

ACTIVE ADULTS NEWSLETTER-55+



AUGUST

2023

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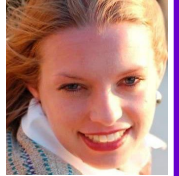
Ellen Clow
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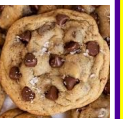
Dawn Albert
Dennis Burgh
Chuck Hart
Dennis Marron
Blasé Picone
Gary Recchia
Jim Shanley
Howard
Vaillancourt

Please sign up in the office for all programs. Programs may be cancelled if enrollment is low. Participants must complete, sign & date a registration form to participate in any program or trip. In addition, the fee or deposit must be with the form to reserve your space.

ASHLEY ALLEN CONCERT: On **Tuesday, August 1st, after lunch** Ashley Allen will perform a concert that will include a tribute to Julie Andrews who recently received a Lifetime Achievement Award. Ms. Allen will also perform various Broadway tunes. Ashley has her Masters in Opera Performance from Binghamton University. She has been providing concerts for our Guilford seniors every year since 2006. She currently resides in North Carolina with her husband Aaron and daughters Allison and Anna. Ashley will be accompanied by Pat Todd, a Guilford resident, Director of our Joyful Voices Chorus and the director of the local Tuxedo Junction (The Sounds of Swing) Band. Before the concert, feast on a Roast Turkey lunch \$5.50. Sign up on the lunch list.



CELEBRATE NATIONAL CHOCOLATE CHIP COOKIE DAY: On **Thursday, August 31st, 12:00 noon** sign up for lunch to get a special dessert in honor of Chocolate Chip Cookie Day. The original chocolate chip recipe was created in the late 1930s by Ruth Wakefield who famously ran the Toll House restaurant in Whitman, Massachusetts. The delicious mix of crispy cookie & melted chocolate chunks first appeared in her 1938 cookbook "Tried and True". We will offer a version of this all-time favorite for dessert this day.



SUN\$ATIONAL SUMMER PICNIC: On **Friday, August 25th, 12:00 noon**, join us in celebrating the warmth & sunshine of summer. Chef Larry & the kitchen crew will provide a delicious barbeque picnic lunch with salads & a special seasonal dessert (*Hint: August is National Peach Month*). Entertainment will be provided by Pierce Campbell, a fun & lively local entertainer who will perform upbeat, interactive music as he brings back memories of the 60's & 70's, with a special focus on songs about summer. Sign up on the lunch list in the office. \$6.00 will be collected at the door.



SAVE THE DATE - ANNUAL CRAFT FAIR: This year's Annual Craft Fair will be held at the Community Center on **Saturday, October 21, 2023, 9:00am-2:00pm**. This is an important fundraiser for our 55+ programs. The fair is a fun day offering something for everyone including items made by our Knitting and Craft groups, jewelry, books, pocketbooks, baked goods, breakfast, lunch and private vendors offering their specialty products. We are looking for volunteers to help organize our private crafters, marketplace baskets/donations, and 50/50 raffle. You can also help by attending, shopping, & donating gently used jewelry, books, pocketbooks or by contributing homemade baked goods. Please sign up in the office or speak to Victoria if interested in volunteering.



Nathanael B. Greene Community Center * 32 Church Street, Guilford CT 06437 * 203-453-8086
www.guilfordparkrec.com

ACTIVE ADULT PROGRAMS (55+)

BALLROOM LINE DANCE # 30214

FRIDAY- A1

Date: July 7-Sept-29 (No class: 7/4)

Time: A3 8:15-9:00 am Intro to Ballroom Line Dance

Time: A1 9:00-10:00 am Intermediate class

Instructor: Karen Pfrommer

Fee: \$30 / \$35 N/R

Remember the songs & dances you love & the wonderful memories they invoke while having fun & getting fit. Come cha cha cha, to tea for two, waltz to Moon River & mambo to Tequila. Done in line format-no partner needed.

