



AUGUST 2021

1332 MIDDLETOWN AVE. NORTHFORD, CT 06472 | (203) 484-6017 | NBRECREATION.COM

SENIOR CENTER

Since our reopening in July, we have expanded our program offerings with additional activities and trips in September. We continue to offer daily in-person activities, transportation as well as meals for pickup or eat in.

Can I just stop by the Senior Center any time I want? Yes! Please check-in at the reception desk upon arrival. You can also register for programs in-person, online at nbrecreation.com or call the office at (203) 484-6017.

What's New?

- **Day Trips:** Will be back up starting in September!
- **Medical Transportation:** Transportation for medical visits are available on Tuesdays, Wednesdays, and Thursdays between 10:00 a.m. to 2:00 p.m. Please call to check availability for transportation and schedule your doctor visits during this time. Masks must be worn on the bus.

Reminders:

- **Check-In:** Upon arrival at the Senior Center, please "check-in" with the front desk. This is necessary for contact tracing should someone test positive for COVID-19, as well as keep track of the number of people in the building.
- **COVID:** If you are experiencing any symptoms associated with COVID-19, please stay home. If a person shows up with or begins to experience COVID-19 symptoms while at the Senior Center, they will be asked to go home immediately. We will request a negative COVID test for return.
- **Masks:** Please wear masks in the hallways. Vaccinated members may remove masks once you are at your activity.
- **Daily Transportation:** If you need transportation to the Senior Center, please make sure to call by 9:00 a.m. to register for a pick up.
- **Meals/Eating/Drinking:** Please be sure to call by 9:00 a.m. to order your meal. Dine in or take out.
- **Grocery Shopping:** On **Fridays**. Shoppers will be picked up and brought directly to Big Y then returned home. Seating is limited, call to reserve your spot.

Classes & Events:

- Strongercise, Get Fit, Corn Hole, and Bingo are running now. Be sure to register!
- Card Games– Mondays at 10:30 a.m. and Thursdays at 12:30 p.m. Come and play Pinochle, Rummy, Poker, Bridge, or even Solitaire!
- Jeopardy, Board Games, Pictionary, and Trivia on Tuesdays in August
- Library trips– August 11 & 25 at 12:30 p.m.
- Li Liu– an Acrobatic Show! August 11, 10:00 a.m.
- Ice Cream Party– August 26 at 12:30 p.m.
- More coming in September!

BUS TRIPS

HUDSON RIVER CRUISE

Tuesday, September 14, 2021

\$132 resident \$137 nr

- Pre-cruise lunch at Shadows on the Hudson in Poughkeepsie, NY
- River cruise on the Rip Van Winkle

Depart: 9:30am Estimated Return: 7:30pm

RIDE AND DINE ALONG NARRAGANSETT BAY

Wednesday, October 20, 2021

\$130 resident \$135 nr

- Train ride on the Newport & Narragansett Bay Railroad
- Ride and dine on vintage streamlined era passenger cars
- Time in downtown Newport

Depart: 8:45am Estimated Return: 6:30pm

ONE WORLD– 9-11 MEMORIAL

September 22, 2021 - \$118/res \$123/nr

- Admission to 9/11 Museum
- Free time at Chelsea market
- Admission to World Trade center

Depart: 8:00am Estimated Return: 8:15pm

COLORS OF VT

October 6, 2021 - \$108/res \$113/nr

- Trip to Hawkins house
- Bennington battle monument
- Lunch
- Visit to the Apple barn

Depart: 7:00am Estimated Return: 8:00pm

Please call the office or visit our website for more information.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 Strongercise 10:30 Cards 11:30 Lunch Swedish meatballs over noodles, seasonal vegetables, roll & dessert</p>	<p>3</p> <p>10:30 Corn Hole 11:30 Lunch Egg Salad on a croissant, chips & dessert</p>	<p>4</p> <p>10:30 Get Fit 11:30 Lunch Chicken Piccata, scalloped potatoes, seasonal vegetables, roll & dessert</p>	<p>5</p> <p>10:30 BINGO 11:30 Lunch French toast casserole, sausage, fruit & dessert 12:30 Cards</p>	<p>6</p> <p>9:00 Grocery Shopping 9:30 Strongercise 11:30 Lunch Sausage and peppers sub, salad & specialty ice cream</p>
<p>9</p> <p>9:30 Strongercise 10:30 Cards 11:30 Lunch Over stuffed baked potato with toppings, rustic roll & dessert</p>	<p>10</p> <p>10:30 Corn Hole 11:30 Lunch Vegetable Lasagna, salad, roll, & dessert 12:30 Jeopardy</p>	<p>11</p> <p>10:00 Li Liu 10:30 Get Fit 11:30 Lunch Meatloaf with gravy, mashed potatoes, corn & dessert 12:30 Smith Library</p>	<p>12</p> <p>10:30 BINGO 11:30 Lunch Grilled cheese with bacon, tomato soup & dessert 12:30 Cards</p>	<p>13</p> <p>9:00 Grocery Shopping 9:30 Strongercise 11:30 Lunch Vegetable quiche, sweet potato fries, roll & specialty ice cream</p>
<p>16</p> <p>9:30 Strongercise 10:30 Cards 11:00-3:00p AAA Safe Driving class 11:30 Lunch Bacon cheeseburgers, French fries & dessert</p>	<p>17</p> <p>10:30 Corn Hole 11:30 Lunch Mandarin chicken pasta salad, crusty roll & dessert 12:30 Board Games</p>	<p>18</p> <p>10:30 Get Fit 11:30 Lunch Mac 'n cheese, seasonal vegetable, roll & dessert</p>	<p>19</p> <p>10:30 BINGO 11:30 Lunch Chicken Parmesan, ziti, seasonal vegetables, roll & dessert 12:30 Cards</p>	<p>20</p> <p>9:00 Grocery Shopping 9:30 Strongercise 11:30 Lunch Beer battered fish, roasted potatoes, seasonal vegetables, roll & specialty ice cream</p>
<p>23</p> <p>9:30 Strongercise 10:30 Hot Topics 11:30 Lunch Ham, cheese wraps with lettuce, tomato, chips, salad & dessert</p>	<p>24</p> <p>10:30 Corn Hole 11:30 Lunch Ground beef in gravy over mashed potatoes, seasonal vegetables, roll & dessert 12:30 Pictionary</p>	<p>25</p> <p>10:30 Get Fit 11:30 Lunch Eggplant rollatini, seasonal vegetables, roll & dessert 12:30 Atwater Library</p>	<p>26</p> <p>10:30 BINGO 11:30 Lunch Pasta fagioli, salad, rustic roll & dessert 12:30 Ice Cream Party 5:30-7 Family Fun Night</p>	<p>27</p> <p>9:00 Grocery shopping 9:30 Strongercise 11:30 Lunch Chicken & cheese quesadillas, fried rice, refried beans, roll & dessert</p>
<p>30</p> <p>9:30 Strongercise 10:30 Cards 11:30 Lunch Stuffed cabbage, rice, seasonal vegetables, roll & dessert</p>	<p>31</p> <p>10:30 Corn Hole 11:30 Lunch Chicken salad sandwich, fries & dessert 12:30 Trivia Games</p>			

*Each meal costs \$3 *NEW* Please call in by 9:00 am *Menu subject to change*