

**Wallingford Committee on Aging  
Agenda  
October 20, 2023**

Call to order @ 9:00 a.m.

Secretary's Report

- Vote to accept minutes of September 15, 2023 Meeting

Treasurer's Report

- Vote to accept monthly report of revenues and expenditures for September 2023
- Vote to accept the September 2023 Program Account Report

Consent Agenda – Accept the following September 2023 reports as emailed:

- Executive Director
- Program Director
- Social Services
- Memory Lane

Staff Reports

- Executive Director
- Program Director
- Social Services Coordinator

Old Business

- Annual Audit Review – Tom Roy, CPA
- Grants update

New Business

- 

Other Business: announcements, appointments, questions, items to be noted for the record of the meeting.

Adjournment (10:00 a.m.)

**Next WCOA meeting – November 17, 2023**

**WALLINGFORD COMMITTEE ON AGING**

**OPERATING ACCOUNT**

**FISCAL YEAR JULY 1, 2023-JUNE 30, 2024**

<b>OPERATING &amp; TRANSPORTATION ACCOUNT</b>	<b>BUDGET SUBMITTED</b>	<b>September 2023 ACTIVITY</b>	<b>TO DATE BALANCE FORWARD</b>	<b>YEAR TO DATE BALANCE</b>	<b>BUDGET UNDER or (OVER)</b>
Checking Account 07/01/2022				\$ 100,660.27	
Checking Account 9/01/2023					
<b>Receipts Operations</b>					
Town Contribution	\$ 636,507.00	\$ 53,042.00	\$ 106,084.00	\$ 159,126.00	\$ 477,381.00
Memory Lane Income	\$ 60,000.00	\$ 5,730.00	\$ 8,260.00	\$ 13,990.00	\$ 46,010.00
Interest	\$ 20.00	\$ 0.45	\$ 1.25	\$ 1.70	\$ 18.30
Miscellaneous*	\$ -	\$ 2,620.00	\$ 4,140.00	\$ 6,760.00	\$ (6,760.00)
<b>Carryover Budgeted</b>	<b>\$ 78,087.00</b>	<b>\$ 6,507.25</b>	<b>\$ 19,521.75</b>	<b>\$ 19,521.75</b>	<b>\$ 58,565.25</b>
<b>Total Receipts-Operations</b>	<b>\$ 774,614.00</b>	<b>\$ 61,392.45</b>	<b>\$ 138,007.00</b>	<b>\$ 199,399.45</b>	<b>\$ 575,214.55</b>
<b>Receipts Transportation</b>					
Town Contribution	\$ 175,568.00	\$ 14,631.00	\$ 29,262.00	\$ 43,893.00	\$ 131,675.00
Bus Income	\$ 3,750.00	\$ 490.00	\$ 434.00	\$ 924.00	\$ 2,826.00
<b>Carryover Budgeted</b>	<b>\$ 19,522.00</b>	<b>\$ 1,626.83</b>	<b>\$ 4,880.50</b>	<b>\$ 4,880.50</b>	<b>\$ 14,641.50</b>
<b>Total Receipts-Transportation</b>	<b>\$ 198,840.00</b>	<b>\$ 15,121.00</b>	<b>\$ 34,576.50</b>	<b>\$ 49,697.50</b>	<b>\$ 149,142.50</b>
<b>TOTAL ALL RECEIPTS</b>	<b>\$ 973,454.00</b>	<b>\$ 76,513.45</b>	<b>\$ 1,010,731.15</b>	<b>249096.95</b>	<b>\$ 724,357.05</b>
<b>Disbursements Operations</b>					
Salaries	\$ 538,758.00	\$ 42,306.90	\$ 95,462.88	\$ 137,769.78	\$ 400,988.22
Payroll Taxes	\$ 45,851.00	\$ 3,167.97	\$ 7,129.34	\$ 10,297.31	\$ 35,553.69
Pensions	\$ 26,938.00	\$ 2,054.49	\$ 4,700.25	\$ 6,754.74	\$ 20,183.26
Health Benefits	\$ 93,685.00	\$ 7,279.32	\$ 14,187.08	\$ 21,466.40	\$ 72,218.60
Workers Comp	\$ 2,902.00	\$ 274.50	\$ 549.00	\$ 823.50	\$ 2,078.50
Staff Travel	\$ 1,965.00		\$ 192.46	\$ 192.46	\$ 1,772.54
Meetings, Seminars, Dues	\$ 3,250.00	\$ 90.86	\$ 273.58	\$ 364.44	\$ 2,885.56
Liability Insurance	\$ 16,994.00	\$ 1,603.09	\$ 6,397.34	\$ 8,000.43	\$ 8,993.57
Telephone	\$ 1,820.00	\$ 146.99	\$ 296.09	\$ 443.08	\$ 1,376.92
Office Expenses/Supplies	\$ 6,500.00	\$ 283.52	\$ 850.64	\$ 1,134.16	\$ 5,365.84
Equipment	\$ 2,200.00		\$ 428.53	\$ 428.53	\$ 1,771.47
Maintenance/Repair	\$ 3,000.00	\$ 106.00	\$ 923.00	\$ 1,029.00	\$ 1,971.00
Facility Expenses & Suppl	\$ 7,900.00		\$ 1,432.72	\$ 1,432.72	\$ 6,467.28
Audit	\$ 7,300.00	\$ -		\$ -	\$ 7,300.00
Memory Lane Expenses	\$ 8,000.00	\$ 474.00	\$ 1,223.62	\$ 1,697.62	\$ 6,302.38
Miscellaneous*		\$ -		\$ -	\$ -
Town Building Lease	\$ 1.00		\$ 1.00	\$ 1.00	\$ -
Postage	\$ 250.00	\$ -		\$ -	\$ 250.00
Printing	\$ 1,500.00	\$ 325.00	\$ 652.06	\$ 977.06	\$ 522.94
Prof Services	\$ 5,000.00	\$ 1,178.14	\$ 5,870.36	\$ 7,048.50	\$ (2,048.50)
			\$ 482.63	\$ 482.63	
Continuing Ed & Training	\$ 800.00		\$ 50.00	\$ 50.00	\$ 750.00
<b>Disbursements Operations</b>	<b>\$ 774,614.00</b>	<b>\$ 59,290.78</b>	<b>\$ 141,102.58</b>	<b>\$ 200,393.36</b>	<b>\$ 574,703.27</b>