LOW IMPACT AEROBICS/WEIGHT TRAINING #30217

TUESDAY & FRIDAY

Date: July 7- Sept 29

Time: 1:45-2:45 pm

Instructor: Barbara Corso

Fee: \$55/\$60 N/R

Excellent program for cardio & stretching exercises.

CHAIR YOGA #30216

WEDNESDAY

Date: July 5-Sept 27

Time: 11:00-12:15

Instructor: Lynda Corcoran

Fee: Wed. \$40- \$45 N/R

A program of gentle stretching, facilitating the chair as a prop for standing & seated poses. Yogic philosophy, breathing & relaxation techniques explored.

TAI CHI #30219

TUESDAY or FRIDAY

Date: July 7- Sept 29

A1- 10:00-11:00 am Beg 1 day

A2- 10:00-11:00 am Beg 2 days

B2- 11:00-12:00 pm Yang 24

C2- 12:00-1:00 pm Yang 24 & 108

D2- 1:00- 2:00 pm Advanced Forms

E2- 1:30 (Wed) & 2pm (Fri) Advanced Form

Instructor: Karen Strawson-Brereton

Fee: \$60.00 one class per week

\$105. two classes/week

\$120 three classes/week

Participants will use graceful movements of traditional Chinese martial arts to improve their physical well-being, manage stress and defend against the confrontations of everyday life. Open to adults of all ages.



BODY WISE #30210

Tuesday & Thursday

Date: July 6- Sept 28

Time: 1:00-2:00 pm

Where: Community Center

Instructor: Lynn Keyser

Fee: \$50/\$55 N/R

A safe program of gentle exercise & movement designed to increase flexibility, muscle tone, bone density & improve circulation, balance & coordination.



SENIORSIZE # 30211

MONDAY & WEDNESDAY

Date: July 5-Sept 25

Time: 3:15-4:15 (No class: 9/4)

Instructor: Mon- Wed- Gisel Zergiebel

FEE: \$55/\$60 N/R

Exercise in a safe effective format. This program will focus on strength, flexibility, balance & cardio fitness. Instructor may use equipment for safety

Dancing with Parkinson's # 30225

MONDAY (No class- 9/4)

Date: July 3- Sept 25

Time: 10:45-11:45 am

Instructor: Rose Costanzo

No Charge

Living with Parkinson's?

Experience the joy and benefits of dancing. Participating in dance is good for your brain and stability, boost confidence, focus your senses on movement & balance.



OIL PAINTING 101 #30222

THURSDAY

Date: July 6- Sept 28

Time: A1 12:30-2:00 pm

A2 -2:30-4:00 pm

Instructor: Emer Gearheart

Fee: \$65 / \$70 N/R

Explore the wonderful world of art by starting with a black & white painting & progress to color. Express your creativity and have fun with other budding artists. All materials included.



CONVERSATIONAL FRENCH #30221

MONDAY

Date: July 3- Sept 25

Time: 10:00 - 11:30 am

(No Class- 9/4)

Instructor: Candace Routh

Fee: \$35 / \$45 N/R

Parlez-Vous Francais? Would you like to? Come join the French class! Some prior exposure to French is desirable. Not a grammar class but an opportunity to practice French & add to your vocabulary in a fun & supportive environment.



NEW PROGRAM:

Fit & Fabulous # 30201

Monday & Wednesday

Date: July 10-Sept 27 (no class 9/4)

Time: 4:45-5:45 pm.

Instructor: Lucy Krauchick

Fee: \$55.00-\$60.00 N/R

One hour of functional cardio, weight & body weight training with cool & stretch segments all designed to enhance your overall well-being. All fitness levels welcome. "The body achieves what the mind believes" and we can do it!



