

THE COMPASS

OFFICIAL NEWSLETTER OF THE ROCKY HILL SENIOR/ COMMUNITY CENTER



MARCH & APRIL 2026

SENIOR SERVICES

Physical Location:
55 Church Street,
Rocky Hill, CT 06067

Mailing Address:
761 Old Main Street
Rocky Hill, CT 06067

Office Hours:
8:30am–4:30pm
Monday–Friday

Office Phone:
(860) 258-2786

Facebook:
www.facebook.com/
RockyHillSeniorCenter/

Website:
Rockyhillct.myrec.com

Department Contacts:
Senior Services Director:
Gina Cristalli Marino
Email: gmarino@rockyhillct.gov
Phone: (860) 258-2786

Transportation Coordinator:
Charlene Mehr
Email: chmehr@rockyhillct.gov
Phone: (860) 258-2701

Clerical Assistants:
Sheila Dawson
sdawson@rockyhillct.gov

Martina Garofalo
mgarofalo@rockyhillct.gov

Cindy Krawciw
ckrawciw@rockyhillct.gov

Phone: (860) 258-2786

A LITTLE BIT O'ERIN



Wednesday, March 4

12:00–2:00pm

Everyone will love our Corned Beef & Cabbage Luncheon followed by Connecticut's First Troubadour, Tom Callinan, as he performs Irish & Irish American Songs, Tales, and Tunes.

Cost: \$12M/\$15NM

Co-sponsors: Home Helpers®

SHAMROCK SHENANIGANS



Wednesday, March 18

12:00–2:00pm

Celebrate St. Patrick's Day with a delicious Corned Beef & Cabbage Luncheon followed by the Celtic Music of the Paddy Whack Band.

Cost: \$12M/\$15NM

Co-sponsor: Visiting Angels

DANCE PARTY



Wednesday, April 8

12:00–2:00pm

Feast on a Traditional Turkey Luncheon with all the fixings followed by one hour of the high energy dance music of the fabulous entertainer, Jose Paulo.

Cost: \$12M/\$15NM

Co-sponsor: D'Esopo Funeral Chapel - Since 1905

POP UP CONCERT



Tuesday, April 14

10:30am–11:30am

Drop by our Lobby for a complimentary Concert by HILLTUNES, a Choir made up of Rocky Hill High School Students. Light refreshments will be served.

Program is free and registration is not required.



BOOTS, BALLADS & BBQ



Wednesday, April 22

12:00–2:00pm

Enjoy an old-fashioned BBQ featuring Ribs, Chicken, Potato Salad, Coleslaw, Baked Beans and Cornbread. Entertainment will be John Brown and the Back Porch Pickers.

Cost: \$12M/\$15NM

Co-sponsor: Maple View Health & Rehabilitation Center

ROCK & ROLL SHOW



Wednesday, April 29

12:00–2:00pm

T-Bone Stankus & Brian Gillie join forces as the Elderly Brothers to present a highly interactive show featuring hits of the 50's & 60's. Before the show, enjoy Pot Roast, Mashed Potatoes, Turnips, Roll and Dessert.

Cost: \$12M/\$15NM

Co-sponsor: GM&F GORDON, MUIR — FOLEY



Our facility will be closed:

Friday, April 3–Saturday, April 4 – Good Friday / Easter Holiday

nco
national council on aging.



National Institute of Senior Centers

DIRECTOR'S MESSAGE

Happy Spring! In anticipation of the warmer weather, we are planning a Senior Center Golf League. If you are interested, please register, and you will be contacted with information with exact details when they become available.

Silver Sneakers classes are returning to Monday mornings with Lynn as our instructor. Silver & Fit has joined our approved Medicare Supplement benefit programs which already includes Silver Sneakers and Renew Active. Don't miss out on these complimentary fitness programs.

Due to the popularity of past St. Patrick's Day events, we have two luncheons scheduled in March serving Corned Beef and Cabbage with Irish entertainment.

New programs include: Italian Language-Continuation Level 1B, La Dolce Vita, Music Theory-How to Read Music, Secrets of the Italian Kitchen, and Monthly Evening JAM Sessions.

We will no longer be able to mail the newsletter to those grandfathered in due to the high cost of postage (\$2.17 per issue) If you are unable to pick up a copy, view it online or receive emails, please reach out to our office for special consideration.



Fond Farewell to our Office Assistant, Shannon, as she moves on with the rest of her life. She was always so patient, kind and dependable. She was a wonderful addition to our team and is sorely missed. Our new staff member should be in place before April.



Gina Cristalli Marino, Director

(860) 258-2786 | gmarino@rockyhillct.gov

Navigating the Compass

- 03.....Transportation
- 04.....Lunch/Health Services
- 05.....Educational Programs
- 6-9.....Instructional Programs
- 10.....March Lunch Calendar
- 11.....April Lunch Calendar
- 12.....Instructional Programs
- 13.....SilverSneakers
- 14.....Special Events
- 15.....Special Events
- 16.....Trips & Travel
- 17.....Fitness Center
- 18.....Games / Indoor Gym
- 19.....Human Services / Public Works
- 20.....Library



Café Coffee Sponsors

April:
Diana Dean &
Chudy Chiropractic

Thank you!
TO OUR SPONSORS

Volunteers are serving complimentary Coffee, Tea, Hot Chocolate. Grab a quick beverage before one of your activities or relax at our coffee bar and enjoy good conversation with friends!

**Open Monday – Friday
8:30am-2:00pm**

Support Your Senior Center by becoming a Café Coffee Sponsor Join the Café Coffee Club & help provide refreshments to our patrons with a \$50 donation towards the Coffee Club or Gifts of Gratitude.

Thinking of You

Please let the office know of any Senior Center Member who would benefit from a hand-made get well, sympathy or thinking of you card created by our Community Crafters.



The Landing Gift Shop in the Rocky Hill Senior Center showcases an ever-changing array of hand-crafted items created by our seniors such as knitted items, cards, wreaths, paintings, soaps, and jewelry. It also carries local maple syrup and home-made jams, jellies, honey & pickles. This volunteer-led shop is usually open Monday through Thursday from 10:00am-2:00pm. Friday 10:00am-12:00pm.

Please email rhscgiftshop@gmail.com for vendor application or if interested in volunteering. Stop by and visit us! **VOLUNTEERS NEEDED!**

GIFTS OF GRATITUDE

Donation program made in Honor of a Special Person, Event or Remembrance.

February
Joseph Berneski
In Honor of Isabel & Joseph Berneski
Marti Stiglich
Marianne Wainwright

March
Patricia Jasniewicz
In Honor of Marti Stiglich

April
Joseph Vasquez
In Memory of Marie Vasquez
Mark Chudy & Diana Dean
In Memory of Walter Chudy & Robert Dean

Rocky Hill Mini-Buses

Rocky Hill transportation services are available to residents age 60 and older, or to any adult with a disability. Transportation is provided to clients utilizing the following programs:

Rocky Hill Mini-Buses: Town operated mini-buses help clients get to medical appointments in Rocky Hill and Wethersfield, Monday thru Friday, and to appointments in Hartford and Glastonbury on Mondays and Wednesdays. In addition, rides are provided to local grocery and department stores, banks, beauty salons, barber shops, restaurants and Senior Center. Clients are limited to one ride per day.

Ambassador Transportation: A Tri-Town state grant provides transportation to medical appointments throughout most of Hartford county. To schedule a ride, please call (860) 258-2701 one working day in advance between 8:30 am and 10:30 am, Monday thru Friday. Service is "curb to curb." Therefore riders requiring assistance getting to and from the curb should plan to travel with a companion who can provide this help. Clients who travel in wheelchairs and are unable to operate their wheelchair independently must have an assistant travel with them. Please call Charlene at (860) 258-2701 for more information or to schedule a ride.

ADVENTURES IN DINING

TUESDAY, MARCH 31-LONGHORN STEAKHOUSE, ROCKY HILL

Experience expertly grilled steak uniquely seasoned in a secret signature spice blend, delicious seafood and chicken, freshly baked honey wheat bread, hand-chopped salads, seasonal sides, and signature desserts.

TUESDAY, APRIL 28-YANNI'S PIZZERIA RESTURANT, NEWINGTON

This family-owned restaurant has been serving Greek, Italian, and American favorites for over 20 years. The menu is a delicious blend of cultures, offering everything from zesty Greek salads and hearty Italian pastas to classic American burgers.

Reservations at both restaurants are at 5:00 pm and individual checks will be provided to participants. There is a \$5.00 registration fee, whether you're taking the bus or driving on your own. Space is limited. Online registration is available at rockyhillct.myrec.com. Please call (860) 258-2701 with any questions.



Short-term, rehabilitative care
Long-term skilled nursing care
Hospice care
Secured memory & related dementia care unit

"The area's most respected name in health care"

856 Maple Street | Rocky Hill | (860) 563-2861
www.MapleViewRehab.com



D'Esopo Funeral Chapel

Since 1905

Wethersfield • East Hartford

Specialists in Pre-Planning
Nationally Recognized for Excellence

860-563-6117 • www.desopofuneralchapel.com



NAYELIE CONSTRUCTION
ROOFING & RESTORATION

860-461-0546

-INSURANCE SPECIALIST CONTRACTOR

FREE Inspection

- SIDING
- ROOFING
- PAINTING
- WINDOWS
- GUTTERS



30 Airport RD, Hartford, CT 06114
www.nayelieconstruction.com

Are you turning 65? Retiring Soon?

