

Heritage Center News and Activities

5-11-17

Special Programs and notes...

Spanish Classes are canceled for the remainder of this month due to instructor being on vacation.

A Caregiving Workshop/Presentation - will be held Tues. May 23rd @ 9:30 - 11:30 a.m. at the Mark Twain Library. This free program entitled "What Would You Do?" is co-sponsored by Heritage Center and the Mark Twain Library. Discussions of specific care giving situations will be lead by professional in this field and presented by BIG (a women's professional support organization titled "Believe, Inspire, Grow") Registration begins May 9th at the library.

Seniors' Garden - We've prepped our garden located in back of the Heritage Center and are ready to plant vegetables to be used to make salads for purchasing this summer. If you care to donate seeds or seedlings for planting, please contact our office. Currently we're accepting spinach, lettuce, swiss chard, basil, and parsley. We could also use marigolds and dwarf zinnias to decorate the garden's perimeter. Thank you for thinking of us.

Note: Our **massage and acupuncture** practitioner, Beth Dobseavage, will now be at Heritage Center on Tuesdays rather than

Thursdays as in the past. Schedule a 15 minute, 30 minute, or hour-long session with her and see how she can help with those aches and pains.

Yoga for the Rest of Us - Classes for May are scheduled for Tuesdays @ 12:30 - 1:15 p.m. on the following dates: 5/23 and 5/30.

Be aware... in celebration of Memorial Day, Heritage Center activities are canceled for Fri. 5/26 and Mon. 5/29.

Redding's Memorial Day Parade will be held Saturday May 27th @ noon. Look for the Heritage Center van decorated for the occasion and traveling the parade route. Better yet... ride with us in the van and wave to the crowd. Your patriotism will be greatly appreciated. Call our office to reserve your seat on the van.

Senior Tax Benefit for Redding residents - May 15th is the deadline for new applications for this tax benefit. To qualify you must be 65 years of age and have lived in Redding for three or more years. Applications should be submitted to the town assessor's office. If you already received the tax benefit in the past, there is no need to reapply. There is an additional tax benefit (State Homeowners' Tax Credit) for those aged 65 or older and below a specified income, or totally disabled. You can also apply for this benefit at the Tax Assessor's office. For further information, contact the Redding Tax Assessor's office (ph. 203-938-2626).

Lunch @ Heritage Center - CW Resources provides lunch each Tuesday and Wednesday at noon for a donation of \$3.00. If you are interested in attending lunch it is essential that your register one week in advance and no later than 1:00 p.m. on Wed. If you would like the month's menu, or have any questions kindly contact our office.

Please Note: For all weekly classes at Heritage Center please register at the office at the beginning of each month before class begins so we can have accurate rosters for instructors.

The Week Ahead...

Monday, May 15th

- 9:00 – Mah Jongg
- 9:00 – Intro. to Tai Chi*
- 10:00 – Tai Chi*
- 1:30 - Advanced Genealogy*
- 2:00 – Clay Art*
- 3:30 - Beginning Genealogy*

Tuesday, May 16th

- 10:00 – Needle Works (knitting, crocheting, etc.)
- 10:00 - 3:00 Massage and Acupuncture* (sessions available by appointment)
- 12:00 – Lunch* prepared by CW Resources (must reserve one week in advance)
- 12:30 – Bridge
- 1:00 – Art: Painting in all mediums*

Wednesday, May 17th

- 8:50 - Yoga*
- 10:00 - Tai Chi*
- 10:00 – Drawing and sketching*
- 10:00 – Current Events Discussion
- 12:00 – Lunch* prepared by CW Resources (must reserve one week in advance)

Thursday, May 18th

- 10:00 – Quilting
- 11:30 – Guided meditation and Qi Gong (new class offering)*
- 12:30 - Bridge
- 1:00 - Afternoon Quilting Bee

Friday, May 19th

- 9:00 – Fitness to Fit You*
- 11:00 – Tai Chi*

*Requires registration fee. Contact the Heritage Center for details and registration

information (203-938-9725).

Information

The Heritage Center's routine schedule of operation is 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. It also does Friday mornings runs for trips to bank, grocery store and library. Call the number above at least a week in advance to schedule a ride.

Contact Heritage Center (203-938-9725) for any further information and /or to RSVP to an event.

