

HIGHLIGHTS

At The Heritage Center

JULY 2010

Heritage Center Hours: Mon.-Wed. 8:30am-5:30pm
Thursday: 8:30am-6:00pm Closed Fridays

Municipal Agent: Gail Schiron 203-938-3580
Heritage Center: Marie Sibilio 203-938-9725
Assistant: Helen Baumbach 203-938-9725

ON-GOING SERVICES:

Meals-On-Wheels: 203-743-5418

Food Pantry: 203-938-3580

Van: 203-938-9725

Monday-Thursday 8:00am - 4:30pm

Please make a reservation at least 3 days in advance. Van is booked on first come first served basis.
Medical appointments take priority over other appointments.

Blood Pressure Screenings: Every Tuesday 12:30-1:30

Lunch is served every Tuesday & Wednesday at a cost of \$2.50 per day

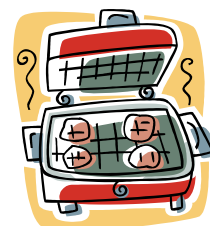
Reservations must be made by 10:30am Monday morning

SPECIAL UPCOMING EVENTS:

Wednesday, August 11 @ 10:00 am-Cooking Class

Indoor Grilled Cooking Using a Dual Contact Grill (aka-George Foreman grill)

Do you love grilled food, but don't want to fire up the grill? Have you moved to an apartment and no longer have a grill? Then we have the answer for you! Come learn about this healthy cooking method and how to cook grilled fruits and vegetables. Presented by New Opportunities, Senior Nutrition Services Dietitian Judy Prager. Be sure to sign-up for this class-seating is limited. Call 203-938-9725 to reserve your space. Food samples, recipes and raffle prizes-join us.



We will be closed on Monday, July 5, 2010 for Independence Day

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SPECIAL UPCOMING EVENTS

Wednesday, August 18 @ 10:00

“Better Hearing With Advanced Audiology”

A Licensed Certified Audiologist, Art Tepper, will present:

- . Effects on enjoying life
- . Contemporary technology and features
- . Realistic expectations
- . The truth about better hearing
- . The best process for getting help



Please call us at 203-938-9725 if you plan to join us at Heritage Center for this presentation. The presentation will be about 1 hr. long and any questions will be answered.

GENERAL SUMMER ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00 am Aerobics* 9:00 am Mah Jongg	10:00am Aerobics* 12:00pm Lunch 12:30pm Blood Pressure Screening 1:00pm Art 6:00pm Evening Art	12:00pm Lunch 1:30pm Ceramics	9:00am Aerobics* 10:00am Quilting 12:30pm Bridge 3:30pm Jewelry Class (7/8 & 7/22)
* No Aerobics week of July 19 & week of July 26			

HERITAGE CENTER
P.O. Box 1118
Redding Center, CT 06875-1118