Why choose Scofield Insurance Consulting?



25 years of Medicare experience • We are a local agency serving all of CT
Focused on placing you in the right Medicare plan that fits your specific needs
Unbiased, expert advice • Excellent service

175 Capital Blvd, Rocky Hill
escotland@scofieldinsuranceconsulting.com
www.scofieldinsureconsulting.com

NOT AFFILIATED WITH MEDICARE OR ANY GOVERNMENT AGENCY

Call Elena for a
no-cost appointment!
860-538-5393



Laura Lynn Gambino | Realtor

C. 860.500.8683 C. 757.729.4929

laura.gambino@raveis.com

LauraGambino.Raveis.com

657 Silas Deane Highway

Wethersfield | CT

WILLIAM RAVEIS



LUNCH

The Senior Center is serving a hot lunch for seniors 55 years and better. Meals are catered by Mitchell's Restaurant and are available Monday–Friday from 12:00-12:30pm. The cost for lunch is \$5 for residents and \$10 for non-residents. Reservations must be accompanied by payment and must be made at least 3 business days in advance before 10:00am. Cancellations should be called in as early as possible and anyone arriving after 12:30pm is considered a “no show.” No Refunds. Credit may be applied for medical reasons only. A vegetarian option is available with advance notice for those with religious or dietary restrictions. Special events are excluded. Food is not allowed to be taken home for safety reasons.



Thank you to Big Y & Westside Market for their generous dessert donations!
Low sugar fruit cups are available for diabetics or those looking for a healthier option.
Please alert staff at check in.

WEST SIDE
Marketplace

Join us and share your noon time meal with old friends and make new friends. Our daily senior meal is subsidized by the Town and the fees we collect do not cover the expense of the program. If you are able to contribute more for your own lunch or would like to donate towards this wonderful cause, please feel free to give any amount. Your generosity is appreciated!
Financial Donation: \$100 Anonymous



HEALTH SERVICES & PROGRAMS

BLOOD PRESSURE CLINIC

Weekly clinic will be held at the Center co-sponsored by Masonicare at Greenridge Place. No appointments needed, just drop in.

Day: Tuesdays **Time:** 10:30am-11:30am

FOOT CARE

Pamela Rowe, RN will provide this service by appointment. Please pay provider at time of visit.

Date: Wednesdays, 3/11, 3/25, 4/8

Time: 10:00am–2:30pm **Fee:** \$30 **Home visit:** \$50

HEARING SCREENING

Free Screening is provided by Nova Hearing and includes videoscope ear wax checks, hearing aid cleanings and adjustment, all make hearing aid repair services, batteries, complete testing and evaluations. Please call for an appointment.

Date: Thursday, 3/5, 4/2 **Time:** 1:00pm-3:00pm

MASSAGE

Join LMT Connie Drake for a Therapeutic Massage. Enjoy the many benefits of massage: relaxation, stress relief, decreased muscle tension, better sleep, increased awareness of balance, greater range of motion and reduced pain. Please call for an appointment and pay provider at time of visit. Massages are reserved for members only and held on select Wednesdays and Fridays. Due to high demand, Massages are limited to (2) per month per person.

Time: 9:00am-2:00pm

Fee: 15 Minute Chair Massage \$15
30 Minute Table Massage \$30
60 Minute Table Massage \$60

WALKING CLUB

Wednesday, April 1 – June 24, 1:45-2:45pm

Join in for a weekly walking club every Wednesday from 1:45-2:45pm (weather dependent)! We will walk in the local vicinity, approximately 1 to 1.5 miles along sidewalks and at local parks. Please bring comfortable and appropriate shoes, a water bottle, and SPF. Program is free but registration is required. Limited to 20 senior participants.



DEMENTIA CAREGIVER SUPPORT GROUP

Join Mary Klatt, Certified Dementia Specialist, for monthly discussions on types of dementia including Alzheimer's, tips for handling behaviors, and available support for caregivers. Complimentary boxed lunch provided.

Please pre-register by the preceding Friday

Date: Tuesday, 3/17, 4/21 **Time:** 12:00pm-1:00pm

ORAL HEALTH PRESENTATION

Do you have any concerns about your oral health? Students from the Goodwin University Dental Hygiene program will provide a presentation on Oral Health and oral cancer. Information will also be given on signs of dental decay (cavities), gum problems, denture issues or other soft tissue changes that deviate from normal. Questions answered. Information on dental providers in the surrounding areas for individuals on Medicaid or without dental insurance will be provided. Come and join us and receive your complimentary gift of dental supplies.

Program is free but registration is required.

Date: Thursday, March 19 **Time:** 10:00am-11:00am



NOTARY SERVICE

Notary service provided by a representative of Gordon, Muir & Foley, LLC, is available on the second Thursday of the month. Members may take advantage of this FREE service for documents that require a notarized signature. Please bring photo identification along with the documents to be signed. Please register for a 10 minute appointment.

Dates: Thursday, 3/12, 4/9 **Time:** 11:30am-12:30pm

REIKI SESSIONS

Reiki is a Japanese technique for stress-reduction and relaxation. It promotes physical and emotional healing in the body. It is a holistic approach that removes blocks to the flow of energy in the body. Reiki is effective in promoting physical and emotional healing in the following areas: Acute and chronic pains, and well-being during cancer treatment; Stress, anxiety and depression, Pre/Post Operative transitions. A calm mind, body and spirit, makes way for a healthier you!

Dates: Friday, 3/6, 3/27 **Time:** 10:00 am-1:45pm

Fee: \$30.00 for 30 minute session

EDUCATIONAL PROGRAMS

05

MARCH & APRIL 2026

SOFT, NOT STIFF - SAFE STRENGTH FOR OSTEOARTHRITIS

Friday, March 6, 10:00am-11:00am

Join Certified Strength Trainer, Amanda Lastrina, for an educational presentation covering what causes stiffness, safe principles for strength when osteoporosis is a concern, and the role of hydration in mobility and recovery. There will be a short 15 minute Q&A and brief private movement tips on request (educational only). Program is free but registration is required.

SLEEP TIPS

Wednesday, March 25, 2:00pm-3:00pm

Did you know that during restorative sleep the body not only rests and recharges, it also cleans the brain of toxins and debris, consolidates memories, repairs tissues and organs, and grows new cells, including brain cells? Come learn about tips to improve sleep and restorative rest. Our presenter is Dr. Wendy Hurwitz who is a graduate of Yale University School of Medicine and a nationally recognized expert on stress.

Co-sponsor:  **BrightStar Care**
HOME CARE | MEDICAL STAFFING
A Higher Standard

BEYOND TRADITIONAL LONG-TERM CARE INSURANCE

Friday, March 27, 10:00am-11:00am

Are you aware that you could qualify for long-term care benefits without expensive monthly premiums? This educational program presented by Mark Pappa, Financial Resources Group LLC, will explore many new options in Long Term Care. Program is free but registration is required.

10 EARLY SIGNS OF PARKINSON'S

Wednesday, April 8, 2:00pm-3:00pm

Join Patty O'Brian, Hartford Healthcare to learn the 10 Early Signs of Parkinson's disease (PD). No single one of these signs means you should worry about having PD, but if you have more than one sign, you should consider talking with your doctor about the next steps. Program is free but registration is required.

NCAAA

Friday, April 17, 10:00am-11:00am

Please join staff members from the North Central Area Agency on Aging for an informative presentation on the Agency and its programs. Learn about all the programs they offer and how you may benefit from them. After the presentation, staff members will be available to discuss any questions you may have. Program is free but registration is required.



BETTER QUESTIONS, BETTER ANSWERS

Tuesday, April 21, 10:00am-11:30am

You want the answers, but are you asking the right questions? Better Questions, Better Answers offers practical ways to address your goals and roles. See the benefits of asking better questions of friends, family, and others. Your questions can help make decisions, lead meetings, build ideas, and talk to peers and even kids. Presenter Wally Kostrzewa shares humorous examples to explore relationships to listening skills, body language, generational differences, and personal styles. This hands-on session will help create your own roadmap to get the answers you need. Program is free but registration is required.

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Maureen Weber

mweber@4LPi.com
(800) 477-4574 x6021

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpicom.com or
www.4lpicom.com/careers



Krista Moreau

Director of Operations

860-436-9260

kmoreau@eminencehcs.com

750 Old Main St Ste 203 A Rocky Hill, CT

HCA.0002282

SUPPORT OUR ADVERTISERS!



BELLY BUSTERS

This is a half hour class that targets your core and more. We will shape and tone your midsection which will require some mat work on the floor. If your goal is a flat belly & a smaller waist this class is for you.

Instructor: Kathryn Zizzi-Meyers

Days: Friday **Dates:** 3/13-5/8 (NC 4/3)

Time: 9:00am-9:30am **Fee:** Free RA/\$28M/\$34NM

BELLY DANCING

Learn posture, presence and power through this ancient art form. The moves in this dance are very simple and natural. They stretch and strengthen the muscles, the bones, the internal organs, improve balance, and connect you to your own awareness of mind and body. It is also a lot of fun and connection with other women. The moves are not strenuous, but you will use every part of your body. Gia has been teaching Belly Dance since 1997. This class is about obtaining grace, power, freedom, joy, through belly dance.

