



## KENT SOCIAL SERVICES & Senior Center

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Senior Center Phone: 860.927.2055

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**We have LOTS of programs coming  
up for Seniors! Please be sure to  
RSVP for all events/programs!**



Town of **Kent**  
CONNECTICUT

**SENIORTIMES**

BIMONTHLY NEWSLETTER FOR KENT SENIORS

You will note this is a short newsletter with the calendar attached. We are eager to publish it so that everyone will know what's going on!

### Senior Lunches & Celebrations

**Wednesday 2/7 1:30 pm Valentine's Day Tea**

**Wednesday 2/28 noon Senior Lunch**

**Thursday 3/14 1:30 pm St. Patrick's Day Celebration**

**Wednesday 2/27 noon Senior Lunch**

### New Programs!

**Make It & Take It** -- a small group cooking class where you will make and eat lunch with an extra meal to take home!

**Safety for Seniors** -- a discussion w/ **Trooper Fisher** on 1/31 at 11 am.

**Pet Talk**-- with Lee Sohl, **Animal Control Officer**. Lee will bring her therapy dog and host a discussion on 2/1 at 11 am.

As always, reservations are required. Call 860-927-2055 or email [ssassist@townofkentct.org](mailto:ssassist@townofkentct.org).

January-March 2024 Issue




Thank you to Kent School for printing of the newsletter.



16 Swifts Lane, Kent, CT 06757 | (860) 927-1586





January			
Monday 1			2024
Monday	Tuesday	Wednesday	Thursday
	2	3	4
Chair Yoga 10 am 8 	Rummikub 2 pm 9	10	Technology Help Drop In 11 am - 12 pm 11
Senior Center Closed 15	Bingo 2 pm 16 	Kent History Program 11 am 17	Short Story Discussion Group 11 am 18 
Chair Yoga 10 am 22	Rummikub 2 pm 23	Make it & Take it Cooking Class 11 am 24	25
Chair Yoga 10 am 29	30	Safety for Seniors w/ Trooper Fisher 11 am 31	

**Snow Policy:** The Senior Center is Closed when Region 1 Schools are Closed. Morning classes & programs are cancelled when Region 1 has a delay.

February			
			2024
Monday	Tuesday	Wednesday	Thursday
			1
Chair Yoga 10 am 5	Bingo 2 pm 6	Technology Help Drop In 11 am - 12 pm 7	Valentine's Day Tea 1:30 pm 8 
Chair Yoga 10 am 12	Rummikub 2 pm 13	Make It & Take It Food Class 11 am 14	Pet Talk & Therapy Dog Visit 11 am 15 
Senior Center Closed 19	Bingo 2 pm 20	Kent History Program 11 am 21	Short Story Discussion Group 11 am 22
Chair Yoga 10 am 26	Rummikub 2 pm 27	Senior Lunch 12 pm 28 	Exercise Class TBD 29

# March

2024

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>Chair Yoga 10 am</p>	<p>5</p> <p>Bingo 2 pm</p> 	<p>6</p> <p>Technology Help Drop In 11 am - 12 pm</p>	<p>7</p> <p>Exercise Class TBD</p>
<p>11</p> <p>Chair Yoga 10 am</p>	<p>12</p> <p>Rummikub 2 pm</p>	<p>13</p> <p>Make It &amp; Take It Food Class 11 am</p> 	<p>14</p> <p><b>St. Patrick's Day Party</b> 1:30 pm</p> <p>Exercise Class TBD</p> 
<p>18</p> <p>Chair Yoga 10 am</p>	<p>19</p> <p>Bingo 2 pm</p>	<p>20</p> <p>Kent History Program 11 am</p>	<p>21</p> <p>Short Story Discussion Group 11 am</p>
<p>25</p> <p>Chair Yoga 10 am</p> 	<p>26</p> <p>Rummikub 2 pm</p>	<p>27</p> <p>Senior Lunch 12 pm</p>	<p>28</p> <p>Exercise Class TBD</p>

## Contact Us

To make an appointment or for any questions/concerns please  
contact us at 860-927-1586 or via email at  
[socialservices@townofkentct.org](mailto:socialservices@townofkentct.org)  
Samantha Hasenflue- Director of Social Services  
Rosemary Jones- Social Services Assistant

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