



*Come Out and Connect!*

LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center - a partnership among five Senior Centers in the Greater Hartford area to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging!

Simsbury Senior Center  
754 Hopmeadow St., Simsbury, CT 06070

Thursday, January 21, 2016  
3:00pm to 8:00pm

(Snow Date ~ January 28, 2016)

Please RSVP by January 14, 2016  
860.658.3273 or  
kmarschall@simsbury-ct.gov

3:00-3:45 Welcome and Tour

4:00-4:45 "Tips and Tricks to Sneak in Exercise Throughout Your Day"  
Certified fitness instructor Mary Root will show you simple and inventive ways to transform the must-do activities of daily life into mini-workouts.

4:00-6:00 Chair Massage with Bev Harris  
Relax with a 15 minute massage. Massages will be available on a first come, first served basis.

5:00-6:00 "Celebrating the Season"  
Learn the many ways winter transforms our landscape, why snowflakes have six sides, and how strangely beautiful and startling winter can be in this visual presentation. Presented by Margery Winters from Roaring Brook Nature Center.

6:00-6:45 Dinner

6:45-8:00 "Transgender Activist History from  
World War II to the Present"  
Presented by Diana Lombardi, MSW, Executive Director-Connecticut TransAdvocacy Coalition.

\*\*\*\*Card making/rubber stamping, Wii bowling, adult coloring, cards and board games will be available throughout the afternoon and evening\*\*\*\*

*If you require accommodations, including dietary, please let us know by January 7, 2016*

The LGBT Moveable Senior Center is sponsored by CCCI as part of "Getting it Right: Creating an LGBT-responsive Organization," a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy.