

## Miscellaneous

### SATURDAY, SEPT. 4

#### OTHER

**'ENTOURAGE' STAR KEVIN DILLON.** Will blow out candles during birthday celebration at SHRINE at MGM Grand at Foxwoods. 9 p.m., DJ and E! Correspondent Clinton Sparks also will be on hand. MGM Grand at Foxwoods, Mashantucket. ShrineMGMFoxwoods.com, (860) 312-8487

**SELICHOT SERVICE.** 7:30 p.m. Congregation Kol Ami, Cheshire. For reservation, call (203) 272-1006.

#### BRISTOL

**BRISTOL CENTRAL AND BRISTOL EASTERN HIGH SCHOOL CLASS OF 1980.** 3 to 11 p.m. Casual picnic style barbecue, music by Fun Factory DJ, and the band Flying Blind. VFW Wolcott, Wolcott. \$45 per person. Adults only.

#### SOUTHINGTON

**ELMWOOD PUPPETS.** Jon Bristol will be showing films featuring his many crazy characters in off-beat yet always fun plots. resident artist Steve Rand will have a selection of art films and documentaries. 8 to 11 p.m. Paris in Plantsville, 15 West Main St., Plantsville. \$5.

### WEDNESDAY, SEPT. 8

#### TIME MANAGEMENT.

Wellness Clinic Free Lecture Series. 6:30 p.m. Raya Clinic, 200 Queen St., Southington. (860) 621-2225.

#### OTHER

**THE NATIONAL ALLIANCE ON MENTAL ILLNESS BOOK GROUP.** 7 p.m. Discussion of the book, "Hurry Down Sunshine: A Father's Story of Love and Madness" by Michael Greenberg. Farmington Library, 6 Monteith Dr., Farmington. Visit the library to pick up a copy of the book before the discussion. (860) 673-6791, FarmingtonLibraries.org.

### SEPT. 8-10

#### OTHER

**KOL AMI CELEBRATES JEW-**

**ISH NEW YEAR.** Wednesday at 7:30 p.m., and 9:15 a.m. on Thursday and Friday. Congregation Kol Ami, 1484 Highland Ave., Cheshire. All are welcome. A donation of \$72 per person is suggested. (203) 272-1006.

### SEPT. 8-18

#### SOUTHINGTON

**CELEBRATE HIGH HOLIDAYS WITH GISHREI SHALOM.** Erev Rosh Hashana, Rosh Hashana, Sept. 8, or 9. \$180. Yom Kippur on Sept. 17, or 18, \$180. All services are \$270. Free for first-timers, college students. Call for your special ticket. Free for active military and their families. Children's services and free baby sitting. Ticket costs will go toward dues when you become a Gishrei Shalom member in 2010. (860) 621-

7881. GSJC.org

### SEPT. 8-SEPT. 18

#### OTHER

#### HIGH HOLIDAY SERVICES AND EVENTS.

Wednesday, Sept. 8, 7:30 p.m., Erev Rosh Hashana; Thursday, Sept. 9 at 10 a.m., Rosh Hashana; Thursday, Sept. 9 at 4:30 p.m., Rosh Hashana family services; Thursday, Sept. 9 at 5:30 p.m., Tashlich at Mixville Pond, Cheshire; Friday, Sept. 10, at 10 a.m. Rosh Hashana; Friday, Sept. 17 at 7 p.m., Kol Nidre and Shabbat; Saturday, Sept. 18 at 10 a.m., Yom Kippur and Shabbat; Saturday, Sept. 18 at 12:30 p.m., Yiskor; Saturday, Sept. 18 at 4:45 p.m., Yom Kippur children services. Temple Beth David, 3 Main St., Cheshire. Tickets required for Rosh Hashana and Yom

Kippur morning services. All other services open to the public. (203) 272-0037.