Instructor: Gia Khalsa

Day: Wednesdays **Dates:** 2/25-4/1, 4/8-5/13

Time: 1:00pm –1:45pm

Fee: \$48M/\$58NM

CHAIR YOGA WITH GIA

Gia's style of "Yoga in a chair", is a great experience for ALL fitness levels. This class will make you feel good all over by stretching & strengthening every part of the body. The class is gentle yet effective. Mostly done sitting but has a section with standing to work balance and the legs. Gia has studied and taught yoga since 1970 and has developed her own personal style.

Instructor: Gia Khalsa

Day: Mondays, **Dates:** 3/23-5/11

Time: 1:30pm-2:15pm **Fee:** \$48M/\$58NM

Day: Tuesdays **Dates:** 3/10-5/12 (NC 4/14)

Time: 11:00am-11:45am **Fee:** \$54M/\$64NM

CHAIR YOGA WITH MARY

This class is a fun, gentle form of yoga done mostly while seated. Optional standing poses are included, with suggested modifications to accommodate bodies and abilities. Chair yoga is encouraged for people who might be recovering from an injury, have limited mobility, or concerned about balance. Physical benefits include stretching stiff muscles, keeping joints limber, and helping improve circulation by moving the limbs. Mental benefits include stress reduction, body awareness & increased mindfulness achieved through meditation & breath work.

Instructor: Personal Euphoria

Day: Thursdays **Dates:** 2/19-4/2

Time: 10:05am-10:50am **Time:** 10:55am-11:45am

Fee: \$36M/ \$46NM.

Dates: 4/23-6/18

Time: 10:05am-10:50am **Time:** 10:55am-11:45am

Fee: \$54M/ \$64NM

CREATE A COLLAGE ADVANCED

"It's the little things that make the big picture." Are you looking for another way to expand your possibilities in your art work. Join the collagers. Instructor will introduce the many ways working with paper can enhance a painting, drawing, etc. Must have previous collage experience.

Instructor: Janet Ferraris

Dates: Wednesdays, 3/11-5/13

Time: 10:00am-11:30 am **Fee:** \$18M/\$22NM

CIRCUIT TRAINING

This Workout is specially designed for older active adults with modifications by a certified personal trainer to include all fitness levels. Go at your own pace with timed intervals using weights, bands, balls, step and cardio exercises. Jump start weight loss, improve balance, coordination and gain strength in this fun and friendly class.

Instructor: Wendy LeClerc

Days: M, W, F **Dates:** 2/25-3/18, 3/20-4/13 (NC 4/3), 4/15-5/6

Time: 11:00am-11:50am

Fee: 3 classes/ week; Free RA/\$50M/\$58NM

2 classes/ week; Free RA/\$40M/\$48NM

FUNCTIONAL FUN TONING

Use it or lose it and have fun while doing it! This class focuses on toning but also includes balance and range of motion exercises that are executed from standing & seated positions.

Required: sneakers and a set of 1 or 2 pound hand weights.

Suggested: water bottle and sweat towel.

Instructor: Karen Chorney

Day: Wednesday **Dates:** 3/11-4/15, 4/29-6/3

Time: 9:00am-9:45am **Fee:** Free RA/\$30M/\$38NM

GENTLE YOGA

This is a 60 minute all levels, mat-based yoga class for seniors that will help you calm your mind, strengthen and stretch your body and improve body awareness and balance. This class is for every body, as it incorporates conscious breathing with slow controlled movements and focused stretching. There will be opportunities to modify postures throughout, and each class will end with a restorative posture and quiet relaxation.

Instructor: Kristin Longenecker

Day: Mondays **Dates:** 3/9-4/13, 4/20-6/1 (NC 5/25)

Time: 4:15pm-5:15pm **Fee:** Free RA/\$36M/ \$46NM

NEW! ITALIAN LANGUAGE – CONTINUATION LEVEL 1 B

This course is designed to strengthen and build confidence in the foundations of spoken Italian. It is ideal for anyone who would like to feel more comfortable using basic Italian, whether you are continuing from Beginner Level 1, Part A or joining for the first time with some basic familiarity with the language. No need to worry about what you may have missed — this class focuses on reinforcing the essentials, practicing together, and helping everyone feel confident and supported at their own pace.

What You'll Work On:

- Clearer pronunciation and smoother speaking
 - A stronger grasp of basic grammar and sentence structure
 - Expanded everyday vocabulary
 - Greater confidence forming simple sentences and short conversations
 - Cultural context woven naturally into each lesson
- Classes move at a comfortable, supportive pace, with plenty of time to practice, repeat, and ask questions.

Instructor: Anna Oliva

Day: Thursday **Date:** 4/2-5/7

Time: 10:00am–11:15am **Fee:** \$75M/\$85NM



NEW! LA DOLCE VITA- AN EVENING JOURNEY THROUGH ITALIAN CULTURE

Take a midweek escape to Italy — no passport required. Join Anna Oliva, Italian-born cultural educator and public speaker, for a lively and engaging evening series exploring Italian history, daily life, traditions, and language.

Each session blends storytelling, cultural insight, and a touch of Italian vocabulary, creating a relaxed and enjoyable way to learn something new after the workday. You may attend the full series for a richer experience, or choose individual sessions based on your interests.

April 22 – A Journey Through Modern Italy

How Italy became a nation — and how history, unification, and regional identity still shape Italian life today.

April 29 – Understanding Italy: Culture, Customs & Everyday Life

Social habits, gestures, and unwritten rules — and what surprises Americans most about Italian culture.

May 6 – Coffee, Culture & Community

Coffee as ritual, language, and social glue — plus etiquette and expressions Italians use every day.

May 13 – Beliefs & Superstitions in Italian Culture

Charms, rituals, and traditions that continue to influence daily life in modern Italy.

May 20 – Italy's Hidden Gems

A journey beyond the familiar — discovering places most visitors never see and the stories that make them unforgettable.

May 27 – Essential Italian for Travelers

Useful Italian words and everyday expressions, paired with cultural insight, to help you feel confident and comfortable using the language while traveling.

Sign up for the full series or select the sessions that interest you most.

Seating is limited — early registration encouraged.

Come curious. Leave inspired.

Instructor: Anna Oliva **Day:** Wednesday **Date:** 4/22-5/27

Time: 6:00pm –7:00pm **Fee:** \$12M/\$15NM Per Class



“The quality of care we give to our residents is what sets us apart.”

Charlyse M. - Community Mind & Memory Care Director



611 Elm Street Ext. | Rocky Hill
860.544.5669 | AtriumAtRockyHill.com

Get in touch to learn more about life at The Atrium. Mind & Memory Care

PART OF YOUR COMMUNITY SINCE 1980

WEST SIDE Marketplace

Committed to providing our hometown customers with a pleasant shopping experience.

887 Cromwell Ave. (Rt. 3) Rocky Hill, CT
860-529-2200
www.west-side-market.com

Estate Moving & Clean-Out Services

Moving to or from Assisted Living, Senior Housing, Downsizing, etc.

Complete Clean-Out • Attic, Cellar, Garage, Yard
Dump Runs / Dumpster • Home & Office Cleaning
Property made "Realtor Ready"

We will do our best to help!
134 Main St Ext., Middletown
Courtney McCray - Owner
860-344-0005
estatetreasuresandesroives.com

The name you know. The care you deserve.

Rose Hill FUNERAL HOME

Traditional & Pre-Arranged Funerals | Cremations | Bronze Cemetery Markers | Services in Any Cemetery You Choose

We are Family Owned & Operated.
We are available 24/7. Please contact us anytime.
860-956-6814 | 580 Elm Street, Rocky Hill

Attorneys and Counselors at Law

Joan Reed Wilson
Attorney

Kristen B. Prout
Attorney

Catherine Baccaro
Attorney

Catherine Craig
Attorney

Estate Planning
Powers of Attorney
Wills
Real Estate

Medicaid / Title 19
Probate
Conservatorships
Elder Law

Middletown 330 South Main St. **(860)-669-1222**
www.ReedWilsonCase.com

Solinsky Hearing Center

Your Partner in Hearing Healthcare

6 convenient locations across Connecticut! Call or visit our website to schedule.

- Free hearing evaluation & consultations
- Tailored hearing aid fittings and repair
- Accepts all major insurance policies
- Cochlear implant provider
- Ear wax management

(860) 325-4117 • www.solinskyhearing.com

GUITAR-SMALL GROUP**GROUP ACOUSTIC LESSONS FOR ADULTS**

In this class, students will learn the fundamentals of playing the acoustic guitar in a small-group setting with individual attention. Students will learn how to form chords and read chord diagrams, learn guitar tablature, and how to play various strumming patterns in songs. This class is perfect for a beginner or someone who wishes to pick up the guitar after being away from it for a long time. The student must bring his/her own guitar and tuner to class.

