EDUCATIONAL

File of Life Workshop
Friday March 30th at all 3 sites
10:00-11:00 AM – Main St Auditorium
11:30 AM-12:30 PM – Bolton St Community Room
1:00-2:00 PM - Pleasant St. Community Room

HEALTH & WELLNESS

Monthly Blood Pressure Clinic Sponsored by Senior Whole health
First Tuesday of the Month 10:00AM-12 Noon; 240 Main St, Main Sitting Room/Lobby area

SOCIAL & FUN

St. Patrick’s Day Crafts, Friday, March 16th; 10 AM: sponsored by Aging Well ADH; 240 Main St. 4th Floor sitting area

Spring Fling Karaoke Party, Wednesday, April 18; 240 Main St Auditorium 1:00PM-4:00PM

Spring Celebration Party, in conjunction with our congregate meal; Friday, May 4, 11:30AM-1:00PM; 397 Bolton St, Community Room

Ice Cream Social; Wednesday, May 30, 2:00 PM; 29 Pleasant St Community Room

Coffee and Conversation Topic Series (will be held bi-monthly at each site)

Topic 1: Your Input is needed
Meet and discuss what information you need, what concerns you may have and anything else that you may wish to discuss in regards to supportive housing services. This will also be an opportunity to provide input about what social and educational events that you would like to see held on-site for the tenants.

The group will decide on the topic of conversation for the next couple of months. Coffee, tea and light refreshments will be served.

April 4, 29 Pleasant St Community Room 10-11 Noon
April 11, Bolton St Community Room 10-11 Noon
April 25, Main St., 4th Floor Sitting Area 10-11 Noon

CONGREGATE MEALS

Our congregate meals are served Mon-Thursday at 11:30 in the Main St Auditorium and Friday at 12 Noon at the Bolton St Community Room. This is an opportunity to enjoy a healthy and tasty meal, while socializing with your neighbors.