### THURSDAY, SEPT. 9

#### BRISTOL

**BRISTOL ELKS FAMILY NIGHT DINNER.** 5 to 6:30 p.m. 126 South St., Bristol (second and fourth Thursday of each month). Pot roast or fish of the day, with choice of soup or salad with potato, veggie, bread and butter, coffee or tea, and dessert. Call (860) 583-3350 ahead for fish. \$8 per person, inclusive.

#### OTHER

**WINE TASTING FUND RAISER.** Benefit for "The Life Stories Program." 5 p.m. Arbor Rose and Jerome Home, 975 Corbin Ave., New Britain. \$35 per per-

son includes wine and assortment of hor's d'oeuvres. Wines compliments of Southington Wine and Spirits. (860) 229-3707.

### FRIDAY, SEPT. 10

#### BRISTOL

**BRISTOL HIGH SCHOOL CLASS OF 1948 62ND REUNION.** Noon to 4 p.m. Marinelli's. (860) 583-8440, wrkenyon@hotmail.com

### SATURDAY, SEPT. 11

#### BRISTOL

**THE JEFFREY DZIOB MEMORIAL CRUISE NIGHT.** 5 to 8:30 p.m. (Rain date Saturday, Sept. 18). Held by the Bristol Auto Club. Benefit for the family of Bristol resident Jeffrey Dziob, who was killed in a tragic accident. Held in conjunction with

Clinton F. Roberts Foundation. Cruise, hula hoop contest, music, food nearby. Bristol Farms Plaza, 1235 Farmington Ave., Bristol. (860) 583-2147. BristolAutoClub.com

### THURSDAY, SEPT. 16

#### BRISTOL

**THE BRISTOL HIGH SCHOOL CLASS OF 1946.** 64th reunion. Noon to 4 p.m. Marinelli's Supper Club, Burlington. (860) 582-6669, (860) 582-8558.

### NOW thru SEPT. 23

#### OTHER

**EXHIBITION BY GINGER HANRAHAN.** Franklin Art Gallery, Tunxis Community College, 271 Scott Swamp Rd., Farmington. Tunxis.Commnet.edu

# PATHWAYS

To Your Health

## Community Education Programs

### SEPTEMBER 2010

#### BLOOD PRESSURE SCREENING

Know your numbers and control high blood pressure.

Wednesday, September 8, 10 a.m. – Noon, Free

#### YOGA FOR HEALING AND WELLNESS

People with back problems will benefit from gentle repetitive movements that help stretch/strengthen the back, abdominal muscles and legs.

Wednesday, September 8, 5:45 – 6:45 p.m. \$70 for seven weeks

#### STEPS TO A NEW YOU

A six-week medically supervised program of light weights, resistance bands and exercise balls, ideal for those who want to make small changes that will lead to a lifetime of improved health.

Wednesday, September 8, 7 – 8 p.m. \$60 for six weeks

#### ZUMBA

The Latin beat of the music, the steps, and the moves create an energetic cardio-based workout that's fun for all!

Thursday, September 9, 5:15 – 6 p.m. \$45 for six weeks

#### BEGINNER AND MIXED LEVEL YOGA

Access peace of mind and relaxation through a sequence of postures, specialized breathing and mental techniques.

Thursday, September 9, 6:30 – 7:30 p.m., or Monday, September 13, 5:30 – 6:30 p.m. \$70 for seven weeks

#### BODY BLESSINGS

Be guided in a delightful meditation called "The Inner Smile," which involves bringing positive energy to the inner organs, digestive and nervous systems.

Thursday, September 9, 7:45 – 8:45 p.m. \$60 for six weeks

#### ZUMBA GOLD

Men and women will get a cardio workout while moving to the rhythms of Latin and International music. Improve muscular strength, endurance, bone density, flexibility, range of motion, balance and coordination.

Friday, September 10, 6 – 7 p.m. \$60 for six weeks

#### TAI CHI FOR HEALTH

Gentle movements help to increase flexibility, muscle strength and heart/lung activity.

