

This Week at Duncaster

Sunday, June 25 - Saturday, July 1, 2017

- SUNDAY**
6/25
- 8:30 Bus to St. John's (new summer hours)
 - 9:15 Bus to AHCC, Trinity, First Church, Hartford - Fitness Center Lobby
 - 10:05 Bus to Sacred Heart - Fitness Center Lobby
 - 10:30 Morning Prayer with Trinity Episcopal Church - Caleb
 - 11:00-3:00 Family Swim - Pool
- MONDAY**
6/26
- 9:00 Power Balance - Meeting Room
 - 9:30 Dabblers - Art Room
 - 10:15 Cardio H₂O - Pool
 - 10:15 Gentle Yoga - Exercise Studio
 - 11:00-12:00 Blood Pressure Clinic - Quiet Room
 - 11:30 Gentle Balance - Exercise Studio
 - 1:30 NO Loss of Person, Place or Thing TODAY
 - 1:30 Great Courses: THE CATHEDRAL - Meeting Room
 - 2:15 Bingo - 4th Floor Conference Room
 - 7:15 Duplicate Bridge - Meeting Room
- TUESDAY**
6/27
- 7:30 Power Kick Start - Exercise Studio
 - 9:00 Move, Stretch and Strength - Exercise Studio
 - 9:30 Shopping in Bloomfield - includes Geissler's - Neighborhood Pickup
 - 9:30 NO Table Talk With Sara TODAY
 - 10:15 Aqua Yoga - Pool
 - 10:30-12:00 World Affairs: "A CONVERSATION WITH MIKE MORRELL" - Meeting Room
 - 1:00 Bus to Wades, Bishops Corner, WH Center - Dial "0"
 - 1:30 SongPlay with Adele - Loggia
 - 1:30 Water Walking - Pool
 - 1:30 Tai Chi I - Exercise Studio
 - 2:00 Mobility Masters - Exercise Studio
 - 3:00 PROGRAM: "Mission to Tanzania" - Meeting Room
 - 3:30 Aqua Fit - Exercise Studio
 - 7:30 The Life of Verdi: *MESSA DA REQUIEM* - Meeting Room
- WEDNESDAY**
6/28
- 9:00 Power Balance - Exercise Studio
 - 10:00 Collage with Harriet - Art Room
 - 10:15 Cardio H₂O - Pool
 - 10:30 Chat with Chaplain Peter Morse - Thistle Way Sunroom
 - 11:00 Mindful Meditation - Quiet (Meditation) Room
 - 11:30 Sit & Be Fit - Exercise Studio
 - 1:00 Timekeeper Shop - Lounge
 - 2:02 Scrabble in the Lounge
 - 4:15 Princess & Knights Band - Caleb
 - 7:30 Movie: "Judgment at Nuremberg" - Meeting Room/ TV
- THURSDAY**
6/29
- 7:30 Power Kick Start - Exercise Studio
 - 8:15 Bus to NY Botanical Gardens Chihuly Exhibit - Green Awning Pickup
 - 9:00 Bells, Ball & Bands - Exercise Studio
 - 10:15 Aqua Fit - Pool
 - 11:30 Gentle Balance - Exercise Studio
 - 1:30 Water Walking - Lap Pool
 - 1:30/2:00 Tai Chi 1/Mobility Masters- Exercise Studio
 - 2:00 Shop @ Copaco - Neighborhood pickup
 - 3:30 Aqua Fit - Pool
 - 5:00-6:00 Resident Cocktail Party - Lounge
 - 8:00 Movie: National Geographic: "Through the Lens" Meeting Room/TV
- FRIDAY**
6/30
- 8:30 Sunrise Circuit - Exercise Studio
 - 9:30 Chair Yoga - Exercise Studio
 - 10:00 TGI-Jeff - Lounge
 - 10:15 Cardio H₂O - Pool
 - 10:28 Cribbage - Lounge
 - 11:30 Sit & Be Fit - Exercise Studio
 - 1:30 Great Courses: *MOZART OPERAS* - Meeting Room
- SATURDAY**
7/1
- 9:00 W.P.A. - Putting Green (Women's Putting Association)
 - 9:00 Core Fit - Exercise Studio
 - 10:15 Water Moves - Pool
 - 11:30 Sit & Be Fit - Exercise Studio
 - 1:15 Summer Opera Series: Mozart - Cosi Fan Tutte - Meeting Room
 - 8:00 Movie: "A Dog's Purpose" - Meeting Room/TV

This Week's Update 6/25 - 7/01/2017

Dial x2822 for your daily menu, and view channel 96 or 918 for all activities & events.

DUNCASTER WORLD AFFAIRS SERIES

TUESDAY, JUNE 27, 2017

10:30 AM - NOON

MEETING ROOM

A CONVERSATION WITH MIKE MORRELL



Mike Morell is the former Deputy Director of the Central Intelligence Agency. He also served as the Acting Director on two separate occasions. He had been in the CIA since 1980 when he retired in 2013. While his views sometimes tend to be controversial, they are always presented with great clarity and are surely worthy of consideration. Today we will view a recent conversation between Mike Morell and Charlie Rose which covers a range of important current world affairs topics.



ELINOR TINTO
TW 439 ... x2083
June 2017

MARY CRARY
P 223 ... x2057
June 2017

DR. MARTIN & MRS. IRENE BERMAN
P 121 ... x2019
JUNE 2017

HOURS OF OPERATION

Commons Market
Monday - Friday
10:00 - 12:30

Turnover Shop
Wednesday,
Thursday, Friday:
9:30 - 12:30

Windsor Federal
SAVINGS
Monday & Thursday
8:30 - 2:30
860-242-1054



Current Exhibits

The Commons Gallery

"Birds Plus"

Photography
By Sam Huntington

Resident's Corner

"Full Moon"

Photograph
by Beth von Dohlen

Display Case

"Just Ducky"

From the collection of
Barbara Durland



The Life of Verdi

Tuesday, June 27th

7:30pm in the Meeting Room

"Messa Da Requiem"

Leotyne Price, soprano
Fiorenza Cossotto, mezzo-soprano
Luciano Pavarotti, tenor
Nicolai Ghiaurov, bass



All are invited to come and experience the final opera in this series on the *Life of Verdi*.

Where is Tanzania?



Special Program TUESDAY, JUNE 27

3:00pm

Meeting Room

"A Mission to Tanzania"

Presented by Barbara A. Merrill
Physical Therapist, Certified Ergonomist
Resident of Saratoga Retirement Community, CA
(sister-in-law of Alice Kugelman)

The trip was from November 5th until December 17th and covered four different types of experiences.

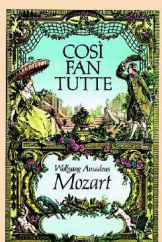
Ms. Merrill is a physical therapist and a person with Albinism. These projects included:

- A 3 day workshop on Cerebral Palsy in a small village clinic near Karatu.
- Working in a school for handicapped children who had cerebral palsy, brain damage from other causes, and developmental delays.
- A day trip with Sister Martha to a very small village in the Ngorongoro Crater to educate the village leaders about Albinism.
- A visit to Kabanga Camp for children with Albinism. These children are never allowed to leave the compound... which is more like a prison.

Last Resident Cocktail Party of the Season.

Come join the fun. Thursday, June 29th

5:00-6:00pm in the Lounge.



Saturday
Summer Opera Series
Saturday, July 1st
at 1:15pm
Meeting Room
"Mozart: Cosi Fan Tutte"