

Thomaston Senior Center
158 Main Street
Phone #860-283-4421 X225
Website: www.thomastonct.org/Senior-Council
Thomaston Senior Gazette August Edition
President: John Dudonis 860-283-9954 (H) 860-605-5874 (C)
Vice President: Frank Gangloff 860-283-8191 (H) 203-217-2887 (C)

*****Reminder: if you have not paid your dues yet this year they are now
overdue. Please see Sherry or John. *****



Meetings/Events:

Aug. 14 – 2:00 – Regular meeting- Hospitality provided by Fran and Brent Berling.

August 28- 2:00- Regular meeting-Hospitality provided by Alice Capaldo.



It was suggested that we do continue with mini. golf in the fall when it will be a little cooler.

***Thank
You***

We would like to thank Sherry and John Dudonis and their picnic committee for a great time. The food was good and the Elderly Brothers were very good entertainers and played great music. Around 60 people attended. Job well done.



Emma wanted to let us know that there will be no farmers market this year in Thomaston.



If anyone is interested in taking the AARP driving course there are funds available to offset the cost. We are looking at doing this in the fall. Andy Gianelli volunteered to look into cost and time.

John and Sherry wanted to let the group know that they will not be staying on as President and Treasurer come October. If you are interested in either position please let them know.



Hospitality: Donna has put up the hospitality form for the year; please check to see what months are open and consider volunteering to host. There is a \$25.00 allotment available to use. Please see Donna for details.



***Happy
Birthday***

Brenda Andro-Richard Krantz-Barbara Lee-Mary Ann Martin-Save Mondak-Richard O'Brien-Karen O'Connell-Fred Parker-Elly Stammer-Emma Williams.

Happy Birthday to all of our August members.

Monthly Activities:



Yoga is held every Monday. The next dates for yoga will be: 8/4, 8/11, there will be **NO CLASSES** on 8/18 and 8/25. Please contact Martha Carrejo at (Cell) 860-212-7462 if you have any questions.



The pool room is active 2-3 days a week and is open to anyone including: friends, husbands and wives etc. and everything is good. Next dates are Mon. 8/4, 8/11, 8/18, 8/25 2:00-4:00, Wed. 8/6, 8/13, 8/20, 8/27, 2:00-4:00. John Dudonis is taking care of this activity.

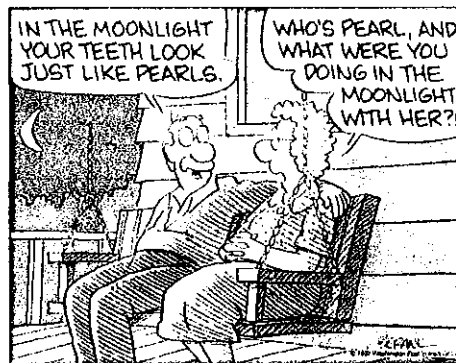


Bowling will be now be on the 1st and 3rd Wed. of the month. The next dates are 8/6 and 8/20 at 12:15. Please see Barbara Lee if you are interested. There are around 12 bowlers and everyone is always welcome to come and bowl. See Barbara Lee if you are interested in bowling. Our grant will pay for the games and free shoes.



Bingo is played the 1st and 3rd Thursday of the month at 1:00. The next date will be 8/7 and 8/21. It is going very well and the attendance is around 22 people now playing. Rich Krantz is heading up this activity.

Cartoon for August:



It's Never Too Late: 3 Powerful Steps at Any Age

- Get quality sleep. Lack of sleep impacts your memory, emotions, weight and even your appearance. ...
- Stop smoking. In as little as 24 hours of stopping smoking, there is a decrease in risk of a heart attack. ...
- Challenge your brain.