Monday, September 13, 9 – 10 a.m. Plymouth Town Hall Community Room, 80 Main Street, Terryville OR Monday, September 13, 10:30 – 11:30 a.m. Bristol Hospital Wellness Center \$60 for seven weeks

#### MANAGING WEIGHT THROUGH EXERCISE

This six-week medically supervised toning and cardio program, held on Mondays, Wednesdays and Fridays, is ideal for improving overall health.

September 13, 11:30 a.m. – 12:30 p.m. \$75 for six weeks

#### ZUMBA 101

A Latin inspired dance program specially designed for active older adults and beginners.

Tuesday, September 14, 10:30 – 11:30 a.m. \$65 for eight weeks

#### LYMPHEDEMA SUPPORT GROUP

Learn more about lymphedema, a condition that causes abnormal swelling of the limbs.

Tuesday, September 14, 6:30 – 7:30 p.m., Free

#### PRENATAL YOGA

Learn conscious breathing, prenatal yoga movements, and vocalization.

Tuesday, September 14, 7 – 8:15 p.m., \$50 for five weeks

#### THE RIGHT INGREDIENTS FOR AGING WELL

An enjoyable interactive program on the art of aging gracefully.

Wednesday, September 15, 2 – 3 p.m. Ingham Manor, 400 North Street, Bristol \$30 for five weeks

#### WEIGHT LOSS SURGERY...IS IT FOR YOU?

Meet our bariatric team who will answer your questions and explain the process of weight loss surgery. Pre-registration required at 860-314-2798 or for more information.

Wednesday, September 15, 6 – 8 p.m. Bristol Hospital, Hughes Auditorium, Level A, Free

#### FLASH! THE DANCE OF THE HORMONES

Join gynecologist Victoria Biondi, MD, to learn more about the natural hormonal cycle of menopause and how symptoms can be treated with natural, medical and bio-identical therapies.

Wednesday, September 15, 6:30 – 7:30 p.m., Free

#### TOTAL CHOLESTEROL, HDL AND TRIGLYCERIDE SCREENING

Fasting for eight hours is required for this finger stick screen that takes approximately five minutes.

Thursday, September 16, 8:30 – 10 a.m. Plymouth Town Hall, 80 Main Street, Terryville, \$20

#### LUNG FUNCTION SCREENING

A simple test to measure the health of your lungs by blowing into a special tube.

Thursday, September 16, 10 – 11 a.m. Plymouth Town Hall, 80 Main Street, Terryville, Free

#### TAI CHI AND QI GONG

The slow easy movements of Tai Chi help to relax the body and relieve stress while improving strength, balance, flexibility and coordination.

Monday, September 20, 6:45 – 7:45 p.m. \$60 for six weeks

#### WEIGHT LOSS SURGERY SUPPORT GROUP

Our support group is for people (and their families) who have had, are preparing for, or thinking about weight loss surgery. Call 860-314-2798 to register.

Tuesday, September 28, 6 – 7 p.m. Bristol Hospital, Hughes Auditorium, Level A Free

#### DIABETES SUPPORT GROUPS

Our free support groups are open to adults with diabetes, their families and friends.

Tuesday, September 28, 11 a.m. – Noon, or 6:30 – 7:30 p.m.

Bristol Hospital Center for Diabetes 102 North Street, Bristol (call 860-940-6300 to register)

#### THE WHOLE TRUTH ABOUT GRAINS

Studies show that eating whole grains has many benefits. Through discussion and demonstration, we will show you how simple it is to include whole grains in your daily diet.

Wednesday, September 29, 6:30 – 7:30 p.m., \$10

#### UNDERSTANDING COMPLEMENTARY THERAPIES

Massage therapy, Reflexology and Reiki are health practices and remedies that have been used for centuries. Join us to learn the differences, similarities and health benefits of each.

Thursday, September 30, 6:30 – 7:30 p.m., \$5



842 CLARK AVENUE • BRISTOL, CT

Unless otherwise indicated, preregistration is required for classes and screenings.

Payments must be received FIVE DAYS before the start date.

www.bristolhospital.org

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Please call InfoLink at Bristol Hospital at 860-585-3661 to register.