PICKLEBALL #30213

Instructor: Stephanie Blaha

Fee: \$20/ \$30 NR

Dates: Jul 3- Sept 29

(Registration limits are listed in parentheses next to each class)

Monday Organize Play BITTNER

Date: Jul 3- Sept 29

9:00am-10:00am INT (20) 30213 A1

10:00am-11:00am INT (20) 30213 A2

11:00am-12:00pm ADV (20) 30213 A3

Wednesday Organized Play BITTNER

Date: Jul 5-Sept 27

9:00am-10:00am INT (20) 30213 A4

10:00am-11:00am INT (20) 30213 A5

11:00am-12:00pm ADV (20) 30213 A6

5:30pm-6:30pm INT/ADV(20) 30213 A7

Wednesday Instruction-ADAMS

8:00 am-9:00am BEG (16) A11

9:00 am-10:00 am ADV/BEG (16) A12

Friday Organized Play BITTNER

Date: Jul 7- Sept 29

9:00am-10:00am INT (20) 30213 A8

10:00am-11:00am INT (20) 30213 A9

11:00am-12:00pm ADV (20) 30213 A10

Walking Group: Walking is one of the simplest ways to get active & stay active. Research has shown that walking can have a significant impact on your health. **The group meets at the Community Center on FRIDAY at 9:00 am for an approximately 30-minute walk downtown at a pace that works for our group.** No cost. Sign up in the office.

The Joy of Drumming: # 30209A2

Friday

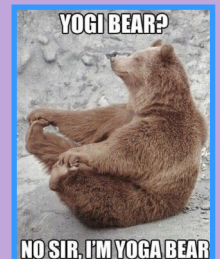
Date: Jul 14- Aug 25

Time: 10:30-11:15

Instructor: Ruby Benaroach

Fee: \$20. \$25 N/R

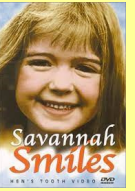
Drumming is a seated cardio activity of drumming to music & use of tambourines. It helps improve strength, Flexibility & coordination. Great for the mind & body



MISCELLANEOUS INFORMATION

IMPORTANT NOTICE REGARDING SENIOR LUNCH PRICES: Reminder- that effective July 1, 2023, the regular price for a meal at the Community Center was increased to the Senior Meal Program so we can hopefully continue to offer a nutritious meal at a reasonable price.

PIZZA AND A MOVIE "SAVANNAH SMILES" The August movie will be on **Tuesday, August 29th at 5:00 pm** at the Community Center & will feature "Savannah Smiles". A 1982 comedy rated PG. Savannah (Bridgette Andersen) is the daughter of a neglectful politician who is consumed by his U.S. Senate campaign. She decides to escape, hiding in the car of two men on the run from the law. Alvie (Mark Miller) & Boots (Donovan Scott) initially try to use her to obtain a hefty reward for her return, but a bond grows among the three runaways. Their relationship is tested when the convicts, now seen as kidnappers, must choose between their freedom & their new friend. Before the movie enjoy pizza for dinner washed down by a root beer float. \$6.00 for dinner to be collected that evening. Sign up in the office.



"TWO SIDES OF THE GOLDEN HORN IN ISTANBUL" VIRTUAL TOUR: On **Wednesday, August 16th from 11:30 am– 12:30 pm**, we will virtually explore the ancient natural harbour of Constantinople, The Golden Horn, & talk about the historical buildings we will see from a distance while we walk on the Galata Bridge. Among these buildings are the famous Ropkapi Palace, the Spice Bazaar & the magnificent Suleymaniye Mosque. The tour ends at the southern side of the Golden Horn, in the old part of the city. Sign up in the office for the tour, no charge.

SSILL PROGRAM: Schiller Shoreline Institute for Lifelong Learning (SSILL) is now preparing their Fall Catalog full of varied & exciting programs. The catalog will be mailed to current members, & will be made available to others at the Guilford Community Center, Madison Senior Center & throughout local towns. Registration will begin on **Tuesday, August 29th**. You must become a member of SSILL to register for programs, with one exception noted below. The SSILL Fall term begins on **Wednesday, September 6th at 9:30 am** at the Guilford Community Center, with an open house & reception, followed by a concert by the Central City Stompers. Non-members are welcome to attend the open house & concert but you must sign up in the office.

