

Heritage Center News and Activities

Special Programs and notes...

A Cultural Café program on “The Land of Tattooed Ladies and Pagodas” will be presented on **Fri. Sept. 30th @ 10:30 a.m.** Learn about the country of Myanmar (formerly known as Burma) from the Langs who have recently traveled there. Their photos and knowledge will be sure to impress you.

Please note that our weekly **lunch schedule will return to the Tues. / Wed. schedule** beginning the week of Oct. 3.

Next Flu Clinic will be held in the Community Room on **Wed. Oct. 5th 12:30 – 2:15 p.m.** Bring your medical insurance card with you.

Our new exercise class, “**Exercising for Daily Living**”, is continuing on **Mondays @ 9:00a.m.** It’s a program designed to be gentle, yet instructive in doing movements that will help you with everyday activities. A little stretching, a bit of aerobics, and some movements that can aid you in self-protection will all get your body tuned for the routine activities you generally do. Register now for the Oct. classes.

Our “**Yoga for the Rest of Us**” class will meet **Wed. Oct. 5th @ 2:30 p.m.** in the computer lab. (Note the change in time and place.)

AARP Fraud Watch program is scheduled for **Thurs. Oct. 6th @ 1:00 p.m.** Register by Tues. Oct. 4th for this free and informative presentation which will give you the tools to help you stay a step ahead of fraud attacks.

There will be **no art class on Tues. Oct. 11th.** The instructor will be unavailable.

“**Open Mic**” @ **Mark Twain Library** is scheduled for **Thurs. Oct. 13th @ 7:30 p.m.** This will be a time **to hear our Memoir Writers share their heart-warming stories** with the public. Please register by Oct. 12th to attend this free program. Refreshments will be served.

Medicare's open enrollment period is Oct.15th to Dec.7th. In light of this, we are offering a free informational program about the recent changes to **Medicare and your options.** Join us for a light lunch on **Wed. Oct. 12th @ 12:30 p.m.** and

learn how to make the best decisions for your medical care. Maria Jordan from RVNA will be the presenter. Reservations must be made at our office by Fri. Oct. 7th.

AARP's Drive Smart course will be offered **Mon. Oct. 17th @ 9:00 a.m. – 1:00 p.m.** Taking this course for \$15.00 (non-member of AARP cost is \$20.00) may pay for itself because it usually reduces your auto insurance premium. Please register by Oct. 14th if you wish to enroll.

If you enjoy **working with raw clay** and making creations using slab, coil, or other hand building techniques, you may wish to join our **new class beginning Oct. 24th @ 2:00 p.m. – 4:00 p.m.** Contact our office for more details and to register.

We are interested in hearing from those of you who may wish to participate in a **Scrap Booking class**. We have an instructor who is very skilled in this craft and is ready to begin a class in early November. Give our office a call if you would like to join the group.

The Week Ahead...

Monday, Oct. 3rd

- 9:00 – Mah Jongg
- 9:00 - Exercise for Daily Living*
- 10:00 – Tai Chi *
- 10:00 - Digital Camera course *

Tuesday, Oct. 4th

- 10:00 – Beginner's Spanish*
- 10:00 - Advanced Spanish*
- 10:00 – Needle Works (knitting, crocheting, etc.)
- 12:00 - Lunch* prepared by CW Resources (must reserve one week in advance)
- 12:30 – Bridge
- 1:00 - Art*

Wednesday, Oct. 5th

- 8:50 - Yoga*
- 9:00 - Commission on Aging meeting – public is invited
- 10:00 - Tai Chi*
- 10:00 – Drawing*
- 10:00 – Current Events Discussion
- 12:00 – Lunch* prepared by CW Resources (must reserve one week in advance)
- 12:30 – Flu Clinic
- 2:30 - Yoga for the Rest of Us

Thursday, Oct. 6th

10:00 – 3:00 Massage and/or Acupuncture (by appointment only - call our office for details and pricing.)

10:00 - Quilting

12:30 – Bridge

1:00 - Quilting Bee

1:00 - AARP Fraud Watch program

Friday, Oct. 8th

11:00 – Tai Chi*

*Requires registration fee. Contact the Heritage Center for details and registration information (203-938-9725).

Information

The Heritage Center is open Monday to Thursday from 8:30 a.m. to 5:30 p.m. and Friday from 9:00 – Noon. Stop by our office in the Community Center or call (203-938-9725) for further information on our programs and to register for activities. We also offer a free van service for seniors needing transportation to medical and special services. The van operates Mondays through Thursdays with first pick up at 9:00 a.m. and last take home at 4:30 p.m. Call the number above at least a week in advance to schedule a ride.