as applied to songs covered in this 6-week course. Participants will learn how to read ukulele tab and understand music theory as it relates to the ukulele. (Prerequisite: Beginner Group Ukulele or by instructor recommendation).

**Instructor:** Maryanne Lauria

**Day:** Tuesday **Dates:** 9/16-10/21, 11/4-12/9

**Time:** 5:30pm-6:00pm **Fee:** 65M/\$75NM

### SOCIAL EVENT DANCING

You never really need a reason to dance but maybe you do need more confidence to get out on the dance floor. Grab a partner and join us for this truly enjoyable class and see how easy it is to learn the basic steps and patterns of Foxtrot, Cha-Cha, Salsa, Merengue, Swing, Hustle and even a little Waltz & Rumba. Lose that "two left feet" attitude and have fun on the dance floor! Wear comfortable shoes but please no black soled rubber shoes (they mark up the dance floor). You may register with a partner or as a single and cost is per person. No dance experience necessary! Space is limited to 24 people.

**Instructor:** Frank Rende

**Day:** Fridays **Dates:** 10/3-11/14 (NC 10/31)

**Time:** 6:30-8:00pm **Fee:** \$60M/\$70NM

### ZUMBA GOLD

If you enjoy great music and international rhythms, you will love Zumba Gold! This program was developed specifically for young-at-heart, fun loving adults. It's a dance fitness class that exercises your brain and body. The best part is that no experience is required. Required: Athletic sneakers with a rubber sole. Recommended: Dress in comfortable clothes, and bring a water bottle and sweat towel.

**Instructor:** Karen Chorney

**Day:** Thursday **Dates:** 9/11-10/23 (NC 10/2), 11/6-12/18 (NC 11/27)

**Time:** 9:30am-10:15am **Fee:** \$30M/\$35NM

**Day:** Tuesday **Dates:** 9/30-11/4, 11/18-12/23

**Time:** 9:30am-10:15am **Fee:** \$30M/\$35NM

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MONDAY

SEPTEMBER  
TUESDAY



PAGE 10

WEDNESDAY

<p>1</p> <p><b>WE WILL BE CLOSED ON LABOR DAY</b></p> 	<p>2</p> <p>10:30A Knit/ Crochet 12:00P <b>LUNCH-Lemon Chicken, Roasted Potatoes, Green Beans, Dinner Roll</b> 1:00P Mexican Train</p>	<p>3</p> <p>9:00A Massage 10:00A Cribbage/ Mahjongg 10:00A Strength &amp; Toning- Mat 11:00A Circuit Training 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH-Pastrami Reuben, Chips, Coleslaw, Pickle</b> 1:00P Wii Bowling/ Belly Dancing 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout</p>
<p>8</p> <p>9:00A Silver Sneakers-Cardio &amp; Strength 10:00A Silver Sneakers Yoga 10:00A Strength &amp; Toning- Mat 10:00A Chess 10:30A Blood Pressure Clinic 11:00A Circuit Training 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH-Meatloaf w/ Gravy Mashed Potatoes, Peas &amp; Carrots, Dinner Roll</b> 12:30P Bridge 1:00P Bingo/ Walking Club 1:30A Chair Yoga w/ Gia 1:30P Total Body Workout 2:00P Parkinson's Exercise 2:30P Total Body Workout 3:30 Total Body Workout 6:30P Movie: Summer Camp</p>	<p>9</p> <p>9:00a Silver Sneakers-Chair Aerobics 9:30A Zumba Gold 10:00A Silver Sneakers-Boom Muscle 10:00A Mahjongg Lessons 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P <b>LUNCH-Penne Carbonara, Garden Salad, Garlic Knots</b> 1:00P Setback/Great Courses 1:00P Mexican Train 1:00P Singing For Fun 1:00P <b>BOSTON LIGHTS TRIP DEPARTS</b></p>	<p>10</p> <p>9:00A Footcare 9:00A SS Cardio Boxing 10:00A Cribbage/ Mahjongg/Collage 10:00A Strength &amp; Toning- Mat 10:00A SS Arthritis Foundation 11:00A Qigong Club/Circuit Training 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH-BINGO &amp; BREAKFAST French Toast w/ Strawberries, Scrambled Eggs, Spuds, Bacon, Turkey Sausage \$12M/\$15NM</b> 12:30P Qigong Club 1:00P Wii Bowling/ Belly Dancing 1:00P Chair Yoga W/ Lynn 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout 3:15P Silver Sneakers Pilates 4:15P Silver Sneakers Stretch</p>
<p>15</p> <p>9:00A Silver Sneakers-Cardio &amp; Strength 10:00A Silver Sneakers Yoga /Strength &amp; Toning- Mat 10:00A Chess 10:30A Blood Pressure Clinic 11:00A Circuit Training 11:15A <b>TED TALK</b> 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH-Italian Sausage Grinder w/ Peppers &amp; Onions, Onion Rings, Pickles</b> 12:30P Bridge 1:00P Bingo/Walking Club 1:30A Chair Yoga w/ Gia 1:30P Total Body Workout 2:00P Parkinson's exercise 2:30P Total Body Workout 3:30P Total Body Workout 4:00P Gentle Yoga 5:30P Guitar Lessons 6:30P Movie: My Mom Jayne</p>	<p>16</p> <p>9:00a Silver Sneakers-Chair Aerobics 9:30A Zumba Gold 10:00A Silver Sneakers-Boom Muscle 10:00A Mahjongg Lessons 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P <b>LUNCH-Chicken Francais, Roasted Potatoes, Broccoli, Dinner Roll</b> 12:00P <b>DEMENTIA CAREGIVER SUPPORT GROUP</b> 1:00P Setback/Great Courses 1:00P Mexican Train /Drawing 1:00P Singing For Fun 4:45P Ukulele Beginner 5:30P Ukulele Continuing</p>	<p>17</p> <p>9:00A Massage 9:00A SS Cardio Boxing 10:00A SS Arthritis 10:00A Cribbage/ Mahjongg/Collage 10:00A Strength &amp; Toning- Mat 11:00A Qigong Club 11:00A Circuit Training 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH-Sheperds Pie w/ Gravy, Garden Salad, Dinner Roll</b> 1:00P Wii Bowling/ Belly Dancing/Chair Yoga W/ Lynn 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout 2:00P <b>SECRET LONDON</b> 3:15P Silver Sneakers Pilates 4:15P Silver Sneakers Stretch</p>
<p>22</p> <p>9:00A Silver Sneakers-Cardio &amp; Strength 10:00A Silver Sneakers Yoga 10:00A Strength &amp; Toning- Mat 10:00A Chess 10:30A Blood Pressure Clinic 11:00A Circuit Training 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH-Chicken Pot Pie, Caesar Salad, Dinner Roll</b> 12:30P Bridge 1:00P Bingo/Walking Club 1:30A Chair Yoga w/ Gia 1:30P Total Body Workout 2:00P Parkinson's exercise 2:30P Total Body Workout 3:30 Total Body Workout 4:00P Gentle Yoga 5:30P Guitar Lessons 6:30P Movie: September 5</p>	<p>23</p> <p>9:00a Silver Sneakers-Chair Aerobics 10:00A Silver Sneakers-Boom Muscle 10:00A Mahjongg Lessons 10:30A Knit/ Crochet 11:00A Chair Yoga w/ Gia 12:00P <b>LUNCH- Beef Stroganoff, Over Egg Noodles, Garden Salad, Garlic Knots</b> 1:00P Setback/Mexican Train 1:00P Singing For Fun/Drawing 4:45P Ukulele Beginner Group 5:30P Ukulele Continuing</p>	<p>24</p> <p>9:00A Footcare 9:00A SS Cardio Boxing 10:00A SS Arthritis 10:00A Cribbage/ Mahjongg/Collage 10:00A Strength &amp; Toning- Mat 11:00A Qigong Club 11:00A Circuit Training 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH- SHAMROCK SHENANIGANS Corned Beef &amp; Cabbage, Boiled Potatoes, Carrots, Soda Bread, \$12M/\$15NM</b> 12:30P Qigong Club 1:00P Chair Yoga W/ Lynn 1:00P Wii Bowling/ Belly Dancing 1:30P Total Body Workout 2:30P Total Body Workout 3:30P Total Body Workout 3:15P Silver Sneakers Pilates 4:15P Silver Sneakers Stretch</p>
<p>29</p> <p>10:00A Strength &amp; Toning- Mat 10:00A Chess 10:30A Blood Pressure Clinic 11:00A Circuit Training 11:30A Functional Fun Toning 12:00P Silver Sneakers-Cardio Drum Ball 12:00P <b>LUNCH- Stuffed Shells, Caesar Salad, Garlic Bread</b> 12:30P Bridge 1:00P Bingo/Walking Club 1:30A Chair Yoga w/ Gia 1:30P Total Body Workout 2:00P Parkinson's exercise 2:30P Total Body Workout 3:30 Total Body Workout 4:00P Gentle Yoga 5:30P Guitar Lessons 6:30P Movie: Sunday Best-The Untold Story of Ed Sullivan</p>	<p>30</p> <p>9:00a Silver Sneakers-Chair Aerobics 9:30A Zumba Gold 10:00A Silver Sneakers-Boom Muscle 10:00A Mahjongg Lessons 10:30A Knit/ Crochet / La Dolce Vita 11:00A Chair Yoga w/ Gia 12:00P <b>LUNCH- BBQ Ribs, Potato Salad, Baked Beans, Cornbread</b> 1:00P Setback/Mexican Train 1:00P Great Courses 1:00P Singing For Fun / Drawing 4:45P Ukulele Beginner Group 5:30P Ukulele Continuing <b>ADVENTURES IN DINING—ROCKLEDGE GRILL</b></p>	



