

Monday Sept. 28	Tuesday Sept. 29	Wednesday Sept. 30	Thursday Oct. 1	Friday Oct. 2	Saturday Oct. 3
<p><b>9:30 am</b> Tech Talk – Organizing Files &amp; Folders</p> <p><b>10 am</b> Mystic Acupuncture – Acupuncture &amp; Pain Management presentation</p>	<p><b>9:30am</b> Tech Talk – Attachments &amp; Email</p> <p><b>10 am</b> Recreation (Kate Bradley) – How to use the Groton Interactive Trails Program</p>	<p><b>7am</b> – trip to NYC</p> <p><b>9 AM</b> Fields of Fire Aerial Adventure Park</p> <p><b>9am - 1PM</b> <b>FALL PREVENTION HEALTH FAIR</b></p>	<p><b>9:30 am</b> Tech Talk – Options &amp; Preferences</p> <p><b>10 am CREDIT REPAIR /DEBT MGMT</b> by CT Dept. of Banking</p> <p><b>10 am MIND AEROBICS- OPEN CLASS</b> – Main room</p>	<p><b>9:30 am</b> Tech Talk – Print Options</p> <p><b>10AM</b> – Art Sculco – Exercise and Managing Chronic Conditions presentation</p>	<p><b>10 AM</b> – <b>BLUFF PT STATE PARK TRAIL CLEAN UP</b> and walk with surprise</p> <p>Please call to sign up! 860-441-6623</p>
<p><b>12:30 – 2:30pm</b> FLU SHOT CLINIC</p> <p><b>1PM</b> Movie – “Wild Hogs” sign up please!</p>	<p><b>12:30 ICE CREAM SOCIAL</b> from TVC</p> <p><b>1PM</b> Sue Wyatt – How To Start a Realistic Exercise Program</p>	<p><b>1PM</b> Jerry Delmastro – The New Reverse Mortgages</p>	<p><b>1PM</b> Sally Huck – Benefits Check Up</p>	<p><b>1PM</b> NESS – Kayaking and Paddle boarding at Stonington NESS (<i>pending</i>)</p>	
<p><b>6PM</b> Tennis Refresher (free) Art Sculco – at Farquhar Park</p>	<p><b>530 pm DAY HIKES ~ GEAR &amp; NUTRITION</b> presentation by Eastern Mountain Sports</p> <p><b>6PM</b> Fit Bit and how to use – Wally Post</p>	<p><b>5:30PM</b> Mystic Cycle Centre– “How to Get Your Bike Home” basic repairs</p> <p><b>6pm</b> Jerry Delmastro – Reverse Mortgages</p>	<p><b>6PM</b> Kayaking in SECT presentation (rules, maps, etc.)</p>	<p><b>6:30 – 8PM</b> COFFEE HOUSE AT THE COVE Entertainment and Desserts</p>	
<p>Coastal Café Free Daily Special (<i>while supplies last each day</i>)</p> <p>WHITTLE’S FARM APPLES</p>	<p>COFFEE/TEA – WB Mason</p>	<p>BANANAS – Big Y</p>	<p>BOTTLED WATER – Coca Cola</p>	<p>VEGETABLE TRAYS – Shop rite</p>	
<p>One Free trial of any fitness class you have not attended previously all week.</p>					

## 2015 Active Aging Week Schedule – programs subject to change