# WALLINGFORD COMMITTEE ON AGING

OPERATING ACCOUNT

FY JULY 1, 2023-JUNE 30, 2024

OPERATING & TRANSPORTATION ACCOUNT	ANNUAL BUDGET	September 2023 ACTIVITY	TO DATE BALANCE FORWARD	YEAR TO DATE BALANCE	BUDGET UNDER or (OVER)
<b>Disbursements-Transportation</b>					
Salaries-Drivers	\$ 132,756.00	\$ 9,676.00	\$ 23,794.00	\$ 33,470.00	\$ 99,286.00
Payroll Taxes	\$ 11,586.00	\$ 782.11	\$ 1,903.96	\$ 2,686.07	\$ 8,899.93
Pensions	\$ 6,638.00	\$ -	\$ -	\$ -	\$ 6,638.00
Health Benefits	\$ 14,515.00	\$ -	\$ -	\$ -	\$ 14,515.00
Workers Compensation	\$ 9,631.00	\$ 823.50	\$ 1,647.00	\$ 2,470.50	\$ 7,160.50
Maintenance	\$ 6,000.00	\$ 63.98	\$ 1,122.65	\$ 1,186.63	\$ 4,813.37
Fuel	\$ 15,090.00	\$ 1,504.39	\$ 2,579.97	\$ 4,084.36	\$ 11,005.64
Insurance	\$ 2,623.00	\$ -	\$ 2,631.00	\$ 2,631.00	\$ (8.00)
Bus Lease	\$ 1.00	\$ -	\$ 1.00	\$ 1.00	\$ -
<b>Disbursements-Transportation</b>	<b>\$ 198,840.00</b>	<b>\$ 12,849.98</b>	<b>\$ 33,679.58</b>	<b>\$ 46,529.56</b>	<b>\$ 152,310.44</b>
<b>TOTAL DISBURSEMENTS</b>	<b>\$ 973,454.00</b>	<b>\$ 72,140.76</b>	<b>\$ 174,782.16</b>	<b>\$ 246,922.92</b>	<b>\$ 727,013.71</b>
<b>Checking Account 09/30/2023</b>				\$ 102,834.30	
				\$ 24,402.25	Sheet 1 E13 + E 19
				<b>\$ 78,432.05</b>	
<b>Miscellaneous</b>	\$ 2,170.00	<b>Agency on Aging</b>			
Miscellaneous	\$ 1,970.00	Agency on Aging			
<b>Miscellaneous</b>	<b>\$ 2,620.00</b>	gency on Aging			
Checkbook Balance 6/30/2021	\$100,660.27				
Allocated to 2020/21 budget	\$97,668.62				
Unallocated remainder for 2021/202	\$2,991.65				