# SEPTEMBER

## FRIDAY



<p>9:00A Silver Sneakers-Stability <b>4</b>  10:00A Silver Sneakers– Senior Stretch  10:30A Pinochle  12:00P <b>LUNCH-Roast Beef w/ Gravy, Roasted Potatoes, Grilled Asparagus, Dinner Roll</b>  1:00P Canasta  1:00P Bingo/ Mahjongg</p>	<p>9:00A Belly Busters <b>5</b>  9:00A Massage  10:00A <b>MEDICARE UPDATES</b>  10:00A Scrabble / Reiki  10:00A Strength &amp; Toning- Mat  10:30A Chair Volleyball  11:00A Circuit Training  12:00P <b>LUNCH-Garlic Shrimp Over Linguini, Caesar Salad, Dinner Roll</b>  1:00P Movie: Young at Heart</p>	<p>9:00A Silver Sneakers-Cardio Strength <b>6</b>  10:00A Silver Sneakers-Barre  11:00A Silver Sneakers-Senior Stretch    <b>Indoor Gymnasium Closed</b></p>																								
<p>9:00A Silver Sneakers-Stability <b>11</b>  9:30A Zumba Gold  10:00A Silver Sneakers– Senior Stretch  10:05A Chair Yoga w/ Mary  10:30A Pinochle  10:55A Chair Yoga w/ Mary  11:30A <b>NOTARY</b>  11:45A Intro Line Dance Workshop  12:00P <b>LUNCH-Stuffed Peppers, Pasta Marinara, Caesar Salad, Garlic Bread</b>  1:00P Parkinson’s Exercise/Canasta  1:00P Bingo/ Mahjongg  5:15P <b>SLIPAWAY TOURS SUNSET CRUISE</b></p>	<p>9:00A Belly Busters / Massage <b>12</b>  10:00A Scrabble  10:00A Chair Volleyball  10:00A <b>MEET THE AUTHOR</b>  11:00A Circuit Training  12:00P Qigong  12:00P <b>LUNCH -Chicken Cordon Blue, Twice Baked Potato, Asparagus, Dinner Roll</b>  1:00P Movie: Summer Camp  1:15P Food Share</p>	<p>9:00A Silver Sneakers-Cardio Strength <b>13</b>  10:00A Silver Sneakers-Barre  11:00A Silver Sneakers-Senior Stretch    <b>Indoor Gymnasium Closed</b></p>																								
<p>9:00A Silver Sneakers-Stability <b>18</b>  9:30A Zumba Gold  10:00A Silver Sneakers– Senior Stretch  10:05A Chair Yoga w/ Mary  10:30A Pinochle/Games Galore  10:55A Chair Yoga w/ Mary  11:45A Line Dancing-Beginner  12:00P <b>LUNCH-Pot Roast w/ Gravy, Mashed Potatoes, Turnips, Dinner Roll</b>  12:30P Line Dancing-Adv. Beg.  1:00P Parkinson’s Exercise/Canasta  1:00P Bingo/ Mahjongg  1:30P Tap Dancing  2:15P Tap Dancing –Introduction  6:00P <b>CONCERT JOE MISULLI &amp; CHRISTY ELLEN</b></p>	<p>9:00A Belly Busters <b>19</b>  9:00A Massage  10:00A Scrabble  10:00A Strength &amp; Toning- Mat  10:00A <b>SHERLOCK HOLMES &amp; GILLETTE CASTLE</b>  11:00A Circuit Training  12:00P Qigong  12:00P <b>LUNCH -Fried Fish, French Fries, Coleslaw, Dinner Roll</b>  1:00P Movie: My Mom Jayne</p>	<p>9:00A Silver Sneakers-Cardio Strength <b>20</b>  10:00A Silver Sneakers-Barre  10:00A Intro to Chess  11:00A Silver Sneakers-Senior Stretch    <b>Indoor Gymnasium Closed</b></p>																								
<p>9:00A Silver Sneakers-Stability <b>25</b>  9:30A Zumba Gold  10:00A Silver Sneakers– Senior Stretch  10:05A Chair Yoga w/ Mary  10:30A Pinochle / Games Galore  10:55A Chair Yoga w/ Mary  11:45A Line Dance Beg.  12:00P <b>LUNCH-Baked Ham, Scalloped Potatoes Green Beans, Dinner Roll</b>  12:30P Line Dance Adv.  1:00P Parkinson’s Exercise / Canasta  1:00P Bingo/ Mahjongg  1:30P Tap Dancing  2:15P Tap Dancing –Introduction  6:00P <b>SUBS &amp; SCOOPS GET THE INSIDE BITE ON MEDICARE CHANGES</b></p>	<p>9:00A Belly Busters <b>26</b>  10:00A Chair Volleyball / Scrabble  10:00A Strength &amp; Toning- Mat  10:00A <b>SNACKING FOR A PURPOSE</b>  10:30A Chair Volleyball  11:00A Circuit Training  12:00P Qigong  12:00P <b>LUNCH-Broiled Scallops, Rice Pilaf, Broccoli, Dinner Roll</b>  1:00P Movie: September 5  1:15P Food Share</p>	<p>9:00A Silver Sneakers-Cardio Strength <b>27</b>  10:00A Silver Sneakers-Barre  10:00A Intro to Chess  11:00A Silver Sneakers-Senior Stretch</p> <table border="1"> <tr> <td>Chair Volleyball</td><td>Fridays</td><td>10:00A-12:00P</td></tr> <tr> <td>Corn Hole</td><td>T &amp; TH</td><td>1:30-3:30P</td></tr> <tr> <td>Pickleball</td><td>M-TH</td><td>9:00-10:30A</td></tr> <tr> <td></td><td>M-TH</td><td>10:30A-12:00P</td></tr> <tr> <td></td><td>Fridays</td><td>1:00-4:00P</td></tr> <tr> <td></td><td>Saturdays</td><td>9:00A-12:00P</td></tr> <tr> <td>Table Tennis</td><td>M &amp; W</td><td>1:00-4:00P</td></tr> <tr> <td>Walking</td><td>M-F</td><td>8:00-9:00A</td></tr> </table>	Chair Volleyball	Fridays	10:00A-12:00P	Corn Hole	T & TH	1:30-3:30P	Pickleball	M-TH	9:00-10:30A		M-TH	10:30A-12:00P		Fridays	1:00-4:00P		Saturdays	9:00A-12:00P	Table Tennis	M & W	1:00-4:00P	Walking	M-F	8:00-9:00A
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# MONDAY