REMINDER; IT'S TIME TO RENEW YOUR NEWSLETTER SUBSCRIPTION- **THIS WILL BE THE LAST NEWSLETTER YOU WILL RECEIVE IF YOU HAVE NOT RENEWED.**

NEW VETERANS BREAKFAST GROUP: The introductory meeting with some local Veterans in June was a success. Come down & join the Veterans breakfast group to meet others who have served in the armed forces, talk about your time of service & share stories. There is a variety of breakfast options to purchase. **The group meets at 8:00 am Tuesday in the Guilford/Whitfield room.**



Ask the Nurse, Tuesday, August 29, 12:00 – 1:00 pm. To provide greater privacy, our nurse will now be meeting with clients in the Alexander Lounge the last Friday of each month. If you would like to meet with her to have your blood pressure checked or to discuss health related questions or concerns, you are welcome to enter if the door is open, but if it is closed please wait outside until she is available.

SUMMER CONCERTS ON THE GREEN:

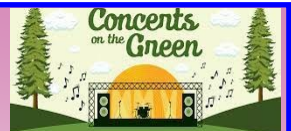
Sunday, July 30- "The Larry Stevens Band"- Songs from Bruce Springsteen, Van Morrison & More.

Sunday, August 6- "Magic Of Motown"- Four up-front singers perform songs from The Temptations, The Four Tops, The Supremes & their own hits.

Sunday, August 20- "Another Tequila Sunrise – Eagles Tribute" – This band will play top hits from the Eagles.

Sunday, August 27- Brothers Dobie – A Doobie Brothers Tribute-

Rain Dates for the Sunday Concert Series will be September 4, 11, or 25.



KINEMA FALL PREVENTION PROGRAM UPDATE: The Kinema Fall Prevention Analysis program has been downloaded onto the Department's I-pad & a knowledgeable physical therapist has volunteered to over see the program. Those who have indicated an interest in participating will be contacted shortly to sign up for a time slot on a Friday to begin the program. The physical therapist will use the program to evaluate weak areas & offer recommendations for exercises to strengthen core muscles & improve balance & flexibility



MISCELLANEOUS INFORMATION

Bocce Season is Done Until the Fall: The beautiful spring weather allowed for a great Bocce season with approximately 70 players getting together at Chittenden Park on Tuesdays & Wednesdays at 10:00 am. The Fall session will start up on September 12th & run until October 24th with the annual banquet to be held that evening. If you are registered for the Spring you do not need to sign up again for the Fall but you need to call Ruth Meoli at 203-453-4279 if you plan to play so she can put together the teams. New players are always welcome for the Wednesday program. The Tuesday program is currently full but there is always a need for people to be subs. You can register for the Fall season in the office at any time for a **\$25.00 registration fee which includes the end of the year banquet.**

Bingo Anyone? Join us for Bingo on **Friday afternoons after lunch, at approximately 12:45 pm**, for fun with some friends & a friendly game of Bingo. No sign up necessary – just drop in the Alexander Lounge.



TRIP INFORMATION



PLEASE READ IMPORTANT! Venues are now stricter with policies for sign-up deadlines & refunds. If you are interested in a trip, please sign up early or there is a greater chance trips will be cancelled. There is a **\$5.00 administration fee charged for cancelling a trip valued at \$80.00 or less & \$10.00 for a trip over \$80.00. Once a commitment has been made by the office to the venue or restaurant, refunds can only be given if your slot can be filled.**

Thursday, August 10
Shades of Buble, A Three-Man
Tribute to Michael Buble, Plantsville



With three voices singing incredible songs like “Feeling Good,” “Moondance,” “Come Fly With Me,” “Save The Last Dance For Me”, & many more, Shades of Buble brings the swinging standards & pop hits of Michael Buble to the stage in an unforgettable high-energy concert event. This act is wowing audiences around the country with exciting harmonies, smooth choreography, & charming good looks. Coffee & Donuts on arrival, followed by a family style lunch of Garden Salad, Pasta, Chicken Marsala & Broiled Scrod with Spinach & Tomato Topping, Vegetable, Potato, Rolls, Desert & Beverage. \$90.00 residents, \$95.00 non-residents includes bus, lunch & show. Meet at the Community Center at 10:30 am & return at approximately 5:30 pm.

