

News Release
Portland Senior Center
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News for the week of March 1, 2010

Portland Senior Center

The Portland Senior Center, located at 7 Waverly Avenue, is open for activities for area seniors Monday through Friday from 9:00 a.m. to 4:00 p.m. New participants are always welcome. For information regarding senior trips or programs, call Mary or Carol at 342-6760. During the winter months when Portland Schools are closed due to poor weather conditions, there will be no meals on wheels delivery, no senior activities and the Community Café will be closed.

If you would like to receive the monthly Senior News Letter via e-mail, please contact the Senior Center with your e-mail address.

Blood Pressure Screening will now be provided by Middlesex Hospital Home Care on the First and third Wednesday of each month from 10:00 to 11:30.

Food

The Community Café serves a hot nutritious lunch Monday through Friday at 12 noon. Please call to make a reservation at least 24 hours in advance. The cost is \$2.00.

The menu for the week of **March 1 to 5th** is as follows:

Monday: Deviled Chicken Legs & Whipped Potatoes.
Tuesday: Chicken Vege. Soup, Baked Pork Loin, Rice & Banana Crm. Pie.
Wednesday: Salisbury Steak Italiano & Pasta w/Sauce.
Thursday: Turkey Stew, Boiled Potatoes Spinach Salad.
Friday: Farmer Brown Soup, Catch of the Day & Tater Tots.

The Center will hold it's **Annual St. Patrick's Day Luncheon** on Wednesday, **March 17th at 12 noon**. The menu will be Corned Beef & Boiled Potatoes, Cabbage & Carrots, Rye Bread & a Special Dessert. The cost is \$2.00. 24 hour notice please.

Exercise:	Light Aerobics:	Mon. & Fri. at 9:30 a.m. & Wed. at 9:00
	Flex & Tone:	Tuesdays & Thursdays 11:30 to 12:30.
	Line Dancing:	Wednesdays at 10:00a.m.
	Tai Chi:	Fridays at 1:30
	Marcie's Yoga:	Wednesday evening at 7:00 p.m.
	Movies	Friday March 5 & 19th at 1:00 p.m.

Chinese Yoga - Tai Chi For Seniors

A new 10 week session of Tai chi, (sometimes referred to as Chinese Yoga) is beginning on **Friday, March 12th**, 1:30 at Portland Senior Center. Tai Chi is a program of slow moving exercises that help to promote great balance, stress management and relieves stiff joints. The class includes “Chi Gong” and meditation for health and well being. Tai Chi is recommended by the Arthritis Foundation. The classes are instructed by Master Joy and are open to beginners as well as continuing students, men and women age 50 years plus. The cost is \$40.00 for the 10-week session. To pre register, call Carol or Mary at 860-342-6760.

Games

Wii Bowling	Flexible Times, Call for openings.
Social Duplicate Bridge	Played twice a month. The next Sessions March 12 & 26th. Please arrive at 12:45.
Bingo	Monday at 1:00 p.m.
UNO/Rummikub/SkipBo	Tuesday, Thursday, Friday at 1:00
Bowling	Thursdays departing at 8:15 a.m.

Crafting

Sojourn Bears	Tuesday at 9:30 a.m.
Crafter's Workshop	Tuesday 1:30
Watercolor Classes	Wednesday 9:30 to 11:30
Knitter's Nook	Thursday 10:00 a.m.
	Knitter's & Stitcher's Nook:

Health

Blood Pressure Screening	1 st & 3 rd Wednesday each month at 11:00
Free Hearing Screening	By Appointment only

TRIPS

Still a few seats left!

Washington DC Bus Trip! 4 Days & 3 Nights! April 16 to 19th at the cost of \$365. per person. Your package includes: 3 nights lodging, 3 breakfasts, 3 full course dinners, Smithsonian Institution, Tourmobile at Arlington Cemetery, Guided sightseeing tour, including Embassy Row, National Cathedral, White House Visitor's Center, National Archives, & Capitol Hill. Union Station, Visit Memorials: Vietnam Memorial, World War !!, Air Force, Korean War Veterans Memorial, Lincoln & Marine Corps Was Memorial. Guided tour of illuminated monuments, including FDR & Jefferson Memorial & Kennedy Center for the Performing Arts. Steven F. Udvar-Hazy Air & Space Museum. Luggage handling, Souvenir gift, taxes & meal gratuities & motorcoach transportation.

For more information, Call the Portland Senior Center at 860-342-6760.

The Senior Van will make shopping trips to Stop & Shop & X-Pect Discounts on Friday, March 5th and to Price Rite & Aldi's on March 19th, both trips departing the Center at 9:00a.m. Please call to register for a ride. Transportation is \$3.00.

Monday, March 8th The Van will travel to Meriden Square for a shopping trip and lunch on your own. Depart from the Center at 9:30 a.m. The cost for transportation is \$5.00. Please sign up on the board.

Murder Mystery Dinner Theater

The Senior Van departs for Port 'n' Starboard Restaurant in New London at 10:30 a.m. on Tuesday, April 13th for a humorous, curious Murder Mystery, performed by the professional actors at Brickroad Productions. Your menu choice is Baked Sole w/Crab Stuffing, or Chicken Marsala w/Mushrooms & Peppers, or Baked Pork Loin with Apple Sauce and all the trimmings. The cost is \$38.00. Call the Center for reservations.