**WALLINGFORD SENIOR CENTER  
EXECUTIVE DIRECTOR'S REPORT  
SEPTEMBER 2023**

**GENERAL STATISTICS**

Days of Service: 20	Memory Lane Units: 138
Recorded Attendance: 3,684	Health Service Units:
Transportation Units: 640	New Members Added: 38
Community Café Meals: 201	Members Archived: 14
Social Service Units: 375	Total Registered Members: 4093

**EXECUTIVE DIRECTOR APPOINTMENTS**

**MONTHLY MEETINGS**

09-15-23	Wallingford Committee on Aging
09-28-23	Staff Meeting

**SPECIAL MEETINGS**

09-01-23	Jason Michael and Town Council Building Committee, Re: inspect condition of building
09-05-23	Attended a Zoom meeting with Susan Hamilton, Sandra Strong and Lu Ann Montagnon from AoASCC, Re: MIS reporting requirement for ARPA gran funds and client information
09-06-23	Emily Melnick, Consultant, Re: hosting a roundtable discussion with local nonprofit leaders for the Wallingford Health Department's "Community Assessment"
09-06-23	Joe D'Antonio, Bus Aide, Re: discuss incident involving Helena Diaz
09-08-23	Mary Glynn, LVC Manager, Re: staffing and grocery shopping during her vacation
09-11-23	George Duffy, WCOA Treasurer, Re: sign checks and review budget reports including end of FY 22-23 and YTD 23-24.
09-15-23	Mike Soares, WSC Bus Driver, Re: medical clearance and other opportunities
09-18-23	Kevin Albert, Owner, Advantage Fitness, Re: pick up Club 60 elliptical machine for repair
09-19-23	Carmela DiCesare, Office Manager & Karen Anderson, Re: review scheduled services during my vacation
09-20 to 09-27	Executive Director on vacation
09-28-23	Riley O'Connell, Mayoral Candidate, Re: campaign visit
09-28-23	Donna Santamaria, Senior Loss Control Consultant, Workers Compensation Trust, Re: safety committee training for the WSC staff.
09-28-23	Don Languet, Foreman, DPW, Re: sprinkler system/standpipe moved project completed
09-28-23	Helena Diaz, Bus Driver, Re: working light duty

## EXECUTIVE DIRECTOR NARRATIVE REPORT FOR SEPTEMBER 2023

### PERSONNEL & BUDGET

- Center closed 9-4-23 for the Labor Day holiday.
- Executive Director on vacation 9-20 through 9-27-23, returned to work on Thursday 9-28-23.
- WSC staff received Safety Committee training from Donna Santamaria, Senior Loss Control Consultant from the Workers Compensation Trust on 9-28-23.
- Filed a workman's compensation claim on behalf of WSC Bus Driver Helena Diaz with the Workers Compensation Trust on 9-5-23 stemming from a late reported incident with the bus on 8-30-23. Submitted wage report and job physical requirement assessment to carrier. Helena returned to work on light duty on 9-28-23.
- Mike Soares, Bus Driver can no longer drive due to medical examiner certification. Will continue to fill in for Dave Petro and as a bus aide and volunteer.
- Devoted many hours throughout the month working with Sandra Strong and Lu Ann Montagno from AoASCC, to complete and submit MIS reports with Form 5 client information and Form 6 attendance rosters required for ARPA grant funds.

### FACILITY & EQUIPMENT

- Advantage Fitness Equipment removed Club 60 Plus elliptical machine #1 on 9-18-23, repaired and returned it on 9-25 and took unit #2 to repair and return on 10-3-23.
- Following my requests to DPW, all weeds and debris removed from rain gutters around the building exterior on 9-25-23.
- DPW completed project of moving lawn sprinkler piping and relocation of fire dept. access standpipe connection on 9-28-23.
- Purchased PVC fittings on 9-12 & 9-14 and repaired/rebuilt PVC hanging rack for the display of quilts in preparation for the annual Holiday Fair in November.
- Purchased new 10 x 10 Pop up canopy and ballasts for the legs for use at Celebrate Wallingford and other outdoor events.