# OCTOBER

# TUESDAY



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# WEDNESDAY

		<p>9:00A <b>COFFEE WITH A COP</b> 9:00A Massage <b>1</b></p> <p>9:00A Silver Sneakers-Cardio Kickboxing</p> <p>10:00A Silver Sneakers-Arthritis Foundation</p> <p>10:00A Cribbage/ Mahjongg/Collage</p> <p>10:00A Strength &amp; Toning- Mat 11:00A Qigong Club</p> <p>11:00A Circuit Training</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH-Grilled Salmon, Roasted Potatoes, Asparagus, Dinner Roll</b></p> <p>1:00P <b>THE LEATHERMAN</b></p> <p>1:00P Wii Bowling/ Belly Dancing/Chair Yoga w/ Lynn</p> <p>1:30P Total Body Workout</p> <p>2:30P Total Body Workout 3:30P Total Body Workout</p> <p>3:15P Silver Sneakers-Pilates</p> <p>4:15P Silver Sneakers-Stretch</p>
<p>9:00A Silver Sneakers-Yoga <b>6</b></p> <p>9:00A Silver Sneakers-Cardio &amp; Strength</p> <p>10:00A Strength &amp; Toning- Mat 10:00A Chess</p> <p>10:30A Blood Pressure Clinic 10:30A Blood Pressure Clinic</p> <p>11:00A Circuit Training 11:30A Functional Fun Toning</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH-Meatloaf w/ Gravy, Mashed Potatoes Peas &amp; Carrots, Dinner Roll</b></p> <p>12:30P Bridge 1:00P Bingo/Qigong/Walking Club</p> <p>1:30A Chair Yoga w/ Gia</p> <p>1:30P Total Body Workout 2:00P Parkinson's Exercise</p> <p>2:30P Total Body Workout</p> <p>3:30 Total Body Workout 4:00P Gentle Yoga</p> <p>5:30P Guitar 6:30P Movie: Murder by Death</p>	<p>9:00A Silver Sneakers-Chair Aerobics <b>7</b></p> <p>9:30A Zumba Gold</p> <p>10:00A Silver Sneakers-Boom Muscle</p> <p>10:00A Mahjongg Lessons</p> <p>10:30A La Dolce Vita</p> <p>10:30A Knit/ Crochet</p> <p>11:00A Chair Yoga w/ Gia</p> <p>12:00P <b>LUNCH-Penne Ala Vodka, Meatballs, Garlic Bread</b></p> <p>1:00P Setback/Great Courses/Mexican Train</p> <p>1:00P Singing For Fun/Drawing</p> <p>4:45P Ukulele Beginner Group</p> <p>5:30P Ukulele-Continuous Group</p>	<p>9:00A Footcare <b>8</b></p> <p>9:00A Silver Sneakers-Cardio Kickboxing</p> <p>10:00A Silver Sneakers-Arthritis Foundation</p> <p>10:00A Cribbage/ Mahjongg/Collage 11:00A Qigong Club</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH-JEWISH CELEBRATION Beef Brisket, Latkes, Glazed Carrots, Dinner Roll \$12M/\$15NM</b></p> <p>1:00P Wii Bowling/Chair Yoga w/ Lynn/ Belly Dancing</p> <p>1:30P Total Body Workout 2:15P Better Balance</p> <p>2:30P Total Body Workout</p> <p>3:30P Total Body Workout</p> <p>3:15P Silver Sneakers-Pilates</p> <p>4:15P Silver Sneakers-Stretch</p>
<p><b>13</b></p> <p><b>WE WILL BE CLOSED ON COLUMBUS DAY</b></p> 	<p>9:00A Silver Sneakers-Chair Aerobics <b>14</b></p> <p>9:30A Zumba Gold</p> <p>10:00A Silver Sneakers-Boom Muscle</p> <p>10:00A Mahjongg Lessons 10:30A La Dolce Vita</p> <p>10:30A Knit/ Crochet</p> <p>11:00A Char Yoga w/ Gia</p> <p>12:00P <b>LUNCH-Bourbon Beef Tips, Mashed Potatoes, Brussel Sprouts, Dinner Roll</b></p> <p>12:00P <b>DEMENTIA CAREGIVER SUPPORT GROUP</b></p> <p>1:00P Setback/Drawing</p> <p>1:00P Singing For Fun</p> <p>1:00P Great Courses</p> <p>1:00P Mexican Train</p> <p>4:45P Ukulele Beginner Group</p> <p>5:30P Ukulele-Continuous Group</p>	<p>9:00A Massage <b>15</b></p> <p>9:00A Silver Sneakers-Cardio Kickboxing</p> <p>10:00A Silver Sneakers-Arthritis Foundation</p> <p>10:00A Cribbage/ Mahjongg/Collage</p> <p>10:00A Strength &amp; Toning- Mat</p> <p>11:00A Qigong Club 11:00A Circuit Training</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH- ITALY-ICIOUS Cheese Lasagna, Meatballs, Italian Sausage, Garden Salad, Garlic Bread \$12M/\$15NM</b></p> <p>1:00P Wii Bowling / Belly Dancing</p> <p>1:00P Chair Yoga w/ Lynn</p> <p>1:30P Total Body Workout 2:15P Better Balance</p> <p>2:30P Total Body Workout 3:30P Total Body Workout</p> <p>3:15P Silver Sneakers-Pilates</p> <p>4:15P Silver Sneakers-Stretch 6:00P <b>Social Security</b></p>