Instructor: Maryanne Lauria

Day: Mondays **Dates:** 3/30-5/4, 5/11-6/22

Time: 4:45pm-5:15pm **Fee:** \$75M/ \$85NM

GUITAR-SMALL GROUP**ADVANCED BEGINNER ACOUSTIC GUITAR**

In this class, students will continue learning new chords, strumming patterns, and guitar tab for the acoustic guitar in a small-group setting with individual attention. The student will apply this knowledge to learn familiar songs. Class is intended for students who completed the beginner acoustic guitar class or by permission of the instructor. The student must bring his/her own guitar and tuner to class.

Instructor: Maryanne Lauria

Day: Mondays **Dates:** 3/30-5/4, 5/11-6/22

Time: 5:30pm-6:00pm **Fee:** \$75M/ \$85NM

GREAT COURSES—WWI & WWII

Join former educator and facilitator Mimi Theroux, as she shares a series of college-level audio and video courses on our large screen detailing key events from WWI and WWII. Each video is approximately 30 minutes in length to allow two episodes to be shown each week, followed by a lively group discussion.

Instructor: Mimi Theroux

Days: Tuesdays **Dates:** 3/10-4/28

Time: 1:00pm-2:30pm **Fee:** \$12M/\$15NM

HIIT & TABATA

High Intensity Interval Training, with Tabata in the mix! Tabata is a form of HIIT: a fat-burning routine incorporating short, intense bursts of exercise which will help to improve balance, boost metabolism and improve cardiovascular health. This class will offer modified versions of low-impact and highly effective routines, to music! 10-person minimum to run the class.

Instructor: Lisa Callahan

Day: Thursday **Dates:** 3/12-4/30

Time: 10:30am-11:30am **Fee:** \$48M/\$58NM

LINE DANCING

Learn dances to Rocket to The Sun, I Like This, Bullfrog on A Log and so much more! Prepare yourself to go out dancing and you will find that you do less sitting, as you will know many of the Line Dances that are being done now.

Instructor: Amy Perales

Beginner: Days: Thursdays **Dates:** 2/26-4/2, 4/16-5/21

Time: 11:45am-12:30pm **Fee:** \$35M/\$45NM

Advance Beginner: Days: Thursdays

Dates: 2/26-4/2, 4/16-5/21

Time: 12:30pm-1:15pm **Fee:** \$35M/\$45NM

NEW! MUSIC THEORY: HOW TO READ MUSIC

In this beginner course, students will learn to read music in a relaxed group setting with individual attention from the instructor. Students will learn to identify various clefs, notes on the staff, note durations, accidentals, rests, time signatures, key signatures, and more! This course is perfect for someone who has no prior experience in reading music or needs a refresher. All learning materials (handouts) included. The student should bring a pencil and a pocket folder for class materials. Class is limited to 12 participants.

Instructor: Maryanne Lauria

Day: Thursday **Dates:** 4/9-5/14

Time: 12:30pm-1:00pm **Fee:** \$65M/\$75NM

PARKINSON'S EXERCISE

Come take a class designed specifically for persons with Parkinson's. Appropriate for ALL with mobility concerns. This hour-long session focuses on balance, strength, speech, and power. We use some traditional and more unique equipment to foster positive results.

Instructor: Lisa Callahan

Day: Mondays **Dates:** 3/9-4/27, 5/4-6/29 (NC 5/25)

Time: 2:00-3:00pm **Fee:** \$32M/\$40NM

Day: Thursdays **Dates:** 3/12-4/30

Time: 1:00pm-2:00pm **Fee:** \$32M/\$40NM

QIGONG CLUB

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture. Volunteer Martha Jaffe will guide you through gentle movements and a guided meditation that will leave you feeling relaxed and refreshed.

Instructor: Martha Jaffe

Day: Wednesdays **Dates:** 3/4-4/22, 4/29-6/17

Time: 11:00am-12:00pm **Fee:** Free RA/\$16M/\$20NM

Day: Fridays **Dates:** 3/6-5/1 (NC 4/3), 5/8-6/26 (NC 6/19)

Time: 12:00pm-1:00pm **Fee:** Free RA/\$16M/\$20NM



NEW! SECRETS OF THE ITALIAN KITCHEN

What makes Italian food so simple — and so unforgettable? Join Anna Oliva, Italian-born cultural educator and public speaker, for a lively and informative series exploring the traditions, ingredients, and stories behind authentic Italian cooking. These lectures go beyond recipes to explain why Italian cuisine works — shaped by history, geography, and everyday life. Each session stands on its own, and participants may register for individual lectures or the full series. Session Topics:

May 15 - Pasta 101: Types, Ingredients, and Pairings An essential guide to Italian pasta — shapes, quality, ingredients, and how to pair pasta properly with sauces, as Italians do.

May 22 - Mastering Italian Sauces: Techniques & Regional Specialties. From classic tomato sauces to regional favorites, learn core techniques, ingredients, and the traditions behind Italy's most beloved sauces.

May 29 - Beyond Pasta: Regional Italian Dishes Discover iconic dishes from different regions of Italy and the cultural stories that shaped them, from north to south.

June 5 - Pizza! A Cultural & Culinary Icon More than food — pizza is history, identity, and tradition. Explore its origins, evolution, and what makes pizza truly Italian.

June 12 - Sweet Indulgences: Italian Desserts

A delicious look at classic Italian desserts, their origins, and the traditions tied to celebrations and family gatherings. Why You'll Enjoy This Series: No cooking required — just curiosity. Clear, engaging explanations with cultural context, designed for adults and seniors. Attend one session or enjoy the full series

Instructor: Anna Oliva **Day:** Friday **Date:** 5/15–6/12
Time: 10:30am–12:00pm **Fee:** \$12M/\$15NM Per Class

SINGING FOR FUN

This relaxed and enjoyable class is for ANYONE who likes to sing! Familiar tunes and some modern songs as well, simply for FUN! There are several health benefits to singing. It improves sleep, releases endorphins, improves our posture and calms our mind. You do not have to be an experienced singer to enjoy the many benefits of song. Have an instrument? Bring it along! All are welcome. Lynn is a professional musician with an A.S. in Music!

Instructor: Lynn Tracey

Day: Tuesday **Dates:** 3/24-5/12

Time: 1:00pm–2:00pm **Fee:** \$20M/\$24NM

SMALL GROUP TRAINING

This group training and cardiovascular program will utilize resistance machines, free weights, and other accessories to help strengthen and tone while increasing your heart rate. A stretching segment will conclude the session. A certified personal trainer will lead this workout in the Fitness Center. You do not need to be a Fitness Center member to participate. Must fill out Medical Forms prior to participation. Class size is limited to 6.

Instructor: Sheryl Harle

Day: Tuesday **Dates:** 2/24-3/31, 4/7-5/12

Time: 11:15am-12:00pm **Fee:** \$68M/\$82NM



Come and See Why Our Residents Love Living Here!

- Resort-Style Dining
- Housekeeping
- Transportation
- Individualized Care Plans
- Resident Activities
- Pet-Friendly
- Events & Outings
- Military Discount
- Fitness & Wellness Center
- And More!
- Indoor Heated Swimming Pools

You and a Guest are Invited for a Complimentary Meal: Breakfast, Lunch or Dinner!

Call Today and Make Your Reservation:

860-372-2583



550 Avery Heights • Hartford, CT 06106 | AveryHeights.org
Independent Living | Assisted Living | Memory Care | Skilled Nursing



HALE LAW FIRM

ADVICE + REPRESENTATION = RESULTS

- Contracts
- Lawsuits
- Wills
- Probate

860-430-9272
www.attyhale.com

41-B New London Turnpike
Glastonbury, CT 06033





SUPPORT OUR PARISH

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502

10 MARCH LUNCH CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 02 Meatloaf w/ Gravy Mashed Potato Peas & Carrots Dinner Roll | 03 3 Cheese Quiche Spinach Salad Dinner Roll | 04 A LITTLE BIT O'ERIN Corned Beef & Cabbage Boiled Potatoes Carrots Soda Bread \$12 M / \$15NM | 05 Chicken Pot Pie Garden Salad Dinner Roll | 06 Grilled Salmon Rice Pilaf Broccoli Wheat Roll |
| 09 Swedish Meatballs over Egg Noodles Caesar Salad Wheat Roll | 10 Grilled Cheese Tomato Soup Chips Pickles | 11 Carved Turkey w/ Gravy Stuffing Mashed Potatoes Butternut Squash Cranberry Sauce Dinner Roll | 12 Beef Stew Garden Salad Dinner Roll | 13 Baked Stuffed Shrimp Baked Potato Grilled Asparagus Dinner Roll |
| 16 BBQ Pulled Pork Baked Beans Potato Salad Cornbread | 17 Irish Shepherds Pie Garden Salad Dinner Roll | 18 SHAMROCK SHENANIGANS Corned Beef & Cabbage Boiled Potatoes Carrots Soda Bread \$12 M / \$15NM | 19 Chicken Quesadillas Spanish Rice Refried Beans Sour Cream & Salsa | 20 Pasta Primavera Garden Salad Garlic Knots |
| 23 Meatball Grinder w/ Provolone French Fries Pickles | 24 Chicken Cordon Blue Twice Bakes Potato Broccoli Wheat Roll | 25 Italian Sausage w/ Peppers & Onions Penne Marinara Garlic Knots | 26 Roast Beef Roasted Potatoes Grilled Beans Dinner Roll | 27 Cream of Asparagus Soup BLT w/ Mayo Chips Pickles |
| 30 Chicken Francais Mashed Potato Green Beans Wheat Roll | 31 Sloppy Joes Coleslaw Tater Tots Pickles | | | |

Please register 3 days in advance by visiting rockyhill.myrec.com or call 860-258-2786
Payment is due at time of registration. Cost: \$5 Resident / \$10 Non-resident, unless otherwise noted.

