

**SPRINGFIELD SENIOR CENTER**  
**139 Main Street**  
**Springfield, Vermont 05156**  
**Tel: 802-885-3933**

No. 520

[www.springfieldseniorcenter.org](http://www.springfieldseniorcenter.org)

September 2010

**WEEKLY ACTIVITIES:**

**Mondays**

8:00 a.m. - Pool and Ping Pong  
8:30 a.m. - Shuffleboard (9/20)  
9:00 a.m. - Ceramics (9/20)  
10:00 a.m. - Walking in Gym  
12:00 p.m. - Shuffleboard (9/20)

**Wednesdays**

8:00 a.m. - Pool and Ping Pong  
9:00 a.m. - Cribbage (9/15)  
10:00 a.m. - Walking in Gym  
1:00 p.m. - SEE SPECIAL EVENTS FOR  
WEEKLY PROGRAM

**Tuesdays**

8:00 a.m. - Pool and Ping Pong  
9:00 a.m. - Ceramics (9/21)  
9:00 a.m. - Fit and Happy Exercise(9/21)  
10:00 a.m. - Strength Training(9/21)  
10:00 a.m. - Walking in Gym  
12:30 a.m. - Pinochle

**Thursdays**

8:00 a.m. - Pool and Ping Pong  
9:00 a.m. - Fit and Happy Exercise(9/23)  
9:00 a.m. - Senior Songsters(9/23)  
10:00 a.m. - Strength Training(9/23)  
10:00 a.m. - Walking in Gym  
12:00 p.m. - Shuffleboard (9/23)

**Fridays**

8:00 a.m. - Pool and Ping Pong  
10:30 a.m. - Walking in Gym  
1:00 p.m. - Progressive Whist

**SPECIAL EVENTS:**

- Sept 1 – Wed 1:00 p.m. - Honor August and September birthdays with Dale O'Brien. There will be two separate prizes – one for August birthdays and one for September birthdays. Thank you, Dale! Then it's Nickel Bingo with Hazel Gorsky!
- Sept 3 – Fri - CLOSED IN OBSERVANCE OF LABOR DAY
- Sept 6 – Mon - CLOSED IN OBSERVANCE OF LABOR DAY
- Sept 7 – Tues 1:00 p.m. - Advisory Committee Meeting  
- Foot Clinic. You must call for an appointment. Suggested donation to nurse is \$15.00. You also need to bring your own towel.
- Sept 8 – Wed 11:00 a.m. - Senior Picnic at Tree Farm Campground. Thanks to Russ' family, Jon and Toni Streeter, we will hold our annual picnic at the campground again this year. Bring a family size casserole, salad or dessert to share. Games, fellowship and good food – just a great day – and a time to remember our friend Russ. Activities Committee to furnish paper products and drinks. Activities Committee members are Mary Gray, Simone Murray, Gerry Noor and Linda Wilson.

- Sept 13 – Mon 8:30 a.m. - Sign up for the Hu Ke Lau Christmas Show and Bright Lights/Bright Nights on December 9<sup>th</sup>. Cost is \$62.00 for ACTIVE and \$72.00 for all others.
- Sept 14 – Tues 10:00 a.m. - “Keeping Winter Bug at Bay” presented by Becky Howe, R.N., sponsored by Springfield Hospital. This program is free and open to all in the community.
- Sept 15 – Wed 1:00 p.m. - Fred Hill returns. This time he wants to see people dance so a dance we’ll have! If you heard Fred in May, then you know he plays real lively tunes so get ready for a great afternoon of entertainment. Refreshment chairman is Sandy George.
- Sept 21 – Tues - Foot Clinic – You must call for an appointment. Nurses are here the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month.
- Sept 22 – Wed 11:30 a.m. - We have an incentive for coming to the Annual Meeting this year. A free delicious lunch! Springfield Health and Rehab has offered to bring in a delicious luncheon for those members who are coming to our Annual Meeting with election of officers. The meeting will be immediately following the luncheon. Isn’t that a good incentive to come to our Annual Meeting this year!! **Please let me know by the 15<sup>th</sup> if you will attend so we’ll have enough food.**
- Sept 27 – Mon - Cape May/Atlantic City trip leaves for 4 days.
- Sept 28 – Tues 11:00 a.m. - Book Club
- Sept 29 – Wed 1:00 p.m. - Nickel Bingo.

Our Nominating Committee (Jackie Stankevich, Chairman, with Joan Kempf and Roger Wheeler) has approved a slate of officers to fill the following positions beginning October 1, 2010. We will vote at our annual meeting on September 30, 2010.

Kitchen.....	Shirley Farrar	Treasurer .....	Joan Frazier
Remembrance.....	Hazel Gorsky	Assistant Treasurer.....	Kay Mitchell
Hospitality.....	Joan Kempf	Senior Songsters.....	Julie Kiniry

Activities Committee: Roger Wheeler, Pat Bushway, Mary Gray, Linda Wilson

Nominating Committee: Joan Kempf, Roger Wheeler and Walter Stankevich

Advisory Committee: Richard Gorton, Kay Mitchell, Barbara Parker, David Rorison, Paula (Fellows) Richotte, Matt McCarthy, Joan Matanle and John Follett

### **FREE FALL PREVENTION SCREENING!**

In celebration of National Physical Therapy Month, physical therapists from Springfield Hospital Rehabilitation Services will be providing free individualized screenings and recommendations for the prevention of falls.

When: Saturday, October 30<sup>th</sup>, 2010 8:30 a.m. – 12:00 p.m.

Where: Springfield Adult Day Center, 266 River Street, Springfield, VT 05156-2306

**TO SIGN UP:** Call Springfield Hospital Rehab (contact: Laura Hagley) at 802-886-2172 by October 28<sup>th</sup> to reserve an appointment for your fall prevention screening.