

March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Sunday, March 10th R. I. School of Design Museum & Lunch <u>Day Trip - 11:30-5:30</u></p>	<p>Coastline Elderly Nutrition Program 1646 Purchase Street New Bedford, MA 02740 Tuesday, Wednesday & Thursday Luncheons</p>	<p>Reservations/Cancellations: 508-763-8723 24 Hrs. In Advance Menu is subject to change without notice. Your suggested voluntary donation of \$2 per meal helps feed more elders in the Greater New Bedford area.</p>		
4.	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 11:30 Pampered Chef Demo 12:00 Pampered Chef Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching Class 6:00 BINGO</p>	<p>7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 11:30 Lunch: Spanish Soup, Cilantro Chix & Rice 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 8:00 Tax Prep. Appts. 9:00 COA Board Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Stuff Shells / w Tomato Sauce, Veggies 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Roast Turkey / w Gravy, Mash Potato, Squash 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching 3:00 Legal Appts.</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
11.	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 12:00 Irish Luncheon with Irish Entertainment 1:15 Chair Yoga 2:30 Stepping & Stretching Class 6:00 BINGO</p>	<p>7-9 Breakfast 9:00 Scrabble 9:30 Happy Hookers 10:00-2:00 Fitness Room 11:30 Lunch: Chix Coq Au Vin, Mash Potato, Veggies 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Friends Meeting 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Roast Pork / w Gravy, Bliss Potato, Brus. Sprts. 12:00-4:00 GBFB Pick-Up 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 9:30 Manicures/w Old Colony 11:30 Lunch: Corned Beef Hash, Cabbage & Carrots 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching FRIENDS PI Fundraiser Dinner</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
18.	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 12:00 Hanna's Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO</p>	<p>7-9 Breakfast 9:00 Scrabble 10:00-2:00 Fitness Room 10:15 Senior Book Club 11:30 Lunch: Toss Salad, Rigatoni Pasta, Meat Sauce 1:30 Advisory Board Meeting 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 8:00 Tax Prep. Appts. 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Hot Dog / w Roll, Baked Beans, Cabbage & Carrots 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 8:00-4:00 N. H. Day Trip 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Meatloaf / w Gravy, Mash Potato, Gr. Beans & Mush. 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching 7:00 Candidate's Forum</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
25.	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Maah Jongg 12:00 Quarterly Birthday Party Luncheon 1:15 Chair Yoga 2:30 Stepping & Stretching 6:00 BINGO</p>	<p>7-9 Breakfast 9:00 Scrabble 8:30-4:00 CT Casino Day Trip 10:00-2:00 Fitness Room 11:30 Lunch: Sweet & sour Meatballs, Asian Rice, Veggies 2:15 Line Dancing Class</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch: Grilled Chix Parm., Penne Pasta, Blended Veggies 12:30 BINGO 7:00 ZUMBA</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch: Cheeseburger / w Roll, Roast Potato, Veggies 1:00 Cardio Dance-Fit 2:30 Stepping & Stretching 6:00-8:00 Veterans Social</p>	<p>7-9 Breakfast 8:00-12:00 Fitness Room 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p>
22.					
29.					

COA Transportation

COA transportation is available to all Rochester seniors to medical appointments & treatments in the general area. We also provide rides to & from home to the senior center, if you want to come here to spend some time, or have lunch, have an appointment, or come to a program. For your own safety & ours, drivers are **NOT allowed** to do banking transactions for you. We will bring you to the bank, but YOU need to do your own transactions. Also, our drivers are **NOT allowed** to do your drugstore errands. We will bring you to the pharmacy, but YOU must handle your own business inside on your own. **NO EXCEPTIONS!!!** Call us in advance (**at least 24 hours**) **508-763-8723**. Our service is free, but a minimal donation is appreciated. Our vehicles are handicapped accessible. Any senior who is able to drive to the senior center to board the COA bus for any day trip should do so, in order to save time, gas & funding for drivers. If you need to cancel your ride, PLEASE do so by calling us as soon as is possible! We schedule our drivers, & we still have to pay them for their time, even if they show up at your door, & you decide not to go. Thanks!!!

Hanna's Friendship Dinners

St. Gabe's Episcopal Church of Marion, 124 Front Street, offers a Friendship Dinner, under the direction of Hanna Milhench, on the **1st Thursday of each month at 5:00 p.m.** On the **3rd Thursday of every month**, the **1st Congregational Church of Marion** also offers a Friendship Dinner at the Community Center, 144 Front Street, Marion. All are welcome. Donations only!

Grocery Shopping

We have put Grocery Shopping Trips on a "leave of absence" until such time as requests to go grocery shopping warrants. For the past six months, no one has shown an interest in, nor have we received a request for, a trip to a grocery store. We can only assume that there is not a need for it at this time. **Please let us know** if & when you should need a ride to the grocery store! **508-763-8723**

"Friends" Board Meeting – Wednesday, March 13th, 10:00

The Friends of the Rochester Senior Center, Inc. will hold their monthly Board Meeting here at the Senior Center on **Wednesday, March 13th at 10:00**. All members are welcome to attend! New members of any age are always welcome! Upcoming fundraising ideas will be discussed. Please come & share your ideas with us! Call us if you need a ride in.

PIE ON PI DAY! – 3-14-19

Friends Fundraiser!

Why not join us for **Dinner at 5:30 on Thursday, March 14th (3-14)**, to enjoy a delicious Chicken Pot Pie Dinner & Salad, with Banana & Chocolate Cream Pies for dessert! Tickets are **\$10.00 per person** and can be bought at the Senior Center. It's for a good cause! All ages are welcome! Call us if you need a ride in! Thank you for your support!

Greeting Cards

The COA receives donations of miscellaneous greeting cards every now & then from people who have down-sized their home, or from families of loved ones who have passed on. We have an ongoing greeting card file in our lobby with lots of cards with envelopes for all occasions. They are available for a mere donation of ten cents per card. Quite a savings from today's store prices! Please come in & look through our collection. You never know what you'll find!

Senior Center Ongoing Fundraising

The fundraising drive to build the new addition to the Senior Center for the purpose of adding a **Senior Supportive Day Care Program** is still ongoing! Approximately, \$175,000.00 has been raised so far. Please think of us when considering your tax exempt donation! As always, we thank you kindly!

The Friends of the Rochester Senior Center, Inc.

Buy-A-Brick Fundraiser

The Friends of the Rochester Senior Center, Inc. have an ongoing fundraiser to help raise money to put the new addition onto the Senior Center for the **Senior Supportive Day Care Program**. The engraved memorial bricks will be added to the walkway & entrance of the addition. **Small bricks are \$50 and large bricks are \$100**. Applications for bricks are at the Senior Center. Thanks for your support!

Coupon File

Just a reminder that we have an on-going coupon file here at the senior center for anyone in the community to take advantage of. We accept coupons for our file, and we welcome anyone who wants to take some for their own use. Volunteers maintain the file and keep it current. Come in & take a few minutes to go through the file!

Save the Date....Saturday, May 18th- 1:00-3:00

The Friends are planning the second annual Grand-mother & Grand-daughter Tea for the 18th of May. Details will follow!