### OTHER

- Hosted/attended a roundtable discussion led by consultant Emily Melnick with local nonprofit leaders including Sean Doherty, YMCA, Adrianna Rodriguez, SCOW and others for the Wallingford Health Department's "Community Assessment" on 9-6-23 in the evening at WSC.
- Assisted LVC staff during Mary Glynn vacation by shopping at BJ's 9-12-and 9-19-23 and facilitated with caterer Ken Marshall to fill in for the week.
- Facilitated campaign visit by mayoral candidate Riley O'Connell on Thursday evening 9-28-23.
- Assisted Program staff and Volunteers with preparation and set up for the Giant Tag Sale on Saturday, 9-9-23.
- Requested and received 32 cases of free "Soylent" protein shakes and distributed them to staff and WSC members throughout the month. Previously received over 500 tubes of free "Arthritis Pain Relief" cream and also distributed that to staff and members.
- Assisted Program staff with set up for Thursday Evening dinners and cabarets, Outdoor/indoor concert, "Cruise Night" and "Messages from Heaven" entertainment programs.

**PROGRAM DIRECTOR'S REPORT**

September, 2023 20 DAYS

WEEKLY ACTIVITY	PD INSTRUCTOR	VOLUNTEER-LED	SESSIONS	ATTENDED
A Matter of Balance	X		0	0
Art Appreciation		X	2	228
Artist Studio		X	4	17
Ballroom Dance Lessons	X		4	61
Basic Social Dance Tues/Thur	X		8	96
Basic Drumming	X		4	40
Bible Discussion Group		X	4	37
Billiards		X	19	184
Bingo		X	8	257
Bocce		X	6	69
Body in Motion	X		7	90
Bridge (Tuesday & Friday)		X	9	73
Canasta		X	3	10
Cardio Drumming	X		2	36
Cards		X	19	130
Club 60 Plus Fitness Center		X	19	462
Chair Yoga	X		3	26
Corn Hole		X	4	16
Craft Corner		X	4	37
Cribbage		X	4	23
Digital Photography	X		4	37
Gentle Yoga	X		4	15
Golf League		X	3	80
Harmonica Group		X	3	24
Healthy Moves	X		3	15
Knitters and Crocheters		X	5	44
Mah Jongg & MJ Lessons		X	12	122
Nickel-Nickel		X	3	17
Parkinson's Fitness Class			8	51
Pickleball		X	4	82
Ping Pong		X	0	0
Pinochle		X	5	65
Quilting		X	4	31
Scrabble		X	4	14
Set Back		X	4	33
SilverSneaker Classes	X		8	108
Singing For fun		X	3	104
Strength and Balance Class	X		8	100
Tai Chi Beginner	X		3	27
Tai Chi	X		3	21
Tap Dance		X	5	42
Texas Hold'em			3	22
Thursday Evening Cabaret			2	177
Thursday Evening Dinner			2	143
Total Fitness	X		6	75
Wii Bowling			2	2

**PROGRAM DIRECTOR'S REPORT**

**September, 2023 20 DAYS**

Zoom Classes	X		10	83
<b>WEEKLY ACTIVITIES TOTALS</b>			<b>254</b>	<b>3,426</b>
<b>MONTHLY ACTIVITIES</b>	<b>Pd Instructor</b>	<b>Volunteer Led</b>	<b>SESSIONS</b>	<b>ATTENDED</b>
AARP Driver Safety Program		X	1	10
Ask A Realtor	X		1	0
Ask An Attorney	X		0	0
Benefits Screening	X		0	0
Billiards Tournaments			0	0
Birthday Party			1	15
Book Club		X	1	17
Cardiac Support Group		X	0	0
Financial Q & A		B. Toomey	0	0
Foot Care Clinic		Dr. Gambardella	1	11
Free Hearing Services		Home Hearing	1	7
Let's Do Lunch Bunch			0	0
Military Whist Card Party		X	1	36
Morning Hike		X	1	13
Movie Matinees			4	76
Parkinson's Support Group	X		1	8
Q&A with the WPD		X	1	9
Reiki Treatments	X		1	1
Veterans Coffee House		X	1	45
Veterans Services	X		0	0
Will, Trust and Probate		X	1	10
<b>MONTHLY ACTIVITIES TOTALS</b>			<b>17</b>	<b>258</b>
<b>GROUPS &amp; WKSHOPS</b>				
A.G.E. Workshop		X	1	11
Artful Endeavors		X	0	0
Balance Workshops			0	0
Genealogy Workshop		X	0	0
Guided Meditation		X	3	32
iPad Users' Group		X	0	cancelled
iPhone 101	X		1	13
Paint Party		X	0	0
Red Hat Society			1	7
Reiki Certification Class		X	0	0
Scarves to Dye For		X	0	0
Support Group			5	45
T.A.B.s		X	1	6
Jam Band		X	5	40
Intro to Chakra	X		0	0
<b>GROUPS &amp; WKSHOPS TOTALS</b>			<b>17</b>	<b>154</b>

**PROGRAM DIRECTOR'S REPORT**

September, 2023 20 DAYS

<b>SPECIAL EVENTS</b>				
Collette Travel Presentation	9/11/2023			15
End of Summer Party	9/20/2023			117
ShopRite Presentation	9/29/2023			22
The Four Agreements	9/22/2023			18
Outdoor Concert	9/7/2023			125
Tag Sale	9/9/2023			
Cruise Night	9/13/2023			125
<b>SPECIAL EVENTS TOTALS</b>		Total		<b>422</b>
<b>TRAVEL PROGRAM</b>				
<b>TRIP</b>	<b>TRAVEL COMPANY</b>	<b>DATES</b>		<b>ATTENDED</b>
Taste of Italian NY	Friendship	Sept. 8, 2023		48
Griswold Inn	Friendship	Sept. 28, 2023		45
Switzerland	Collette	Sept. 6 - 13, 2023		3
<b>TRAVEL PROGRAM TOTAL</b>				<b>96</b>
<b>MEETINGS ATTENDED BY PROGRAM DIRECTOR</b>				
Hospitality Committee		9/7/2023	1	14
WCOA		9/15/2023	1	
Staff Meeting		9/28/2023	1	

**September Notes:**

Club 60+ members total 273. 247 are members with silversneakers or renew active  
 August Tivity Health – SilverSneakers 1934 swipes, check \$3,798  
 August Renew Active - 629 swipes, check \$1,296  
 Grocery Bingo sponsored by Skyview Rehab  
 Digital Navigation Program sponsored by the Wallingford Library.  
 Tag Sale September 9. 32 Vendors including 6 senior center tables  
 Cruise Night September. Car show canceled but cookout and entertainment held in the center  
 Monthly birthday celebration. The birthday cake is isupplied by Masonicare.



## Social Service Monthly Report

Joann Hummel Social Service Coordinator

Month: September 2023

Social Service Coordinator completed 375 units of service during the month of September. The two support groups- Grief and Loss, and Covid-19 impact - Loneliness, Stress and Anxiety continue to receive a positive response from all who attended. Many participants are opening up on the impact on how Covid-19 continues to affect them. The rise of positive cases has become a trigger for anxiety for many. The support group offers them a place to express their concerns and find ways to help them feel more comfortable in their environment. The development of trust and friendship among the attendees is a beautiful experience to witness. They are welcoming to new participants joining the support group, and each new person has expressed gratitude for the warm welcoming. The support groups occurred every Friday during the month of August and will continue throughout the year as the AOA grant money is available. There are 4 community members who are benefiting from the AOA Grant who are receiving individual therapy weekly with Jackie McNamee, LFP.

There were 4 new Wallingford Senior Center (WSC) members who decided to join after assisting them with their personal needs. Help was given to 6 Wallingford residents with food insecurities by benefiting from the Harvest Program and receiving a bag full of food from the Red lobster during the month.

The Food Share mobile pantry began on September 12<sup>th</sup>. The response has been very positive from the Wallingford community; as well as, from the Senior Center Community. Several members have stopped me to thank me for bringing Food Share to our location. I met with the Food Share Volunteers and they expressed how happy they are to be located at the Senior Center. The location is safer and more convenient for the community. The volunteers stated that they are serving over one hundred people at our location within the 45 minutes that they are here every other week. The response has almost doubled since they have been at the Wallingford Senior Center! The word has also gotten out about our Harvest program at the WSC. This program allows me to put a bag of seafood and other items donated from Red Lobster together to help people with food insecurities. By working with Food Share Mobile Pantry, Harvest Connection, and Master Mania, the people who are not eligible for SNAP are grateful to receive help with the rising cost of food.