Tuesday, August 15
Come Fly With Me A Journey
Through the Decades, Plantsville



Joe Saimeri & Ethel Lee have invited us to Aqua Turf to hop on & hear the music through the decades. From Sinatra, Kenny Rogers & Tim McGraw to Dionne Warwick, Dianna Ross & Roberta Flack you'll enjoy every second of these powerful tribute. Family style lunch before the show of Baked Scrod, Chicken Marsala, Garden Salad, Pasta, Vegetable, Potato, Rolls, Desert & Beverage. \$55.00 residents, \$60.00 non-residents includes bus, lunch & show. Meet at the Community Center at 10:30 am & return at approximately 5:30 pm.

Wednesday, August 17
Lunch Bunch, East Lyme

NEW

Sign up 8/2



Our one-hour journey begins at the historic 1892 Essex Station for a 12-mile narrated round trip into the heart of the unspoiled Connecticut River Valley. At the Deep River Landing we will board the Becky Thatcher Riverboat for a 1 1/4 hour cruise along the Connecticut River. **Please note the train & boat are non-handicap accessible. All guests must be able to move around without assistance.** After our excursion we'll have a late lunch at Scotch Plain Tavern in Essex. Leave from St. George rear lot at 9:15 am & return at approximately 4:30 pm \$33.00 fee includes train, boat & administrative fee. Lunch is on your own.

Thursday, August 24
Old Drake Hill Flower Bridge,
West Simsbury- Sign up 8/2

NEW



Join us for a magical trip to Simsbury to visit the Old Drake Hill Flower Bridge one of the most remarkable & beautiful bridges in Connecticut. Built in 1892, this Parker Truss bridge is listed on the National Register of Historic Places. Through the efforts of the community the bridge is transformed each year from a plain waterway crossing to a scene from the pages of a fairy tale, adorned with colorful gorgeous flowers, hanging baskets & window boxes. Upon arrival we'll receive a presentation & tour from a local organization. After time to walk the 183 foot bridge span, suspended 18 feet above the Farmington River, we will enjoy a bagged picnic lunch under the pavilion in the park next to the bridge. Choose from Turkey, Ham, Tuna or Veggie Wraps with or without cheese. Bag lunch also includes chips, cookie & water. After lunch we'll stop at a local ice cream shop for a cool treat before heading home. \$18.00 fee includes bus, presentation & lunch. Ice Cream is on your own. Meet at 9:45 am at the St. George rear lot & return at approximately 4:00 pm.

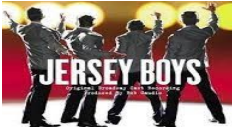
INFORMATION ON ANNUAL
HOLIDAY HILL SENIOR OUTING

The Annual Holiday Hill Senior Outing is scheduled for **Monday, August 21, 2023, 9:00 am- 3:30 pm. We will not be purchasing tickets or taking a bus this year.** Pick up flyer in office for this event, & how you can purchase tickets for \$42.00 on your own.

TRIP INFORMATION

Wednesday, August 30

**Jersey Boys at Ivoryton with
Lunch at Westbrook Elks Club,
Westbrook**



AUGUST 30TH TRIP IS WAIT LIST ONLY—OFFICE HAS CONTACTED THE THEATRE FOR ANOTHER DATE, IF YOU ARE INTERESTED CALL AND PUT YOUR NAME ON THE WAIT LIST. WE WILL CALL YOU IF WE CAN GET MORE TICKETS. Jersey Boys is the international musical phenomenon that takes you behind the scenes – & behind the music of Frankie Valli & The Four Seasons. Filled with all of their greatest hits, “Sherry”, “Walk Like A Man”, “Can’t Take My Eyes Off You,” & so many more. No wonder that, for over 15 years, America’s favorite musical is the one about the boys from Jersey.