APRIL LUNCH CALENDAR

11

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|---|--|---|---|---|---|---|-------------------------------------|--|
| | | | | 01 | | 02 | | 03 | |
| | | | | Meat Lasagna Garden Salad Garlic Knots | | Pork Marsala Roasted Potatoes Grilled Asparagus Dinner Roll | | CLOSED GOOD FRIDAY | |
| 06 | 07 | 08 | DANCE PARTY | | 09 | | 10 | | |
| Penne Ala Vodka Meatballs Caesar Salad Garlic Bread | Chili w/ Beans Garden Salad Cornbread | Carved Turkey with Gravy Stuffing Mashed Potatoes Butternut Squash Cranberry Sauce Dinner Roll \$12 M / \$15NM | | | Cuban Flatbread Coleslaw Chips Pickles | | Garlic Shrimp over Linguini Caesar Salad Dinner Roll | | |
| 13 | 14 | 15 | 16 | 17 | | | | | |
| Beef Tips over Egg Noodles Garden Salad Garlic Knots | Chicken Tenders Mac & Cheese Dinner Roll | Roast Beef w/ Gravy Roasted Potatoes Green Beans Dinner Roll | Fried Clam Strips Coleslaw French Fries Tarter Sauce | Cheeseburger Sliders Lettuce, Tomato Onion Rings Pickles | | | | | |
| 20 | 21 | 22 BOOTS, BALLADS & BBQ | | 23 | 24 | | | | |
| Penne Alfredo w/ Grilled Chicken Garden Salad Garlic Knots | Tomato Soup Grilled Cheese Chips Pickles | | | BBQ Ribs BBQ Chicken Potato Salad Coleslaw Baked Beans Cornbread \$12 M / \$15NM | Chef Salad Mixed Fruit Wheat Roll | Broiled Scallops Twice Baked Potatoes Green Beans Dinner Roll | | | |
| 27 | 28 | 29 ROCK & ROLL SHOW | | 30 | | | | | |
| Chicken Philly w/ Onions, Peppers & Cheese French Fries Pickles | Cheese Ravioli Parmesan Italian Sausage Garden Salad Garlic Bread | | | Pot Roast w/ Gravy Mashed Potato Turnips Dinner Roll \$12 M / \$15NM | Chicken Au Gratin Rice Broccoli Wheat Roll | | | | |

Please register 3 days in advance by visiting rockyhill.myrec.com or call 860-258-2786
Payment is due at time of registration. Cost: \$5 Resident / \$10 Non-resident, unless otherwise noted.

MARCH & APRIL 2026

STRENGTH & TONING- MAT

A certified personal trainer will help get you stronger and toned with the use of dumbbells, bands, bars and various equipment. Your body can be the fitter self that it deserves to be. We'll use the mat for core work, cool down & stretching.

Instructor: Wendy LeClerc Days: M, W, F

Dates: 2/25-3/18, 3/20-4/13 (NC 4/3), 4/15-5/6

Time: 10:00am-10:50am

Fee: 3 classes/ week; Free RA/\$50M/\$58NM
2 classes/week; Free RA/\$40M/\$48NM

TAP DANCING—INTRODUCTION

This class is perfect for the absolute beginner. Someone that has never taken tap dancing before. We be work on various Tap Terminology, strengthening the ankles through various exercises and working on balance, which is the most difficult part of tap for most people.

Instructor: Amy Perales

Day: Thursdays **Dates:** 2/26-4/2, 4/16-5/21

Time: 2:15pm-3:00pm **Fee:** \$35M/\$45NM

TAP DANCING

Join us for the wonderful art of tap dancing! Are you a former tapper or have always wanted to try tap dancing? Here is your chance!

Instructor: Amy Perales

Day: Thursdays **Dates:** 2/26-4/2, 4/16-5/21

Time: 1:30pm-2:15pm **Fee:** \$35M/\$45NM

TOTAL BODY WORKOUT

This circuit training program incorporates resistance machines, free weights, bands, balls, and cardiovascular equipment to help improve balance, functional strength, mobility, and cognitive skills. A certified personal trainer will lead this workout in the Fitness Center. You do not need to be a Fitness Center member to participate. Must fill out Medical Forms prior to participation.

Class size is imited to 6.

Instructor: Kathryn Zizzi-Meyers

Days: M & W **Dates:** 3/11-4/13, 4/15-5/18

Time: 1:15pm-2:00pm **Fee:** \$68M/\$82NM

Time: 2:15pm-3:00pm **Fee:** \$68M/\$82NM

Time: 3:15pm-4:00pm **Fee:** \$68M/\$82NM

UKULELE LESSONS-BEGINNER GROUP

Students will learn the basics of the ukulele and how to play simple songs in a fun and relaxed atmosphere. Topics will include identifying parts of the ukulele, how to tune the instrument, how to play notes and chords, strum patterns, and understanding music theory as it relates to the ukulele. Course Materials Required: Ukulele, a tuning device (clip on or free app on phone or tablet), and a pocket folder for handouts. The Music Score (2315 Silas Deane Hwy., Rocky Hill) will put together a package deal for seniors which will include a ukulele and tuner for \$50. One Ukulele and tuner may be available to borrow for use during class. Please ask office when registering.

Instructor: Maryanne Lauria

Day: Tuesday **Dates:** 3/31-5/5, 5/12-6/16

Time: 4:45pm-5:15pm **Fee:** \$65M/\$75NM

UKULELE LESSONS-CONTINUING GROUP

Using skills learned in the Beginner Group, students will learn additional chords and strumming techniques as applied to songs covered in this 6-week course. Participants will learn how to read ukulele tab and understand music theory as it relates to the ukulele. (Prerequisite: Beginner Group Ukulele or by instructor recommendation).

Instructor: Maryanne Lauria

Day: Tuesday **Dates:** 3/31-5/5, 5/12-6/16

Time: 5:30pm-6:00pm **Fee:** 65M/\$75NM

ZUMBA GOLD

If you enjoy great music and international rhythms, you will love Zumba! This program was developed specifically for young-at-heart, fun loving adults. It's a dance fitness class that exercises your brain and body. The best part is that no experience is required. All you need is: Athletic sneakers with a rubber sole. Dress in comfortable clothes, and bring a water bottle and a sweat towel.

Instructor: Karen Chorney

Day: Thursday **Dates:** 3/12-4/16, 4/30-6/4

Time: 9:30am-10:15am **Fee:** \$30M/\$35NM

Day: Tuesday **Dates:** 3/10-4/14, 4/28-6/2

Time: 9:30am-10:15am **Fee:** \$30M/\$35NM

Rocky Hill Senior Center

ACCEPTS THE FOLLOWING MEDICARE SUPPLEMENTALINSURANCES FOR FITNESS PROGRAMS

**MUST SCAN IN FOR EACH VISIT**

Arthritis Foundation
Boom Muscle
Cardio Drum Ball
Cardio Kickboxing
Cardio Strength
Chair Aerobics
Senior Stretch
SilverSneakers® Yoga
Stability

Renew Active

by UnitedHealthcare

MUST SCAN IN FOR EACH VISIT

All SilverSneakers® Classes
Belly Busters
Circuit Training
Functional Fun Toning
Gentle Yoga
Qigong Club
Strength and Toning
Pickleball
Fitness Center Membership



Limited to 3 Classes Per Week
Must Sign In with Instructor

Stability
Chair Aerobics
Senior Stretch
Boom Muscle

**You must register in advance and provide an active membership number, please adhere to the individual policies above. **Schedules subject to change
For more information call (860)258-2786 or email Ltracey@rockyhillct.gov**

GROUP CLASSES OFFERED AT ROCKY HILL SENIOR CENTER

Everyone is welcome to participate. SilverSneakers and Renew Active members are free, with all other members paying a modest fee. Registration is required.

ARTHRITIS: SilverSneakers classes offered in partnership with the Arthritis Foundation are designed to help seniors and those with arthritis improve their strength, flexibility, and range of motion. These classes, often chair-based, provide a safe and effective way to manage arthritis pain and improve overall health.

Lynn Tracey: Monday, 3/2-4/13 (NC 3/30); 4/20-6/1 (NC 5/25) 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM
Lynn Tracey: Wednesday, 2/18-3/25; 4/8-5/13 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35NM

BOOM MUSCLE: An action-packed, 30-45-minute class intended to help build muscular and bone strength and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity. This is a fun yet challenging workout opportunity for all levels. Modifications are always available and encouraged for your safety and success.

