

Thomaston Senior Center
158 Main Street
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Website: www.thomastonct.org/Senior-Council
Thomaston Senior Gazette November Edition
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***** The Senior Center will be unavailable Nov. 4 due to elections*****



Happy Thanksgiving



Meetings/Events:

Oct. 9-Pot Luck Luncheon- The center will be open by 10:30 for those who need to reheat or to set up your dishes. Elections will take place after the luncheon. **This the last day to sign up for the Thanksgiving Luncheon.**



Nov. 13-12:00 Thanksgiving Luncheon.



Dec. 4-Christmas Party 12:00-Fairview Golf course Harwinton, CT \$10.00 PP Last day to sign up is Nov. 13 at the Thanksgiving Luncheon.



December 11-12:00-Emma from Social Services would like to provide us with a luncheon at the senior center. More details to follow.



Hospitality: Please see Donna Graham if you would like to help out with hospitality. There is a \$25.00 allotment available to use.



Happy Birthday

Rosemarie Emanuele-Frank Gangloff-Michele Giannelli-Robert Graham-Maria Hill-Donna Opalak-Clara Piotrowski-Eleanor Plekan-Marie Eldridge.

Happy Birthday to all of our November members.

Monthly Activities:



Yoga is held every Monday 9:30. The next dates for yoga will be: 11/3, 11/10, 11/17, **No Class on 11/3 & 11/24**. Yoga is still free for the rest of the year. 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. 11/10, 11/17 and 11/24 2:00-4:00 **No pool on 11/3** (center closed due to elections). Wed. 11/5, 11/12, 11/19, 11/26 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 11/5 and 11/19 at 12:15. Please see Barbara Lee if you are interested. Everyone is always welcome to come and bowl. So come on out and have some fun. 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 11/6 and 11/20 It is going very well with approx. 18-22 players. Rich Krantz is heading this up.

Cartoon of the Month



Safety Tip for Thanksgiving:

For Thanksgiving safety, seniors should prevent falls by removing rugs and ensuring good lighting, be cautious with cooking to avoid fires by never leaving stoves unattended and keeping flammable items away, and stay safe from foodborne illness by handling raw meat carefully and keeping hot foods hot. It's also crucial to ensure seniors are comfortable by providing a quiet space, managing noise, and being mindful of their energy levels during the gathering.