**Wednesday, September 6 The
Elderly Brothers at Amarante’s
Restaurant, New Haven**



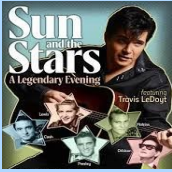
Amarante’s Sea Cliff in New Haven is a family owned venue that has been in business for 60 years. This beautiful waterfront property has a private deck overlooking the cove. Enjoy a welcome station of assorted cheese, sliced pepperoni, vegetables & dip. For lunch you will choose Chicken Piccata OR Filet of Salmon with Dill Sauce served with Mixed Garden Salad, Vegetable, Potato and Strawberry Shortcake for dessert. Soda, Coffee or Tea are included for drinks. Following lunch, you will enjoy long time popular solo artists, T-bone Stankus & Brian Gille who teamed up are The Elderly Brothers. They serve up mint-condition oldies with pitch-perfect harmonies & soulful improvisations as fresh as the originals. \$84 residents, \$89 non-residents includes bus, show & lunch. Meet at St. George rear lot at 10:00 am & return at approximately 5:00 pm.

**Tuesday, September 12
Brass Attack Band & Donna
Summer Tribute, Aqua Turf**



The Brass Attack Band pumps out energetic, infectious grooves ranging from hits by current popular artists to the R&B/Soul Classics of the 60s & 70s with Rainere Martin as Donna Summer. Lunch before the show of Roast Beef and Chicken Francaise Pasta, Vegetables & Dessert will be served family style. \$57.00 residents, \$62.00 non-residents includes bus, lunch & show. Meet at St. George Church rear parking lot at 10:00 am & return at approximately 5:30 p.m.

**Friday, September 22 NEW
The Sun & The Stars, Nelson
Hall, Cheshire
sign up 8/2**



The “World’s Best Young Elvis” Travis Ledoyt brings together the artists of Sun Records: Elvis Presley, Johnny Cash, Roy Orbison, Jerry Lee Lewis, Carl Perkins & more. Hear the hits that made these legends who they are as Travis works the stage and audience in a truly engaging performance with great style sound and humor. Lunch before the show at Wood n Tap in Wallingford. Choose from Chicken Sandwich, Reuben Sandwich, or Veggie Wrap served with fries, coffee, tea or soda and a brownie topped with ice cream for dessert. \$65.00 residents, \$70.00 non-residents includes bus, lunch & show. Meet at 11:15 am at the St. George rear lot & return at approximately 5:00 pm.

**Wednesday, October 4
The Color Purple, Ivoryton
Sign up on 8/2 NEW**



The Color Purple is an inspiring saga that tells the unforgettable story of a woman who, through love, finds strength to triumph over adversity & discover her voice in the world. This musical adaption of the novel, spotlights Celie, a downtrodden young woman whose personal awakening over the course of 40 years forms the arc of this epic story. With a joyous score featuring jazz, ragtime, gospel, African music & blues, The Color Purple is a story of hope, a testament of the healing power of love & a celebration of life. Lunch before the show at Scotch Plains Tavern. Make your meal choice on the registration form. All choices include salad, dessert, coffee & tea. \$68.00 residents, \$73.00 non-residents includes bus lunch & show. Meet at 11:00 am at St, George rear lot & return approximately 5:00 pm.

**OVERNIGHT TRIP TO:
SAVANNAH SOUTHERN CHARM
WITH HISTORIC CHARLESTON,
OCTOBER 14th – 21th, 2023
9 DAYS -14 MEALS -**



Our Fall overnight trip for 2023 will be to the South’s two Antebellum jewels – Savannah & Charleston. We will be transported by Motorcoach bus. Trip includes motorcoach transportation, 7 nights accommodations, 14 meals, escort, & trip activities including Guided City Tours, Luncheon River Cruise, Trolley Tour, visit to Boone Hall Plantation & Gardens, Fort Sumter Cruise & Tour, & other activities. Also included is trip protection & insurance & all taxes and gratuities. Price is \$2,746 per person double occupancy, \$3,540 single and \$2542 triple. \$200 deposit is due with reservation & final payment is due August 1, 2023. A detailed flyer on the trip is available in the office.
***NOTE: This trip was previously scheduled as a fly trip but now will be motorcoach transportation from Guilford to South Carolina and Georgia.**



August 2023 SENIOR'S INFORMATION, REFERRALS AND APPLICATION ASSISTANCE

Call 203-453-8009 for an appointment, 263 Church Street, Guilford.

