

Darien Senior Center Programs, Feb 7 to 14

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Here's what's coming up at the Darien Senior Activities Center from Feb. 7 to 14, 2017.

For more information, contact Darien Senior Programs at 203-656-7490:

ART GOTTLIEB, LCSW: ROCKEFELLER CENTER

Tuesday Feb. 7 — 12:30 p.m.

Covering 22 acres of midtown Manhattan, and named for John D. Rockefeller Jr. who privately undertook this project during the Great Depression, Rockefeller Center is a tour de force of Art Deco architecture, sculpture, and artwork. Famous for its Christmas tree, skating rink, and music hall, this National Historic Landmark remains one of New York's most favorite attractions.

CT PHARMACY: ARTHRITIS

Wednesday Feb. 8, 12:30 p.m.

Most people commonly think of arthritis as the condition of having painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic with

symptoms lasting years.

Arthritis can attack joints in almost any part of the body. Some forms of arthritis cause changes you can see and feel such as pain, swelling, warmth and redness in your joints. Other types cause less troublesome symptoms, but slowly damage your joints.

Diane, the pharmacist from CT Pharmacy will present a program aimed at answering any questions you may have on arthritis.

GREAT DECISIONS: CONTINUITY AND CHANGE IN AMERICAN FOREIGN POLICY

Thursday Feb. 9 — 10 a.m.

Great Decisions is America's largest discussion program on world affairs, published annually by the Foreign Policy Association. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for discussion groups. We will meet **once a month on the second Thursday** to discuss one topic per session. It is important that you read the appropriate section of the briefing book (approximately 8 to 10 pages) to prepare for these discussions. These sessions are not lectures. The leader will facilitate the process.

TAVA THE BELLY DANCER!

Tuesday Feb. 14 — 12:30 p.m.

Back by popular demand is the Beautiful Tava! Come delight to the sounds, sight, rhythm, and music from Egypt, Morocco, Turkey, Greece, Lebanon, and Israel. Lunch (\$4.00) at noon and performance (free of charge) will begin at 12:30. Sign up is required as this is a very popular event! 203-656-7490