<p>9:00A Silver Sneakers-Cardio &amp; Strength <b>20</b></p> <p>10:00A Silver Sneakers-Yoga</p> <p>10:00A Strength &amp; Toning-Mat</p> <p>10:00A Chess 10:30A Blood Pressure Clinic</p> <p>11:00A Circuit Training</p> <p>11:15A <b>TED TALK</b></p> <p>11:30A Functional Fun Toning</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH-Beef Stew, Garden Salad, Dinner Roll</b></p> <p>12:30P Bridge 1:00P Bingo/Walking Club</p> <p>1:30P Chair Yoga w/ Gia</p> <p>1:30P Total Body Workout</p> <p>2:00P Parkinson's Exercise</p> <p>2:30P Total Body Workout</p> <p>3:30 Total Body Workout 4:00P Gentle Yoga 5:30P Guitar</p> <p>6:30P Movie: Bridget Jones Mad About the Boy</p>	<p>9:00a Silver Sneakers-Chair Aerobics <b>21</b></p> <p>9:30A Zumba Gold</p> <p>10:00A Silver Sneakers-Boom Muscle</p> <p>10:30A La Dolce Vita</p> <p>10:30A Knit/ Crochet</p> <p>11:00A Chair Yoga w/ Gia</p> <p>12:00P Dementia Care Support Group</p> <p>12:00P <b>LUNCH-Tomato Soup, Grilled Cheese, Chips, Pickle</b></p> <p>1:00P Setback/Drawing</p> <p>1:00P Great Courses/Mexican Train</p> <p>1:00P Singing For Fun</p> <p>2:00P-6:00P <b>FLU CLINIC</b></p> <p>4:45P Ukulele Beginner Group</p> <p>5:30P Ukulele-Continuous Group</p>	<p>9:00A Footcare <b>22</b></p> <p>9:00A Silver Sneakers-Cardio Kickboxing</p> <p>10:00A Silver Sneakers-Arthritis Foundation</p> <p>10:00A Cribbage/ Mahjongg/Collage</p> <p>10:00A Strength &amp; Toning- Mat</p> <p>10:00A-2:00P <b>FLU CLINIC</b> 11:00A Qigong Club</p> <p>11:00A Circuit Training</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH-Chicken Parmesan, Pasta Marinara, Garden Salad, Garlic Knots</b></p> <p>1:00P Wii Bowling/ Belly Dancing/ Chair Yoga w/Lynn</p> <p>1:30P Total Body Workout 2:00P <b>MEMORY TIPS</b></p> <p>2:30P Total Body Workout</p> <p>3:30P Total Body Workout 2:15P Better Balance</p> <p>3:15P Silver Sneakers-Pilates</p> <p>4:15P Silver Sneakers-Stretch</p> <p><b>ADVENTURES IN DINING-FIRE AT THE RIDGE</b></p>
<p>9:00A Silver Sneakers-Cardio &amp; Strength <b>27</b></p> <p>10:00A Silver Sneakers-Yoga</p> <p>10:00A Strength &amp; Toning- Mat</p> <p>10:00A Chess 10:30A Blood Pressure Clinic</p> <p>11:00A Circuit Training 11:30A Functional Fun Toning</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH-Ham Steak, Mac &amp; Cheese, Broccoli, Dinner Roll</b></p> <p>12:30P Bridge 1:00P Bingo/Walking Club</p> <p>1:30A Chair Yoga w/ Gia 1:30P Total Body Workout</p> <p>2:00P Parkinson's Exercise 2:30P Total Body Workout</p> <p>3:30P Total Body Workout 4:00P Gentle Yoga</p> <p>5:30P Guitar</p> <p>6:30P Movie: The Ghost &amp; Mr. Chicken</p>	<p>9:00a Silver Sneakers-Chair Aerobics <b>28</b></p> <p>9:30A Zumba Gold</p> <p>10:00A Silver Sneakers-Boom Muscle</p> <p>10:30A La Dolce Vita</p> <p>10:30A Knit/ Crochet</p> <p>11:00A Chair Yoga w/ Gia</p> <p>12:00P <b>LUNCH-Sloppy Joes, Tater Tots, Coleslaw, Pickles</b></p> <p>1:00P Setback/Drawing</p> <p>1:00P Great Courses/Mexican Train</p> <p>1:00P Singing For Fun</p> <p>4:45P Ukulele Beginner Group</p> <p>5:30P Ukulele-Continuous Group</p>	<p>9:00A Footcare/Silver Sneakers-Cardio Kickboxing <b>29</b></p> <p>10:00A Silver Sneakers-Arthritis Foundation</p> <p>10:00A Cribbage/ Mahjongg /Collage</p> <p>10:00A Strength &amp; Toning- Mat 11:00A Qigong Club</p> <p>11:00A Circuit Training</p> <p>12:00P Silver Sneakers-Cardio Drum Ball</p> <p>12:00P <b>LUNCH- HALLOWEEN JUKEBOX BINGO Carved Turkey w/ Gravy, Mashed Potatoes, Stuffing, Butternut Squash, Cranberry Sauce, Dinner Roll \$12M/\$15NM</b></p> <p>1:00P Wii Bowling/Belly Dancing/ Chair Yoga w/ Lynn</p> <p>1:30P Total Body Workout 2:30P Total Body Workout</p> <p>3:30P Total Body Workout 2:15P Better Balance</p> <p>3:15P Silver Sneakers-Pilates</p> <p>4:15P Silver Sneakers-Stretch</p>