RENTER'S REBATE 2023 PROGRAM



This program provides for a partial rebate on your 2022 rental & utility expenses, you must have been 65 years old or older or be a totally disabled CT renter in 2022 with income less than \$40,300 for an individual & \$49,100 for couples. **Call 203-453-8009 to schedule appointment.**



FISHING LICENSES Those 65 years or older may obtain CT fishing licenses **free of charge**, renewable annually. You may apply online for a license through Connecticut's Online Sportsman Licensing System at www.ct.wildlifelicense.com and print it out yourself or apply in person at Captain Morgan's Bait & Tackle at 21 Boston Post Rd. in Madison, although they will want you to have access to an email address.



AMERICA THE BEAUTIFUL

National Parks & Federal Recreational Lands Senior Pass /Access Pass

Life time passes available for a one-time fee of \$80 for US citizens or permanent residents who are 62 or older (free to permanently disabled citizens) to visit federal parks, monuments and recreation areas through out the US. Passes are obtained in person at the entrance of federally operated recreation areas or by mail. You may apply online or download an application at www.store.usgs.gov/pass. There is an additional \$10 processing fee over the internet and by mail. There is also an annual pass for seniors for \$20.

What to know about Medicare when you travel abroad



Planning to travel abroad this summer? Before you go, remember that Medicare usually **does not** cover health care services or supplies while you're traveling outside the United States. That doesn't mean you have to travel abroad without health coverage. **Here are 3 ways you can get health coverage outside the U.S.:**

1. If you have a Medicare Supplement Insurance (Medigap) policy, [check your policy](#) to see if it includes coverage when traveling outside the U.S.
2. If you have Medicare Advantage or another Medicare health plan (instead of Original Medicare), check with your plan to see if they offer coverage outside the U.S.
3. Consider buying a travel insurance policy that includes health coverage. Safe travels!



Senior Farmer's Market Nutrition Program (SFMNP)

Cards are available for seniors 60 years of age and older with an annual income of less than \$26,973 for a household of 1, \$36,482 for a household of 2. Each eligible participant receives a card with a balance of \$24 to purchase fruits, vegetables, fresh cut herbs and honey before October 31st at participating SFMNP authorized locations throughout CT. Call Guilford Social Services at (203) 453-8009 to sign up for SFMP.

OPERATION FUEL SUMMER UTILITY PROGRAM

Applicants may qualify for up to a one-time emergency energy grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel grant during the previous 12 months. **Program scheduled to begin August 1.** Call 203-453-8009 for more information or an appointment.





August 2023 Lunch Menu

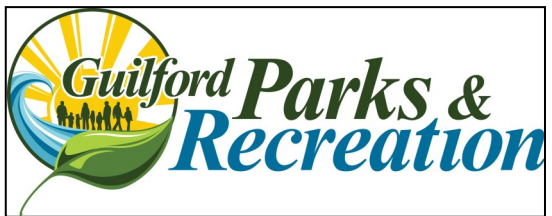
Meals \$4.50 unless otherwise noted

LUNCH IS SERVED AT 12:00 NOON. YOU MUST CALL THE OFFICE TWO DAYS BEFORE TO SIGN UP FOR LUNCH. PLEASE CALL TO CANCEL IF YOU WILL NOT BE AT LUNCH. Breakfast is served from 7:30am-10:45am. Lunch Menu is subject to change at the discretion of the kitchen staff.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>"Hello August. May the month ahead bring you love, happiness and sunshine."</p>	1 Roast Turkey Ashley Allen Concert  \$5.50		3 Sausage Quiche 	4 Potato crusted Cod  \$5.50
7 Ham 	8 Swedish Meatballs 		10 Tuna/Egg Salad	11 Pasta w/ Shrimp sauce (not a cold salad) \$5.50
14 Baked Chicken 	15 Meatloaf 		17 Sweet /Sour Meatballs 	18 Roast Pork  \$5.50
21 Chicken ala King 	22 Chicken Cacciatore 		24 Pulled Pork 	25 Pot Roast Birthday Lunch  \$5.50
28 Salisbury Steak 	29 Chicken Parm 		31 Chef Salad 	