Ct Energy Assistance Program is in full swing at the WSC with New Opportunities assisting Wallingford residents who are 60+ with their applications. New Opportunities will continue to come to the WSC every Wednesday for the duration of the program.

On Oct 16<sup>th</sup> – Dec 7<sup>th</sup> Medicare Initial Enrollment period begins. In preparing for the new enrollment, I have attended trainings sponsored by the Agency on Aging and CMS. The community has been calling to secure their appointments in October throughout the month.



**Month/Year: September 2023**  
**INFORMATION AND ASSISTANCE AND FOLLOW UP STATISTICS**  
**SOCIAL WORKER REPORT**

	I & A	FOLLOW UP CALLS	APPOINTMENTS OFFICE/OUTREACH	
1. ABUSE NEGLECT PROBLEMS				
2. ADULT DAY CARE	1		1	
3. AGENCY ON AGING	1		1	
4. HOMESHARE				
5. ASSISTED LIVING				
6. BEHAVIORAL HEALTH/SUBS ABUSE/GAMBLING/HOARDING	7		7	
7. BENEFITS CHECKUP	18		18	
8. CHORE/HOMEMAKER/FRIENDLY VISITOR	1		1	
9. COMPANION/LIVE-IN				
10. CONGREGATE HOUSING				
11. CONGREGATE MEALS//ENP				
12. CONNPACE/CONNMAP				
13. CT HOMECARE PROGRAM				
14. MEMORY LANE				
15. ENERGY ASSISTANCE	11	10	10	2
16. FINANCIAL ASSISTANCE	4	4	4	4
17. FOOD PANTRY/OTHER	17	8	17	14
18. SNAP	7		7	
19. GERIATRIC ASSESSMENT PROG.				
20. HEALTH INSURANCE/DENTAL	4	3	4	2
21. HOME REPAIR				
22. HOUSING	5		5	2
23. HOME HEALTH	9	3	9	6
24. INCOME TAX				
25. LEGAL	3	3		3
26. ADVANCED DIRECTIVES				
27. CONSERVATORSHIP				
28. POWER OF ATTORNEY				
29. LONG TERM CARE OMBUDSMAN				
30. MEALS ON WHEELS				
31. MEDICARE C	1		1	
32. MEDICARE PART D	3		3	
33. MEDICAID	1	1	1	
34. MEDICAL CARE/.DENTAL CARE	3		3	
35. MEDICARE A, B	2		2	
36. MEDICARE SAVINGS PROGRAM	6		6	
37. MEDIGAP	1		1	



WALLINGFORD SENIOR CENTER  
MEMORY LANE REPORT  
SEPTEMBER 2023

GENERAL STATISTICS:

Active Participants	15	Days of Service	20
Wallingford	10	Service units actual	138
Out of town	05	Service units' budget	210
New	00	Service units if full	300
Discharged	03	Average attendance	6.9
Referrals	03	Budgeted attendance	10.5
Assessments	00	Capacity attendance	15

Regular Meetings: None

Other Meetings: None

Marketing Meetings:

09/06/23           Networking at Cedar Mountain Commons in Newington  
Karen Kennedy Attended

09/12/23           M Team Meeting at Advanced Care for Nsg. & Rehab Ctr. In  
New Haven John Ardolino Attended

09/14/23           Networking at Whitney Rehabilitation Care Center in  
Hamden-John Ardolino and Karen Kennedy attended

09/20/23           Networking for New Haven Area Seniors @ College of  
Health & Human Services at Southern Connecticut State  
University John Ardolino Attended

09/27/23           Shoreline Area Senior Network meeting at the Ark  
Healthcare & Rehab at Branford Hills John Ardolino  
Attended

Qualitative Statement:

This month of September has been a busy month. One of our members who left came back after some health and transportation problems. We enjoyed a wagon ride, apple picking, cider drinking and donut eating out trip at Norton Farm in Cheshire. We were happy to be part of several programs put on by the Senior Center this month. We participated in the Cardio Drumming, we also participated in the monthly birthday party w/entertainment. We were able to get outside for some walks after lunch and some time to sit and enjoy our garden. We look forward to some cooler weather in October with some beautiful colors of fall to enjoy.

Warm Regards,

Debbie Markiewicz,  
Memory Lane Coordinator