# OCTOBER

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## THURSDAY

## FRIDAY

## SATURDAY

9:00A Silver Sneakers-Stability 10:00A Silver Sneakers– Senior Stretch 10:05A Chair Yoga w/ Mary 10:30A Pinochle 10:30A Games Galore 10:55A Chair Yoga w/ Mary 11:45A Line Dancing-Beginner 12:00P LUNCH-Chicken Philly Grinder w/ Cheese, Onions & Peppers, French Fries, Pickle 12:30P Line Dancing-Adv. 1:00P Parkinson’s Exercise / Hearing Screening 1:00P Bingo/ Mahjongg/ Canasta 1:30P Tap Dancing 1:30P PAINT PARTY 2:15P Tap Dancing –Introduction 6:00P CONCERT—DOWNTOWN 6	2	9:00A Belly Buster 10:00A Chair Volleyball 10:00A Scrabble / Reiki 10:00A ESTATE PLANNING 10:00A Strength & Toning- Mat 10:30A Chair Volleyball 12:00P Qigong Club 12:00P LUNCH-Salisbury Steak, w/ Mushroom Gravy, Mashed Potatoes, Beets, Dinner Roll 1:00P Movie: Sunday Best-The Untold Story of Ed Sullivan 1:15P Food Share 6:30P Social Dancing	3	9:00A Silver Sneakers-Cardio Strength 10:00A Silver Sneakers-Barre 10:00A Intro to Chess 11:00A Silver Sneakers-Senior Stretch	4																								
9:00A Silver Sneakers-Stability 9:30A Zumba Gold 10:00A Silver Sneakers-Senior Stretch 10:05A Chair Yoga w/ Mary 10:55A Chair Yoga w/ Mary 10:30A Games Galore 10:30A Pinochle 11:30A NOTARY 11:45A Line Dancing-Beginner 12:00P LUNCH-Chicken Marsala, Roasted Potatoes, Broccoli, Dinner Roll 12:30P Line Dancing-Adv. 1:00P Parkinson’s Exercise 1:00P Bingo/ Mahjongg/Canasta 1:30P Tap Dancing 2:15P Tap Dancing –Introduction	9	9:00A Massage/Belly Busters 10:00A Chair Volleyball 10:00A Scrabble 10:00A Strength & Toning- Mat 10:00A Chair Volleyball 11:00A Circuit Training 12:00P Qigong Club 12:00P LUNCH-Baked Stuffed Shrimp, Baked Potato, Asparagus, Dinner Roll 1:00P Movie: Murder by Death 6:00P MURDER MYSTERY DINNER 6:30P Social Dancing	10	Senior Center Closed																									
9:00A Silver Sneakers-Stability 9:30A Zumba Gold 10:00A Silver Sneakers– Senior Stretch 10:05A Chair Yoga w/ Yoga 10:30A Pinochle/ Games Galore 10:55A Chair Yoga w/ Mary 11:45A Line Dance—Beginner 12:00P LUNCH-Cuban Flatbread Sandwiches, Chips, Coleslaw, Pickle 12:30P Line Dancing-Adv. Beg. 1:00P Parkinson’s Exercise 1:00P Bingo/ Mahjongg 1:30P Tap Dancing 2:15P Tap Dancing—Introduction 6:00P CONCERT—LARGER THAN LIFE	16	9:00A Belly Busters /Massage 10:00A Chair Volleyball 10:00A Scrabble 10:00A Strength & Toning- Mat 10:00A LOWER YOUR ELECTRIC BILL 10:30A Chair Volleyball 11:00A Circuit Training 12:00P Qigong Club 12:00P LUNCH-Sole Francaise, Rice Pilaf, Green Beans, Dinner Roll 1:00P Movie: Black Bag 1:15P Food Share 6:30P Social Dancing	17	9:00A Silver Sneakers-Cardio Strength 10:00A Silver Sneakers-Barre 10:00A Intro to Chess 11:00A Silver Sneakers-Senior Stretch	18																								
9:00A Silver Sneakers-Stability 9:30A Zumba Gold 10:00A Silver Sneakers– Senior Stretch 10:30A Games Galore 10:30A Pinochle 11:45A Line Dance-Beginner 12:00P LUNCH-Pot Roast w/ Gravy, Mashed Potatoes, Turnips, Dinner Roll 12:30P Line Dancing-Adv. Beg. 1:00P Parkinson’s Exercise 1:00P Bingo/ Mahjongg/Canasta 1:30P Tap Dancing 2:15P Tap Dancing—Introduction	23	9:00A Belly Busters 10:00A Chair Volleyball / Scrabble 10:00A Strength & Toning- Mat 10:00A HOME, HEART, HELP 10:00A Chair Volleyball 11:00A Circuit Training 12:00P Qigong Club 12:00P LUNCH-Baked Haddock, Mashed Potatoes, Green Beans, Dinner Roll 1:00P Movie: Bridget Jones Mad About the Boy 6:30P Social Dancing	24	9:00A Silver Sneakers-Cardio Strength 10:00A Silver Sneakers-Barre 10:00A Intro to Chess 11:00A Silver Sneakers-Senior Stretch	25																								
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# TED TALKS

**Monday, September 15, 11:15am-12:00pm**  
**HOW THE WORST MOMENTS OF OUR LIVES MAKE US**  
 WHO WE ARE – Andrew Solomon

**Monday, October 20, 11:15am-12:00pm**  
**A LOVE LETTER TO REALISM IN A TIME OF GRIEF**  
 Mark Pollock and Simone George

**Program is free but registration is required.**

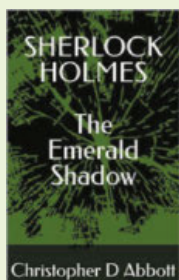


**MRS. GILLETTE PRESENTS**  
**SHERLOCK HOLMES AND GILLETTE'S CASTLE**  
**Theodora Niver, Actor**  
**Friday, September 19, 10:00am-11:00am**

Who was William Gillette? What was his connection to the greatest fictional detective of all time? Was Sherlock Holmes fact...or fiction? What is the story behind the image of Holmes...the cap...the pipe...the lens?

You will learn about Gillette's Castle in East Haddam. What famous people visited the Castle? You will learn about Gillette's greatest love - his wife Helen. Her costuming is authentic and period correct. Her knowledge of Sherlock Holmes, William Gillette and Gillette Castle is extensive.

**Program is free but registration is required.**



## MEET THE AUTHOR

**"Sherlock Holmes: The Emerald Shadow"**  
 Christopher D. Abbott

**Friday, September 12**  
**10:00am-11:00am**

**"When a thief takes a dangerous prize, after a six-year absence, Sherlock Holmes faces a mystery tangled in shadows - one where salvation and peril may be one and the same..."** A traditional Sherlock

Holmes story, set in Edwardian London.

Christopher D. Abbott is a Reader's Favorite award-winning author of crime, fantasy, science-fiction, and horror. With over 35 books published, Abbott is also an Amazon Bestseller and publisher of the Sherlock Holmes pastiche series "The Watson Chronicles" along with associated anthologies.

Books will be available for purchase.

**Program is free but registration is required.**

## SNACKING FOR A PURPOSE

**Friday, September 26, 10:00am-11:00am**

Did you know that there are snacks/foods we can eat that are actually good for us? We will go over several food and beverage choices that can be easily added to your daily menu that can serve more functions than just satisfying an empty belly. Certain foods can help lower blood pressure, lower blood sugar, reduce inflammation and improve cognitive health. Samples will be provided. Presented by Laura Bernard, RN-MSN, CDP-CADDCT, MHFA, SALSA, Masonicare at Greenridge Place.