Daily Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Walking group 10:00 am French 10:45 Dance-w/Parkinson 11:00 am Chorus 12:30 pm Bridge 1:00 pm Knitting 1:00 pm Conversation 3:15 Seniorsize 	9:30 am Pinochle 10:00 am Bocce spring/fall 10:00 am Crafts/Sewing 10:00 am Tai Chi 1:00 pm Body Wise 1:45 Low Impact Aerobics 	9:00 am Ball Room Line Dance 9:00-11:30 Set Back Chess 9:00-11:00 am Seniors Spiritual (1st & 3rd Wednesday's) 10:00 am Mah Jongg 11:00 am Chair Yoga 1:00 pm Bridge (1st Wed.) 1:45 Low Impact Aerobics 3:15 Seniorsize	9:00 am Bridge 10:00 am Mah Johgg 12:30 pm Oil Painting 1:00 pm Hand & Foot 1:00 pm Body Wise 12:30 pm Oil Painting 2:30 pm Oil paining 	9:00 am Line Dance 9:00 am Pinochle 10:00 am Tai Chi 12:45 Bingo 1:00 pm Italian (no spring or summer class) 1:00 pm Mah Jongg 1:45 Low Impact Aerobics 



32 CHURCH STREET
GUILFORD, CT 06437
RETURN SERVICE REQUESTED




TRANSPORTATION SERVICES-203-453-8086

Curb to Curb transportation services are provided to Guilford residents who are 55+ or disabled to medical appointments, errands, shopping & the Community Center.

ALL RESIDENTS MUST BE RETURNED TO HOME BY 3:30 ON M,TU,W,TH,FR

TO SCHEDULE RIDES: YOU MUST CALL 5 DAYS IN ADVANCE with the following information: Your name, address, phone number ,date, time, estimated appointment length, name, address, phone number of appointment. You must call upon completion of your appointment for a return ride.

MONDAY (8:30AM-2:30PM)	TUESDAY (8:30AM-2:30PM)	WEDNESDAY (8:30AM-2:30PM)	THURSDAY (8:30AM-2:30PM)	FRIDAY (8:30AM-2:30PM)
<p>*Medical, errands, CC *Medical Appts to: Branford, N. Branford, Madison, Clinton</p> <p>-----</p> <p><u>10:00-1:00 ONLY</u></p> <p>*Medical Appts to New Haven, North Haven, Hamden, Westbrook , E. Haven & VA Hospital NO appts after 1:30</p>	<p>*Shop at Big Y Guilford only 9-10 ----- <u>11:30-2:30 ONLY</u> (Medical, errands, CC)</p> <p>*Medical Appts to: Guilford, Branford, N. Branford & Madison only</p> 	<p>*Medical, errands, CC *Medical Appts to: Branford, N. Branford, Madison, Clinton</p> <p>-----</p> <p><u>10:00-1:00 ONLY</u></p> <p>*Medical Appts to New Haven, North Haven, Hamden, Westbrook , E. Haven & VA Hospital NO appts after 1:00</p>	<p>*Medical, errands, CC *Medical Appts to: Branford, N. Branford, Madison, Clinton</p> <p>-----</p> <p><u>10:00-1:00 ONLY</u></p> <p>*Medical Appts to New Haven, North Haven, Hamden, Westbrook , E. Haven & VA Hospital NO Appts after 1:00</p>	<p>*Medical, errands, CC *Medical Appts to: Branford, N. Branford, Madison, Clinton</p> <p>-----</p> <p><u>10:00-1:00 ONLY</u></p> <p>*Medical Appts to New Haven, North Haven, Hamden, Westbrook , E. Haven & VA Hospital NO Appts after 1:00</p>

All efforts are made to pick you up close to your appointment time, but sometimes, an early pick up is necessary.

***Wheelchair clients who need assistance must be accompanied by a family member or aide who is able to transport to and from bus!** Bus schedule is subject to change without notice.*