

Welcome to the Northeast Senior Center

MEMBERSHIP: We invite independent seniors **60 years of age and older** to become a member for free. See receptionist to register and take a tour. Refer to both sides of the calendar for program details.

OUR APOLOGIES: *this calendar is tentative and may change without advance notice.*

NEED A RIDE? We may be able to assist if you live **WITHIN 5 miles** of the center. See receptionist for details.

**THINK
SAFETY
FIRST**



ATTEND AN EXERCISE EQUIPMENT ORIENTATION CLASS

03/09 at 12:30 P.M. & 03/23 at 1:00 P.M.

(meet by the cubbies)

Need to see a Medicare Counselor?
Schedule an appointment at the receptionist desk

Need Insurance Benefits Counseling?
See Sylvia Toscano every THUR from 10-12 in gaming area

HEALTH SCREENINGS (Green Doorway)

Blood Pressure * Blood Sugar * Cholesterol * Weight/BMI (body mass index)



Arts & Crafts Classes (Orange Doorway unless otherwise noted)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30	Crochet Group (volunteer led)	Intermediate Painting (sign up required with the instructor)	Crafts Class (sign up required with the instructor)	Advanced Drawing (sign up required with the instructor)	Quilting Group (2nd & 4th Fri) (volunteer led)
10:30					
11:30					
12:30	Beginner Painting (sign up required with the instructor)	Jewelry Making Group (volunteer led)	Art Group (volunteer led) Creative Writing Memoirs (CR) (sign up required with the instructor)	Canvas Needle Point Group (volunteer led) The Writer's Roundtable (CR) (volunteer led)	Creative Writing (CR) (sign up required with the instructor)
1:00					Drawing Class (sign up required with the instructor)