

# MARCH PROGRAMS

## BLOOD PRESSURE SCREENING:

1. First Mon. of every month (Mar. 2nd) 11am to noon.  
Sponsored by Easton EMS.

2. Third Tues. of every month (March 17th) at noon.  
Sponsored by Visiting Nurse's Association.

## HISTORY PROGRAMS:

### HISTORIAN ART GOTTLIEB:

1. Mikhail Gorbachev, last leader of the Soviet Union, best known for institutional reforms and relaxing grip on eastern bloc countries.

Tuesday, March 24th at 10am

2. Margaret Thatcher, First female and longest running Prime Minister in the UK in the 20th Century. Famous for her nickname: "The Iron Lady."

Tuesday, March 31st at 10am

MASSAGE with Beth on Tuesdays till March 31st.

CALAMITY COOKING is on Fri. March 20th.

Chicken Parm and "trimmings." Minimal fee and then you eat the lunch you cooked.

ST. PATRICK'S LUNCHEON with movie: Jean Butler's

Best of Riverdance: Tues, March 17 at 11am:

Please sign up. Cost is \$12/person.

Potatoes & Onions, Corned Beef and Cabbage, Rolls and Butter, and Key Lime Pie

ATTORNEY TENORE'S ROUND TABLE

Please call the Center to sign up. Walk-ins OK

Friday, March 6th.

Attorney Tenore will discuss new laws enacted in 2020. She will review the new SECURE ACT, and explain the consequences of the changes and how those changes in the tax laws affect your retirement accounts and estate plan. She will also explore the importance of properly naming beneficiaries of your retirement accounts and how it integrates with your estate plan. Attendees are invited to bring their questions for a mutually beneficial discussion.

## LADIES LUNCH BUNCH

March 13th at 11:30am at SAL and PEPE  
\$25.00 per person including tax and gratuity

Starter: Choice of one Cup of Soup, baby mista salad or baby Caesar salad

Entrees: Choice of One Chicken Francese, egg battered breast of chicken, lemon white wine sauce, Mashed potato and green beans

Beef Stroganoff Tender morsels of beef simmered in our creamy beef stock with mushrooms Served over house-made pappardelle

Seafood Ravioli House-made pasta pockets stuffed with tilapia, salmon, scallops, shrimp and crab sautéed with fresh tomatoes, artichokes, white wine sauce with olive oil and garlic, red pepper flakes

Tilapia Francese Egg battered filet, lemon white wine sauce, Green pea risotto

Desserts: Choice of One Chocolate Lava Cake, Crème Brûlée, Drunken Cherry Parfait

Beverages: Choice of Soda, Iced Tea, Coffee or hot tea

COMPUTER CLASSES & CELLPHONE HELP: Beginners, Intermediate, Excel, Surfing the web, E-mail and E-Bay. Call to make an appointment.

CULTURAL DOCUMENTARIES AND DISCUSSIONS: Series of documentaries on Ethics/Social Issues: by Val Buckley Fri., March 28th "Euthanasia." Details on Movie Page.

## LAUGH AND COMIC FUN

Wed. April 1st. At 10am.

Special program of Laughs and Comic Fun from nationally syndicated and award-winning cartoonist Rick Stromoski. Special Breakfast treats available. Sign up needed

## FREE CPR TRAINING

Please help Sherman Turner to reach his goal to train 1000 Easton residents in CPR. Sherman will come to teach at your house for a group of 4 and more. Call Sherman at 203-261-8076 if interested.

EASTON POLICE SEMINAR– Internet Fraud and other scams targeting the Elderly and how to stay safe online. See enclosed flyers

Wed. March 11 at 9:30 with breakfast treats

## SPECIAL HEARING FOR SENIORS

Thurs, March 5th at 9:30 Subject is Westport/Weston Health District.