Sheryl Harle: Tuesday, 2/24-3/31 10:00am-10:45am Fee: Free RA,SS&SF/\$30M/\$35NM
Sheryl Harle: Thursday, 4/9-5/14 9:00am-9:45am Fee: Free RA,SS&SF/\$30M/\$35NM

CARDIO DRUM BALL: Work up a sweat with two drumsticks and a big ball! TONS OF FUN and a GREAT cardio workout! Improves your coordination, sense of rhythm, and works your heart at the same time. Moves choreographed to favorite tunes. Drum Ball is proven to benefit the body, strengthen heart and lungs, build healthy strong bones, improve flexibility, and increase muscular strength and endurance. Adaptable for all physical ability levels.

Wendy LeClerc: Monday, 2/9-3/23 (NC 2/16); 3/30-5/4 12:00pm-12:45pm Fee: Free RA&SS /\$30M/\$35NM
Wendy LeClerc: Wednesday, 2/25-4/1; 4/8-5/13 12:00pm-12:45pm Fee: Free RA&SS /\$30M/\$35NM

CARDIO KICKBOXING: A combination of dance and martial arts that will improve your endurance and cardiovascular fitness. High intensity class.

Wendy LeClerc: Wednesday, 3/11-4/15; 4/22-5/27 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM

CARDIO & STRENGTH: A combination of cardiovascular routines utilizing weights for strength training.

Lynn Tracey: Monday, 3/2-4/13 (NC 3/30); 4/20-6/1 (NC 5/25) 9:00am-9:45am Fee: Free RA&SS/\$30M/\$35NM

CHAIR AEROBICS: This aerobic exercise class is a safe and effective low-impact workout. Chair is used for stability or seated exercise. It provides a cardiovascular workout for participants who cannot stand for a prolonged amount of time, or who may be new to exercise, while significantly reducing the risk of injury or fall.

Sheryl Harle: Tuesday, 2/24-3/31; 4/7-5/12 9:00am-9:45am Fee: Free RA,SS&SF/\$30M/\$35NM

SENIOR STRETCH: A class that provides flexibility and increases range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion.

Sheryl Harle: Thursday, 3/19-4/23; 4/30-6/4 10:00am-10:45am Fee: Free RA,SS&SF/\$30M/\$35NM

SILVERSNEAKERS® YOGA: You will move your whole body through a complete series of seated and standing yoga poses.

Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Lynn Tracey: Monday, 3/2-4/13 (NC 3/30); 4/20-6/1 (NC 5/25) 11:00am-11:45am Fee: Free RA&SS/\$30M/\$35NM

Lynn Tracey: Friday, 2/20-3/27; 4/10-5/15 10:00am-10:45am Fee: Free RA&SS/\$30M/\$35

STABILITY: A group exercise class designed specifically to keep participants "safe on their feet". Understanding the primary risk factors associated with falling and knowing what exercises will be beneficial in decreasing the risk for a fall provides substantial knowledge and practical work for class members to increase function and long-term independence.

Sheryl Harle: Tuesday, 4/7-5/12; 5/19-6/23 10:00am-10:45am Fee: Free RA,SS&SF/\$30M/\$35NM



COOKING DEMONSTRATION

Tuesday, March 10, 3:00pm-4:00pm



Join Chef John Arnott from Masonicare for a cooking demonstration of delicious Italian Wedding Soup. Samples will be available to taste.

Program is free but registration is required

Co-sponsor:  Masonicare
An Ageless Commitment to Caring

SMOKE THAT THUNDERS AND GORILLAS IN THE MIST

A PHOTOGRAPHIC SAFARI TO EXPLORE THE WONDERS OF SUB-SAHARAN AFRICA

Dr. Richard Benfield, Author

Wednesday, March 11, 2:00pm-3:00pm

Victoria Falls are nicknamed by the locals Mosi-oa-Tunya; which means 'The smoke that thunders', due to the billowing clouds of mist that rise up and drench everything and everyone in its reach when the river is in flood. Before we get to the falls we will explore the Game Parks of southern Africa, visit the Bwindi National



Forest, home to the last 500 gorillas in the equatorial rainforests of Uganda and boat amongst the crocodiles and Elephants of the Okavango Delta. Namibia. Seven nations; seven hundred species of animal in one hour!

Program is free but registration is required.

HORIZON WINGS RAPTOR REHAB & EDUCATION CENTER Raptors and Eagle Visit

Friday, March 20, 10:00am-11:00am

Enjoy viewing raptors up close, such as a hawk or perhaps an owl. You will also enjoy a visit with a Bald Eagle! Learn of the raptors' stories during this educational & interesting program, led by Mary-Beth Kaeser.



Horizon Wings is very well known in CT!

Program is free but registration is required.

LEGISLATIVE UPDATE

Thursday, March 26, 12:15pm



State Representative Kerry Wood will drop by during lunch for a brief update and to answer questions. **Registration is not required** and you do not need to participate in the lunch program to attend.



BAROQUE TO BERNSTEIN

A HISTORICAL JOURNEY THROUGH SONG

Wednesday, April 1 2:00-3:00pm

Join Gina Consiglio (soprano) and Erich Simo (tenor) as they present a transformative journey through song from Opera's Baroque beginnings to the Broadway boards of Bernstein. They will present how this art form evolved over the centuries singing some of the worlds most beloved songs from composers such as Mozart, Verdi, Puccini, Gershwin, Bernstein and more. Gina and Erich first met while singing in a production of "Aida" at the world renowned Amato Opera in NYC where they sang for several years at the onset of their operatic careers.

Program is free, but registration is required.

Co-sponsor:  MapleView
Health & Performance Center

COFFEE WITH THE MAYOR

Thursdays, March 26 & April 23

10:30am-11:30am Senior Center Lobby



Join Mayor Allan Smith for coffee, conversation and an exchange of ideas for the future of Rocky Hill. Please drop in for complimentary refreshments and great discussions.

Pre-registration not required.

JAM SESSIONS

Monthly, Evening Jam Sessions ages 55+!

Friday, March 20, April 17, May 15 6:30pm-8:00pm

Jam to pre-selected tunes with a small band and some new friends! Must be experienced with your instrument/voice. All plug-in instrumentalists, please bring a small amplifier. Limited to 10 musicians.

Audience members are also welcome, for the same fee! Audience is welcome to bring small snacks and non-alcoholic beverages.



Pre-registration is required!

\$3M/\$5NM per musician and audience member

THE LOOK CLUB

Wednesday, April 22, 5:00pm-6:00pm

What is a look club? It is like a book club, but instead of discussing a book we will be looking at works of art! Join Barbara Bergen MA, Visual Thinking Strategies (VTS)

Facilitator us as we look at art to:

THE
LOOK
CLUB

-Observe and engage together
-Share perspectives: what do we see?
-Spark curiosity

-Slow down and enjoy time free from devices

Art is unique in that it has no right or wrong answers. We will look together and have a fun and stimulating discussion. The Look Club uses Visual Thinking Strategies (VTS) which is a research-backed facilitation method for visual arts discussion.

No preparation required. -No prior experience with or knowledge of art required!

Program is free but registration is required.



Join us for monthly presentations on a wide variety of interesting topics. Short videos followed by a facilitated group discussion. **Program is free but registration is required.**

**FRIDAY, MARCH 13, 11:30AM-12:15PM
SILENCE IS THE UNIVERSAL MEDICINE**

In a world growing louder, faster and more fractured, author Pico Iyer makes the case for a radical act of repair. Explore why tapping into silence may be the best medicine you can give yourself, and everyone around you.

THE DAILY PRACTICE THAT COULD REWIRE YOUR BRAIN

Timm Chiusano was having one of the worse days of his career when he found himself inexplicably fascinated by a mundane part of the world on his walk home. That moment sparked a life-changing realization: he was addicted to appreciation, and it was actually his superpower.

**FRIDAY, APRIL 10, 11:30AM-12:15PM
THE ART OF READING MINDS**

Have you ever wanted to read someone's mind? In this spectacular talk, mentalist Oz Pearlman demonstrates his skills to a live audience in a Ted Talk theater.

INSIDE THE MIND OF A NEWBORN BABY

What if newborn babies are more aware than we ever imagined? Philosopher and psychologist Claudia Passos Ferreira shares groundbreaking neuroscience showing how newborn babies may consciously experience their world, transforming how we understand the very beginning of life.

**Closed Captioning available.*

**The opinions expressed in these videos are solely those of the presenter and do not reflect the views of the Town of Rocky Hill.*

SPECIAL EVENTS

MARCH & APRIL 2026

15

TANGLE TUESDAYS

A ZENTANGLE® ART WORKSHOP SERIES

• Relax • Create • Enjoy •

March 24, April 28, May 26 Tuesdays, 1:00-3:00pm

Join us for Tangle Tuesdays, a gentle, enjoyable monthly art workshop designed to help you relax, stay mentally engaged, and enjoy time with others. The Zentangle® Method is an easy, calming way to create beautiful designs using simple patterns; no drawing or art experience required. Each session is taught step-by-step in a supportive, friendly environment. There is no pressure to be "artistic"; just focus on one stroke at a time and enjoy the process. All materials are provided, including supplies to take home so you can continue practicing and relaxing between classes. Limited to 15 students. Instructor Heather Wlochowski is a Certified Zentangle Teacher (CZT)
Cost:\$5M/\$10NM Per Session

VOLUNTEER APPRECIATION LUNCHEON

Thursday, April 30, 1:30PM at the Residence at Ferry Park. Invitations will be sent out to individuals who regularly volunteer at the Center.

