



NEW EXCITING APRIL PROGRAMS



SENIOR CENTER HOURS ARE M-F 8:00AM-3:30PM.

GAINING PURPOSE AND ADVENTURE

Second program about gaining purpose beginning with your own family. Ryan native of New England, prior to joining FirstLight, Ryan served 13 years as a Pastor. Ryan presently serves as a speaker at his church's children's ministry, and he is a teaching mentor to young men with special needs. He has also served at his children's school as a volunteer and activities coordinator.

Wednesday, April 11, 10:00am-11:30pm.

"Can You Hear Me Now" Helping adults create and maintain communication with children and grandchildren 18 and under. The class uniquely focuses on maintaining and building relationships by using both conventional and modern forms of communication. This works with near as well as far distances. Treats will be served. Please RSVP

BRITISH HISTORY WITH DR. RAMONA GARCIA
PLEASE JOIN US FOR PART IV OF A FOUR-PART SERIES ON "THE CHILDREN OF KING CHRISTIAN IX." OF DENMARK who sat on the thrones of Denmark, Greece, Great Britain, and Russia.

Wednesday, April 25 at 10-11:30am. Part IV "Empress Marie of Russia" With the death of Tsarevich, Nicholas Dagmar of Denmark, loses a beloved fiancée as well as the opportunity of someday becoming Empress of Russia. Please RSVP

AARP 55 ALIVE DRIVERS' ED

Wednesday, April 18, 8am-12pm Refresh your driving skills and get a discount on your car insurance. \$15 members, \$20 non-members. Please RSVP

PREPLANNING FUNERALS & MYTHS

Tuesday, 10:00-11:00am Rebecca from the Shaughnessy-Banks Funeral Home invites you to join them to discuss why funerals do matter and the importance of preplanning how you want your life to be remembered. This informative talk will cover specific examples for creating a meaningful funeral as well as discussion of some common myths surrounding funerals in general. There will be time to ask any questions you may have on any topics related to this important life event. Co-Sponsored by Synergy Homecare, Jay Kiley. RSVP

CPR TRAINING

Wednesday, April 18 at 12:30-2:00pm.

Continuing to reach a goal of 1000 people to make everyone's community a safer place to live, volunteer, Sherman Turner will instruct this hands on and group interaction program. Please call to register.

LADIES LUNCH BUNCH

The Ladies Lunch Bunch April 20, "Red Lobster" 4485 Main St., Bridgeport at 11:30am. \$25 all inclusive. popular outing gives you the opportunity to visit a different restaurant in the area. Great time to socialize with new and old friends. Van transportation is available but limited. RSVP



CALAMITY COOKING

Tuesday, April 24, 10:12:30pm. Calamity Cooking is a once a month cooking class. Come and join in by helping prepare and then enjoy lunch. Cost is \$6. Limit 12 with Hobie Summers. RSVP



SPECIAL VIDEO FOLLOWED BY LIVELY DISCUSSION WITH VAL will return in May. Look for details.

INTERESTED IN PLAYING CHESS ?

CALL Frank DeStefano 203-333-6857. Probably Fridays at 12:30 or 1:00pm beginning in April. Please call if interested

KELLER CONNECTS

Friday, April 27, 9:00am-11:30am. The students of Helen Keller Middle School will be entertaining you with the third annual Senior Day. So please mark your calendar and call to reserve your spot. There will be trivia competition, Musical performance and much more. Refreshments will be served. 360 Sport Hill Road Easton

COMING IN MAY

LET YOUR HEALTH SHINE

Wednesday, May 16 at 11:30am-12:30pm sponsored by Synergy HomeCare with Dr. David Martin, Orthopedic and Sports Medicine Center. "Coping with Arthritis" He will talk about the total joints (shoulders and knees) when there's bad arthritis. Mobility. Non operative ways to cope-cortisone injections etc.. Physical therapy outpatient setting to try to gain strength back. Have your concerns ready. RSVP with treats.

MAY TAG SALE

Monday, May, 14-Friday, May 25-8am-3:00pm. Please bring your donated clean and sellable items prior to the sale. Thank you.