**Program is free but registration is required.**

## SECRET LONDON PRESENTATION

**Wednesday, September 17, 2:00pm-3:00pm**

Join this enlightening presentation on the unknown London through photos and stories. Travel with us thru Roman *Londinium*, to Chaucer's Tavern, where Jack the Ripper worked, and where to sell your wife, Churchills War Rooms and discover the answer to the question: "Was Benjamin Franklin a Mass Murderer?" Dr. Richard Benfield, former CCSU professor has been to 123 countries and enjoys sharing his knowledge, photos and writings. He is an internationally recognized scholar on Garden Tourism and author of Garden Tourism. Enjoy one of his newest presentations, "*Secret London*," with a hint of Sherlock.

**Program is free but registration is required.**



## NATIONAL COFFEE WITH A COP DAY

**Wednesday, October 1, 9:00am-11:00am.**

Stop in for a hot cup of Joe, a bagel and visit with Rocky Hill's finest. Join your neighbors and police officers for coffee and conversation.

Cost: **FREE**

Co-sponsor:



## HE WHO WALKED ANOTHER PATH THE OLD LEATHER MAN

**Wednesday, October 1, 1:00-2:00pm**

An air of mystique still surrounds the Old Leather Man, a figure who carries with him several fascinating accounts by those who had seen and met him while he travelled along a 365-mile route between Connecticut and New York during the latter half of the nineteenth century. Join historian Dan MacNeil for a presentation regarding the Old Leather Man, and what can be deciphered about him from the records that are available.

**Program is free but registration is required.**



## GAMES GALORE

This weekly social hour will focus on brain enhancing games while having FUN! Facilitated by volunteers and self directed by those attending, participants will enjoy different games each week that may include Bingo, Pokemo, LCR, Brain Teasers and more.

Beginning **Thursday, September 18, 10:30-11:30am**. Make a reservation for lunch, stay for 1:00pm Bingo and make a day of it!

**Program is free but registration is required.**

## HALLOWEEN JUKEBOX BINGO

**Wednesday, October 29, 12:00-2:30pm**

Dress up for our costume parade as Dennis returns to play spooky tunes for our Halloween Jukebox Bingo.

Lunch will be a Turkey meal with all the trimmings.

Prizes & Surprises! **Cost: \$12M/\$15NM** Co-sponsor:





### PAINT PARTY

Thursday, October 2, 1:30-3:30pm

Come join us in painting a beautiful fall mountain landscape. We will use acrylic paint to create purple mountains in the background and a bright blue sky. In the foreground we will paint a birch tree covered in fall colored leaves

Cost: \$12M/\$15NM



### TIPS FOR MEMORY

Wednesday, October 22, 2:00pm-3:00pm

Did you know that a recent study from Stanford University suggests that the techniques used by memory athletes can be taught, learned, and create changes in the brain that enhance memory skill? Come learn about the tips and techniques used by memory athletes. Presenter Dr. Wendy Hurwitz is a graduate of Yale University School of Medicine and a nationally recognized expert on stress. A former medical researcher for ABC News, Dr. Hurwitz is an expert in two fields: Mind/Body Medicine and Energy Medicine. Dr. Hurwitz helps organizations and individuals achieve peak performance by enhancing vitality and wellness. She translates the latest and most sophisticated scientific research into practical, easy-to-use techniques people can use to maintain and enhance vitality even under the most trying circumstances.

Program is free but registration is required.



Co-sponsor: BrightStar Care

MIDNIGHT AT THE  
**MASQUERADE**  
A Murder Mystery Dinner Event

FRIDAY, OCTOBER 10, 2025  
6:00-9:00PM

Attend the Billionaires' Club Annual Masquerade Ball and get this soiree back on track by solving the crime before the masked menace gets away! Ticket includes mocktails, appetizers, dinner, dessert and 2 hour show.

Cost: \$25M/\$35NM

Co-sponsor: **GM&F**  
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## GROUP CLASSES OFFERED AT ROCKY HILL SENIOR CENTER

*Everyone is welcome to participate. SilverSneakers and Renew Active members are free, with all other members paying a modest fee. Registration is required.*

**ARTHRITIS FOUNDATION:** \*NEW! SilverSneakers classes offered in partnership with the Arthritis Foundation are designed to help seniors and those with arthritis improve their strength, flexibility, and range of motion. These classes, often chair-based, provide a safe and effective way to manage arthritis pain and improve overall health.

**Lynn Tracey:** Wednesday, 9/10-10/15; 10/22-11/26 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM

**BARRE:** \*NEW! A full-body strength workout that focuses on building muscle endurance, increasing flexibility, and improving balance and agility through low-impact, controlled movements. While not a dance class, it emphasizes dancer-like posture and often utilizes a bar for support.

**Sheryl Harle:** Saturday, 9/6-10/18 (NC 10/11); 10/25-12/6 (NC 11/29) 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM

**BOOM MUSCLE:** An action-packed, 30-45-minute class intended to help build muscular and bone strength & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. This is a fun yet challenging workout opportunity for all levels. Modifications are always available and encouraged for your safety and success.

**Sheryl Harle:** Tuesday, 9/9-10/14; 10/21-11/25 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM

**CARDIO DRUM BALL:** Work up a sweat with two drumsticks and a big ball! TONS OF FUN and a GREAT cardio workout! Improves your coordination, sense of rhythm, and works your heart at the same time. Moves choreographed to favorite tunes. Drum Ball is proven to benefit the body, strengthen heart & lungs, build healthy strong bones, improve flexibility, and increase muscular strength & endurance. Adaptable for all physical ability levels.

**Wendy LeClerc:** Monday, 9/15-10/27 (NC 10/13); 11/3-12/8 12:00pm-12:45pm Fee: Free RA&SS/\$30M/\$35NM

**Wendy LeClerc:** Wednesday, 8/13-9/24 (NC 8/27); 10/1-11/12 (NC 10/8) 12:00pm-12:45pm Fee: Free RA&SS/\$30M/\$35NM

**CARDIO KICKBOXING:** \*NEW! A combination of dance and martial arts that will improve your endurance and cardiovascular fitness. High intensity class.

**Lynn Tracey:** Wednesday, 9/10-10/15; 10/22-11/26 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM

**CARDIO & STRENGTH:** This is a fitness class that combines a variety of exercises to help increase cardio endurance while strengthening bones and muscle. The workout can be led as variety of low- and high-impact movements that will raise your heart rate and work up a sweat.

**Karen Chorney:** Monday, 10/6-11/17 (NC 10/13); 11/24-12/29 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM

**Sheryl Harle:** Saturday, 9/6-10/18 (NC 10/11); 10/25-12/6 (NC 11/29) 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM

**CHAIR AEROBICS:** This aerobic exercise class is a safe and effective low-impact workout. Chair is used for stability or seated exercise. It provides a cardiovascular workout for participants who cannot stand for a prolonged amount of time, or who may be new to exercise, while significantly reducing the risk of injury or fall.

**Sheryl Harle:** Tuesday, 9/9-10/14; 10/21-11/25 9:00-9:45am Fee: Free RA&SS/\$30M/\$35NM

**PILATES:** \*NEW! A class designed for seniors and older adults, offer a gentle and effective way to build strength, improve posture, and enhance balance.