Life, Just as It Should Be

Masonicare at Greenridge Place
Welcome to Something Better.

860.846.3566

Masonicare at Greenridge Place

One Elizabeth Court, Rocky Hill, CT 06067 | masonicare.org

Farley-Sullivan Funeral Homes

34 Beaver Rd. Wethersfield, CT 06109 860-563-9999
50 Naubuc Ave. Glastonbury, CT 06033 860-633-2521

www.Farleysullivan.com

Kevin Sullivan Tom Sullivan Brendan Sullivan

TRAIN with SHAIN

IN HOME PERSONAL TRAINING FOR SENIORS

Gait, Balance/Fall Prevention & Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

Plan Reviews, Turning 65? Retiring soon?

Medicare Made Easy! You have choices!

860-529-0656 • Lisa Krawczyk, CLTC • lisakrawczyk@img-sis.com

Licensed Insurance Broker | Never a fee or obligation.

Not affiliated with or endorsed by the government or federal Medicare program.

DAY TRIPS

APRIL
24***DAFFODIL DAYS WITH TEA AT BLITHEWOLD**

- Overlooking the Narragansett Bay, Blithewold is one of the finest garden estates in New England. Their famous display covers the 33-acre seaside estate with over 50,000 daffodils.
- Our visit includes a guided tour of the garden and a magnificent 45 room Mansion where the Van Wickle/McKee family lived for over 80 years. The estate features views of Narragansett Bay.
- Begin your visit with a Tea Lunch on the heated porch
- Sample menu: Scones, Assorted Finger Sandwiches, Desserts and Tea
- The first floor of the Mansion is accessible. Gravel pathways lead to the Mansion and through the garden. Benches are located throughout the grounds.
- Cost: \$152 for Members and \$162 for Non-members
- Bus departs Elm Ridge Park, 376 Elm Street, at 7:30am. Estimated return is 6:00pm.

MAY
29***THIMBLE ISLANDS CRUISE AND LUNCH**

- The cruise is aboard the Sea Mist and will take you along the Rocky Isles off Stony Creek in Branford. See the wonderful estates and learn the stories of these beautiful islands.
- Lunch will be at Amarante's Sea Cliff on the water in New Haven. Menu features choice of: Baked Stuffed Scrod, Baked Stuffed Shrimp or Chicken Picatta, dessert and beverage.
- Entree choice is needed at time of registration
- Please note: This trip is not wheelchair accessible. The Sea Mist provides a shuttle by school bus to the boat dock area. You must be able to board/disembark from the school bus. There is a two block walk to the boat from the bus on a paved hill.
- Cost: \$156 for Members and \$166 for Non-members
- Bus departs Elm Ridge Park, 376 Elm Street, at 11:30am. Estimated return is 5:30pm.

JUNE
28***LIGHTHOUSE CRUISE OF NARRAGANSETT BAY**

- Take a 90 minute narrated cruise of Narragansett Bay, RI. The catamaran leaves from North Kingstown and offers sightseeing of: 10 famous lighthouses, 10 islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base and see the aircraft carriers, experience Newport Harbor and the waterfront.
- The catamaran has a plush climate-controlled interior, outside sun deck and three levels of viewing
- Prior to the cruise, brunch will be at the Quonset 'O' Club
- Following the cruise a stop will be made at Olde Mistick Village, a delightful shopping experience with lots of options including a general store, ice cream shoppe and more
- Cost: \$150 for Members and \$159 for Non-members
- Bus departs Elm Ridge Park, 376 Elm Street, at 10:00am. Estimated return is 7:00pm

OVERNIGHT TRIPS

JUNE
6-16**CANADIAN MARITIMES AND COASTAL WONDERS**

11 Days; 16 Meals From the nautical beauty of Peggy's Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you. Choose how you explore Lunenburg – at the Fisheries Museum of the Atlantic or on a locally guided walking tour. Partake in a Prince Edward Island tradition with a supper of fresh lobster and mussels. Visit the Anne of Green Gables Museum and learn about potato farming. See the 4-story high Hopewell Rocks. Savor a traditional Maritimes seafood feast beside the Bay of Fundy, where some of the world's highest tides are recorded. Don't miss the rugged beaches, picturesque fishing villages, and rich seafaring history of Canada's amazing coast.

Cost: Double \$4,999, Single \$6,099, Triple \$4,899

OCT
7-16**MARITIME PROVINCES. DISCOVER SWITZERLAND, AUSTRIA AND BAVARIA**

10 Days; 13 Meals Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. Spend four nights each in the UNESCO World Heritage city of Bern and the charming Alpine city of Innsbruck. Get a taste of Switzerland when you meet a local alphorn maker and yodelers and enjoy a fondue lunch. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in The Sound of Music, during your time in Salzburg. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria.

Cost: Double \$4,999, Single \$5,699, Triple \$4,949

For more information on overnight trips please contact Martha Kirsche Wethersfield Travel Inc
860-257-3775 martha@wethersfieldtravel.com



ROCKY HILL SENIOR FITNESS CENTER

The Senior Fitness Center offers individualized and medically based exercise programs for older adults. Our equipment was selected based upon current scientific research and evaluation, and is designed to enhance cardiovascular endurance, muscular strength and to help reduce the risk of injury. Each participant follows a program based upon safe exercise guidelines derived from their screening data.

Hours of Operation:

Monday – Thursday: 8:00am- 5:30pm

Friday: 8:00am-4:30pm Saturday: 9:00am-12:00pm

Equipment included in our Center: Nu-step Recumbent Bikes, Precor Treadmills, Precor Elliptical Recumbent, Dumbbells and a full line of Inflight Fitness Strength Training machines.

COST: \$120.00 for 1 year
\$80.00 for 6 months
\$50.00 for 3 months

Free for Renew Active Members



GOLF LEAGUE

Would you be interested in the Senior Center sponsoring a Spring/Summer Golf League? If there is an interest, volunteer Lewis Nedell has offered to coordinate. Please call the office at 860-258-2786 or register for "Golf League-Interest Only" at rockyhillct.myrec.com.

**SUPPORT THE
ADVERTISERS**
that Support our
Community!



CLUB DE CROCHET AT ROCKY HILL HIGH SCHOOL

Our Senior Center received a donation of beautiful handmade scarves and hats from the high school Crochet Club who stitches creativity with compassion.

Members gather to learn new techniques, share ideas, and handcraft cozy scarves for those in need. Every loop and knot is made with care, turning yarn into warmth and kindness for our community—one scarf at a time. Club president, Ruthie, said she loves to see students off their screens and having actual conversations as they crochet to relaxing music during our weekly meetings...and hopes everyone in this club keeps growing and learning together.



THANK YOU CLUB DE CROCHET!

GAMES, GAMES and MORE GAMES

Games are open to all **Senior Center Members** and facilitated by volunteers. Please call the Center if you have any questions or would like to join in!

| | | |
|----------------------|----------------------------------|---|
| Bingo | Monday & Thursday | 1:00pm-3:00pm |
| Bridge | Monday | 12:30pm-4:00pm |
| Canasta | Thursday | 1:00-3:00pm |
| Chess Club | Monday | 10:00am-12:00pm |
| Cribbage | Wednesday | 10:00am-12:00pm |
| Games Galore | Thursday | 10:30am-11:30am |
| Mahjongg | Tuesday Wednesday Thursday | 10:00am-12:00pm 10:00am-12:00pm 1:00pm-4:00pm |
| Mexican Train | Tuesday | 1:00pm-3:00pm |
| Pinochle | Thursday | 10:30am-12:00pm |
| Scrabble | Friday | 10:00am-11:30am |
| Setback | Tuesday | 1:00pm-3:00pm |
| Wii Bowling | Wednesday | 1:00pm-3:00pm |

Please pre-register for games.

INDOOR GYM programs are open to all Senior Center Members and facilitated by volunteers. Please pre-register online or call the Center. Please sign in each time you attend.

Indoor Gym is closed: 4/3, 5/25

CHAIR VOLLEYBALL — Join us for more than you can possibly stand - while seated! It is great for upper body mobility and joint flexibility, enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. The game is played with a beach ball and a five foot net. Rules are similar to regular volleyball except you must remain seated.

Date: Friday, 3/6-5/29 (NC 4/3) **Time:** 10:00am-12:00pm **Cost:** \$12M

CORNHOLE — Play America's favorite lawn game in our gymnasium. Corn hole is a lawn game in which players take turns throwing 16 ounce bags of corn kernels at a raised platform with a hole in the far end. Easy and fun to play!

Date: Tuesdays & Thursdays **Dates:** 3/3-5/28 **Time:** 1:30pm-3:30pm **Cost:** \$12M

INDOOR PICKLEBALL — Register for either one of the morning time slots for our indoor play. Nets will be provided but please bring your own equipment arrive at the start time to ensure inclusion in the rotation. A general knowledge of Pickleball is required. Space is limited. Renew Active Members will need to scan in at the front desk before playing.

*Outdoor courts are located at Elm Ridge Park on a first come first serve basis.