**Sheryl Harle:** Wednesday, 9/10-10/15; 10/22-11/26 3:15pm-4:00pm Fee: Free RA&SS/\$30M/\$35NM

**SENIOR STRETCH:** A class that provides flexibility and increases range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion.

**Sheryl Harle:** Wednesday, 9/10-10/15; 10/22-11/26 4:15pm-5:00pm Fee: Free RA&SS/\$30M/\$35NM

**Sheryl Harle:** Thursday, 9/11-10/16; 10/23-12/4 (NC 11/27) 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM

**Sheryl Harle:** Saturday, 9/6-10/18 (NC 10/11); 10/25-12/6 (NC 11/29) 11:00am-11:45am Fee: Free RA&SS/\$30M/\$35NM

**SILVERSNEAKERS® YOGA:** You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

**Karen Chorney:** Monday, 10/6-11/17 (NC 10/13); 11/24-12/29 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM

**STABILITY:** A group exercise class designed specifically to keep participants "safe on their feet". Understanding the primary risk factors associated with falling and knowing what exercises will be beneficial in decreasing the risk for a fall provides substantial knowledge and practical work for class members to increase function and long-term independence.

**Sheryl Harle:** Thursday, 9/11-10/16; 10/23-12/4 (NC 11/27) 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM



**RENEW ACTIVE** Is a Medicare Insurance benefit offered by specific companies. Check with your insurance carrier to see if you qualify. To register you will need your 9-digit number that begins with the letter A in order to complete your Renew Active Membership for participation at our Center.

***Make sure you have a Rocky Hill Senior Services key tag to scan into all qualifying programs.***

If you cannot find your key tag, please visit the front desk for a replacement tag.

### QUALIFYING CLASSES

**Belly Busters, Circuit Training, Fun Functional Toning, Gentle Yoga, Pickleball, Qigong, Silver Sneakers, Strength and Toning**

***\*Pre-registration is required for all classes. Please note that class sizes are limited.***

### **FITNESS CENTER *Required prior to usage of the Fitness Center:***

\*Pick up and complete a Fitness Center packet which includes a Physician's Medical Approval Form.

\*Schedule a training session with our personal trainer.

\*Work out at your convenience during Fitness Center hours of operation.

All Renew Active members will be required to scan their key tag before participating in each fitness class and each visit to the Fitness Center, using the Rocky Hill Senior Services key tag. Scans will be handled by the instructor or Fitness Center Volunteer at the class location. Pickleball scans will be available at the front desk

If you have any questions, please email Lynn at [Ltracey@rockyhillct.gov](mailto:Ltracey@rockyhillct.gov)



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## ROCKY HILL SENIOR FITNESS CENTER

The Senior Fitness Center offers individualized and medically based exercise programs for older adults. Our equipment was selected based upon current scientific research and evaluation, and is designed to enhance cardiovascular endurance, muscular strength and to help reduce the risk of injury.

Each participant follows a program based upon safe exercise guidelines derived from their screening data.

**Hours of Operation: Monday – Thursday: 8:00am- 5:30pm**  
**Friday: 8:00am-4:30pm Saturday: 9:00am-12:00pm**

**Equipment included in our Center:** Nu-step Recumbent Bikes, Precor Treadmills, Precor Elliptical Recumbent, Dumbbells and a full line of Inflight Fitness Strength Training machines.



**COST: \$120.00 for 1 year**  
**\$80.00 for 6 months**  
**\$50.00 for 3 months**

**Free for Renew**  
**Active Members**

## GAMES, GAMES and MORE GAMES

Games are open to all **Senior Center Members** and facilitated by volunteers. Please call the Center if you have any questions or would like to join in!

<b>Bingo</b>	Monday & Thursday	1:00pm-3:00pm
<b>Bridge</b>	Monday	12:30pm-4:00pm
<b>Canasta</b>	Thursday	1:00-3:00pm
<b>Chess Club</b>	Monday	10:00am-12:00pm
<b>Cribbage</b>	Wednesday	10:00am-12:00pm
<b>Games Galore</b>	Thursday	10:30am-11:30am
<b>Mahjongg</b>	Tuesday Wednesday Thursday	10:00am-12:00pm 10:00am-12:00pm 1:00pm-4:00pm
<b>Mexican Train</b>	Tuesday	1:00pm-3:00pm
<b>Pinochle</b>	Thursday	10:30am-12:00pm
<b>Scrabble</b>	Friday	10:00am-11:30am
<b>Setback</b>	Tuesday	1:00pm-3:00pm
<b>Wii Bowling</b>	Wednesday	1:00pm-3:00pm

Please pre-register for games.

## INDOOR GYM PROGRAMS

Indoor Gym programs are open to all **Senior Center Mem-**

**bers** and facilitated by volunteers. Please pre-register online or call the

Center. Please sign in each time you attend. **Indoor Gym is closed: 8/20-9/20 (Floor Maintenance) , 10/11, 10/13, 10/21, 10/22**

**CHAIR VOLLEYBALL** — Join us for more fun than you can possibly stand - while seated! It is great for upper body mobility and joint flexibility, enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot net. Rules are similar to regular volleyball except you must remain seated.

**Date:** Friday, 9/26-11/14 **Time:** 10:00am-12:00pm **Cost:** \$12M

**CORNHOLE** — Play America's favorite lawn game in our gymnasium. Corn hole is a lawn game in which players take turns throwing 16 ounce bags of corn kernels at a raised platform with a hole in the far end. Easy & fun to play!

**Date:** Tuesdays & Thursdays **Dates:** 9/23-11/13

**Time:** 1:30pm-3:30pm **Cost:** \$12M

**INDOOR PICKLEBALL**— Register for either one of the morning time slots for our indoor play. Nets will be provided but please bring your own equipment. Please arrive at the start time to ensure inclusion in the rotation. A general knowledge of Pickleball is required. Space is limited. Renew Active Members will need to scan in at the front desk before playing.

\*Outdoor courts are located at Elm Ridge Park on a first come first serve basis.

**Date:** Monday—Thursday, 9/22-11/13 (NC 10/13, 10/21, 10/22)

**Time:** 9:00am–10:30 am **Cost:** Free RA/\$25

10:30 am–12:00 pm **Cost:** Free RA/\$25M

**Friday Sessions:** 9/26-11/14 **Time:** 1:00-4:00PM **Cost:** Free RA/\$12M

**Saturday Sessions:** 9/27-10/25 (NC 10/11) **Time:** 9:00AM-12:00PM **Cost:** Free RA/\$12M

**TABLE TENNIS** — Join fellow table tennis enthusiasts for an afternoon of friendly play. Please bring your own paddle. Pre-register for social and competitive play on Mondays & Wednesdays.