Date: Monday—Thursday, 3/2-5/28

Advanced/Intermediate Time: 9:00am—10:30 am **Cost:** Free RA/\$25M

Beginner/Advanced Beginner Time: 10:30 am—12:00pm **Cost:** Free RA/\$25M

Friday Sessions: 3/6-5/29 (NC 4/3) **Time:** 1:00-4:00pm **Cost:** Free RA/\$12M



TABLE TENNIS — Join fellow table tennis enthusiasts for an afternoon of friendly play.

Please bring your own paddle. Pre-register for social and competitive play on Mondays and Wednesdays.

Dates: 3/2-5/27 (NC 5/25) **Time:** 1:00pm-4:00pm. **Cost:** \$12M

INDOOR WALKING TRACK — Start your day by walking in our safe, climate-controlled gymnasium every morning from 8:00am-9:00am Monday – Friday from Dates: 3/2-5/29 (NC 4/3, 5/25). Walking around the gym 20 times equals 1 mile.

Make your own schedule and walk around our facility from 8:30am-4:30pm.



HUMAN SERVICES DEPARTMENT

Holiday Meal Program Human Services can have a fresh meal delivered for Thanksgiving, Christmas Eve, and Easter to anyone that might be alone during the holiday season. There are no qualifications or limitations on the program, we just want every resident to enjoy a nice meal on the holidays. Please reach out Cristal at 860-258-2799 if you would like to be included in our deliveries.

Energy Assistance (2 types): Residents may apply and receive financial assistance through Community Renewal Team (CRT), assistance is available for the client’s primary source of heat when they meet eligibility guidelines. Energy Assistance appointments are generally available from August through May depending on your heating source. Please contact CRT at 860-560-5800 to set up an appointment. Operation Fuel provides energy and water assistance to low and moderate-income families in Connecticut who are struggling to pay their utility bills. They offer one-time energy assistance grants, potentially up to \$500, towards utility bills or fuel delivery. Operation Fuel also partners with water companies to support water assistance programs. Operation Fuel has gone to an online application process; please visit Operationfuel.org to apply.

For emergency appointments/shut-offs please contact Cristal at Human Services at 860-258-2799.

Food Pantry (Hours: Monday, Wednesday, Friday: 9:00 am - 4:00 pm) Human Services maintains a food pantry at 673 Old Main Street for food-insecure residents. Donations from various churches, community groups, businesses, and individuals provide the supply for the pantry. A variety of non-perishable food items are available for qualified residents. Call Cristal at 860-258-2799 for more information or to make an appointment to see if your household qualifies. Food Pantry Donations Accepted: Cash donations, gift cards for perishable foods and/or nonperishable, unexpired food, and sanitary items are accepted. All Food Pantry donations are ONLY accepted at the Food Pantry located at 673 Old Main St. There are bins for nonperishable items and a locked drop box for monetary items. If you have a large donation please contact the Coordinator at 860-257-3501 to set that up.

Program Application Assistance The Human Services Department provides staff to assist residents with finding information and completing applications for local, state, and federal assistance programs. These services may enhance the quality of life and we can aid in navigating programs and support residents in applying for them. Call Cristal at 860-258-2799 for more information or to make an appointment.

Join the Hillhouse Players! The Hillhouse Players are excited to invite community members of all experience levels to participate in an upcoming theatrical production in the summer (performance date June 26 & 27th). Whether you have years of stage experience or have always wanted to try acting for the first time, this is a welcoming opportunity to be part of a creative, supportive group. Participants will have the chance to engage in rehearsals, collaborate with fellow cast and crew members, and contribute to bringing a live production to the stage. Roles may be available both onstage and behind the scenes. Upcoming show “Lets Hang Him and Read the Will” Auditions March 3 & 5th, 2026. If you are interested in getting involved, learning more about the production, or expressing interest in auditioning or volunteering, please reach out for additional details. We look forward to building an enthusiastic cast and crew and sharing the joy of community theater together. Call 860-258-2021 or email cphilbrick@rockyhillct.gov for questions and to register

✿♥♥♥✿ PUBLIC WORKS & COMMUNITY DEVELOPMENT ✿♥♥♥✿

TRANSFER STATION HOURS MARCH 12th-DECEMBER 19, 2026 Thursdays & Fridays 7:00am - 2:00pm, Saturdays 7:00am-1:00pm

FOOD SCRAPS DROP-OFF: Residents can drop off food scraps at the transfer station to be converted to clean energy.

CURBSIDE BRUSH COLLECTION For residential homeowners only April 20-24, 2026

Brush should be placed at the curb no later than 6:00 A.M. on the Monday of the collection week.

Branches should be no longer than 8’ and no wider than 3” diameter. Not criss-crossed, butt end to street.

Do not stack next to light poles, wires, electrical boxes, signs, fire hydrants, or mailboxes.

Brush and leaves can be brought to the Transfer Station at 59 Old Forge Road during their hours of operation at no cost.

Please see our website for more information on all of our programs and services: <https://www.rockyhillct.gov/214/Public-Works>

CONTACTS:

Community Development & Public Works – 860-258-2766

Building Department – 860-258-2733

Steve Sopelak – Dir. Public Works & Community Development/Town Engineer – 860-258-7672

Joe Lentini – Field Operations & Highway Supt. – 860-258-2766

Jason Scott – Civil Engineer/Inspection Coord. – 860-258-7674

Dave Palmberg – Enviro. Specialist / Land Surveyor – 860-258-7675

Kim Ricci – Town Planner/ Zoning Enforcement Officer – 860-258-2761

Ben Winter – Asst. Planner/ Asst. ZEO – 860-258-2734

Mike Violette – Building Official – 860-258-7673

Steve Kardys – Asst. Building Official – 860-258-7676

Elton Mancura – Asst. Building Official – 860-258-2745

ROCKY HILL LIBRARY

33 CHURCH STREET, ROCKY HILL

Adult Winter/Spring Events @ The Library!

- Mini Golf at the Library!** Play our 18-hole indoor course Saturday 3/14: 10-4 & Sunday 3/15: 10-2.
- March 7 @ 2:30 pm:** Book Repair Basics.
- March 17 @ 6 pm:** Federal Fashion in the States with The Dirty Blue Shirts.
- March 24 @ 6 pm:** A Celtic Exploration of Song with Harpist Wendy Kerner.
- March 27 @ 2:30 pm:** Polymer Clay Craft- Easter Chicks and Bunnies.
- March 31 @ 6 pm:** Estate Planning with Daly Perri Arnold & Knierim.
- April 7 @ 6:30 pm:** Musick of Connecticut's Revolution with Richard Donohue.
- April 21 @ 6 pm:** Faerie Houses Workshop with the Florence Griswold Museum.
- April 28 @ 6 pm:** Alicia O'Hara, Hypnotherapist. Klughers, online via Zoom.
- April 10 @ 6 pm:** Cupid's Yarrow: Rituals and Remedies for Deep Self Care with Herbalist Nora Toomey.



**MOVIES AT THE COMMUNITY CENTER
MONDAYS AT 6:30 PM & FRIDAYS AT 1:00 PM**

MARCH & APRIL

| | |
|---------------------------------|-------------------|
| MAR 2 & 6..... | ELEANOR THE GREAT |
| MAR 9 & 13..... | FREAKIER FRIDAY |
| MAR 16 & 20..... | GOOD FORTUNE |
| MAR 23 & 27 | HIGH NOON |
| MAR 30 (NO MOVIE APRIL 3) | MAESTRO |
| APR 6 & 10..... | THE ROSES |
| APR 13 & 17..... | TRAIN DREAMS |
| APR 20 & 24..... | SOME LIKE IT HOT |
| APR 27 & MAY 1 | LEE |



**RIDDLE FOR MARCH/APRIL COMPASS
HOW MANY GOLD COINS CAN A LEPRECHAUN
THROW IN AN EMPTY POT?**



SUBMIT YOUR ANSWER TO THE SENIOR CENTER OFFICE BY
3/26/26 FOR A CHANCE TO WIN A GIFT CARD.

WE RECEIVED 70 SUBMISSIONS (ONLY 40 CORRECT ANSWERS) FOR JANUARY / FEBRUARY RIDDLE
JOE MEHAN WAS THE WINNER OF A \$10 DUNKIN GIFT CARD.

J. DIMAURO LAW
Medicaid, Probate,
& Estate Planning
Lawyer
860-757-3040
www.jdimaurolaw.com

**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit [lpicommunities.com
/adcreator](http://lpicommunities.com/adcreator)

**Fano Angelic
Homemakers
Companion
Agency LLC**

Cecilia Francis, *Manager*
860.881.1704
Cell: 860.818.9594
Office: 860.519.1544
Fax: 860.519.1574
ceciliafrancis@comcast.net
914 Main Street, Suite 200
East Hartford, CT 06108

**AUTUMN LAKE
HEALTHCARE
at Cromwell**

860-635-5613
385 Main Street
Cromwell, CT 06416

**NEWLY
RENOVATED
DEMENTIA UNIT**

Heather Pierce, CDP
Owner/Senior Advisor
860-733-9506
www.ClearViewSeniorLivingAdvisor.com

CLEAR VIEW SENIOR LIVING ADVISOR, LLC
BRINGING CLARITY TO SENIOR LIVING AND CARE OPTIONS

Our FREE expert Senior Living guidance and advice helps to ensure that you have a stress-free experience finding the perfect Senior Living Community. Don't navigate this journey alone!