**Dates:** 9/22-11/12 (NC 10/13, 10/22) **Time:** 1:00- 4:00pm. **Cost:** \$12M

**INDOOR WALKING TRACK**- Start your day by walking in our safe, climate controlled gymnasium every morning from 8:00am-9:00am Monday – Friday from **Dates:** 9/22-10/31 (NC 10/13) Walking around the gym 20 times completes 1 mile. **Make your own schedule and walk around our facility from 8:30am-4:30pm. Begin at our front door and do laps through the hall and entire first floor of the Town Hall building. Program is free to members but registration is required.**



Trips are scheduled for our members and we typically share a bus with the Wethersfield Senior Center. All trips are first come, first serve, and are non-refundable unless we are able to fill your seat. Please choose your bus seat, travel companion and meal choice at time of registration. We also need your cell phone number for the day. Register early if you need to be in the front of the bus. Trips depart from and return to Elm Ridge Park. Please pick up flyers in the office for full itineraries and details.



### BOSTON LIGHTS AT FRANKLIN PARK ZOO Tuesday, September 9

Prepare to be dazzled as you wander through Boston Lights - A Lantern Experience, surrounded by immersive walkthroughs and interactive displays. Take a leisurely walk on the 1 mile loop (plenty of seating along the way) through the zoo of hundreds of glowing lanterns Prior to the lantern experience enjoy an early dinner at Maggiano's Little Italy. Family style menu consists of bruschetta, salad, rigatoni Bolognese, chicken piccata and lemon cookies for dessert. **Cost:** \$153 for members and \$163 for non members **Depart:** 1:00pm from Elm Ridge Park; **Estimated Return** is 10:30pm

### OUTDOOR ADVENTURE

#### SLIPAWAY TOURS SUNSET CRUISE Thursday, September 11, 5:30pm-7:00pm

Enjoy a 90-minute, relaxing private charter sunset cruise! This cruise can offer unique and spectacular views of the sky changing colors that are enhanced by the reflections of the river. You may also see eagles and herons along the way! Bring a cooler of finger food snacks and beverages of your choice (alcohol allowed). This trip fills up quickly! Limited to 16 attendees. Meet at Ferry Park parking lot, Rocky Hill. **Fee: \$25M/\$30NM**



### RED SOX VS. YANKEES Sunday, September 14—WAITLIST

**Cost:** \$155.00 pp, \$180.00 Non-Member **Depart:** Elm Ridge Park 10:00am **Estimated Return:** 7:30pm

### SUNDAY BRUNCH & HUDSON RIVER CRUISE Sunday, October 5—WAITLIST

**Cost:** \$179 for members and \$189 for non members **Depart:** 8:15am from Elm Ridge Park; **Estimated Return:** 5:45pm

### STOCKING STUFFER HOLIDAY DAY Thursday, November 13

Visit these locations in central Massachusetts: Longfellow's Wayside Inn, Wayside Country Store and Douglas Farm & Orchard. The last stop will be at the Christmas Barn in Woodstock, CT Lunch will be served at the historic Longfellow's Wayside Inn in Sudbury, MA. Menu includes Roast Prime Rib of Beef or Boneless Chicken Breast with Cranberry Walnut Dressing, sides and warm deep dish Apple Pie with whipped cream. Please pick your meal selection at time of registration **Cost:** \$162M/\$172 NM **Depart:** 9:30am from Elm Ridge Park **Return:** 6:30pm

### REAGLE MUSIC THEATRE Sunday, December 7

The Reagle Music Theatre of Greater Boston will present Christmastime, their annual holiday presentation featuring 100 performers, a live orchestra, precision dancers and over 20 yuletide tunes Pre-show lunch at the Chateau Restaurant in Waltham Menu: Choice of Eggplant Parmesan with Penne, Chicken Parmesan with Penne or Haddock St. Germaine with cream sauce and seasoned bread crumbs; salad, dessert, coffee and tea included. Please pick entree choice at registration **Cost:** \$179M \$189NM. **Depart:** 8:30am from Elm Ridge Park **Return:** 7:00pm

### CANADIAN WONDERS AND COASTAL MARITIMES- June 6-16, 2026

11 Days; 16 Meals From the nautical beauty of Peggy's Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you. Choose how you explore Lunenburg – at the Fisheries Museum of the Atlantic or on a locally guided walking tour. Partake in a PEI tradition with a supper of fresh lobster and mussels. Visit the Anne of Green Gables Museum and learn about potato farming. See the 4-story high Hopewell Rocks. Savor a traditional Maritimes seafood feast beside the Bay of Fundy, where some of the world's highest tides are recorded. Don't miss the rugged beaches, picturesque fishing villages, and rich seafaring history of Canada's amazing

### MARITIME PROVINCES. DISCOVER SWITZERLAND, AUSTRIA AND BAVARIA- October 7-16, 2026

10 Days; 13 Meals Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. Spend four nights each in the UNESCO World Heritage city of Bern and the charming Alpine city of Innsbruck. Get a taste of Switzerland when you meet a local alphorn maker and yodelers and enjoy a fondue lunch. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in The Sound of Music, during your time in Salzburg. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria.

### Adult Fall Events @ The Library!

#### September 23: Edible Plants and Fungi of Autumn

6 PM at the library with The 3 Foragers.

#### September 27: Pen Turning 10 AM - 2 PM

at the library with The Central CT Woodturners Group.

#### September 30: True Ghost Stories of CT

6 PM at the library with Charles Rosenay.

#### October 7: Hiking in the Dolomites

6 PM at the library with Tim Lewis.

#### October 8: Witch Painting Craft

5:30 PM at the library with Laurie Czech.

#### October 14: Hollywood Horror Films: Fact or Fiction?

6 PM at the library with Joe Franke.

#### October 21: Leaf Painted Note Cards Craft

5:30 PM at the library with Denise Smith.

#### October 29: Adult Costumed Halloween Trivia

6 PM at the library.



### Cora J. Belden Library

Church Street, Rocky Hill 860-258-7621

#### Movies at the Community Center

Mondays at 6:30 PM & Fridays at 1:00 PM

#### SEPTEMBER & OCTOBER:

Sept 5 (No Movie 9/1) .....Young at Heart  
Sept 8 & 12.....Summer Camp  
Sept 15 & 19.....My Mom Jayne  
Sept 22 & 26.....September 5  
Sept 29 & Oct 3 .....Sunday Best-The Untold  
Story of Ed Sullivan  
Oct 6 & 10.....Murder by Death  
Oct 17 (No Movie 10/13).....Black Bag  
Oct 20 & 24.....Bridget Jones Mad About the Boy  
Oct 27 & 31.....The Ghost & Mr. Chicken

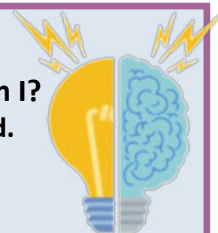
### RIDDLE FOR SEPTEMBER/OCTOBER COMPASS

Until I am measured, I am not known. Yet you miss me when I have flown. What am I?

Submit your answer to the Senior Center office by 9/18/25 for a chance to win a Gift Card.

We received 25 submissions for the JULY/AUGUST Brain Teaser.

Kathy Carle was the winner of a \$10 Dunkin Gift Card.



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