

New Fairfield Senior Center

www.newfairfieldseniorcenter.com

January 2021

Hours: Mon-Thurs 9-4pm, Fri 9-3pm

203 312-5665

Befriend us on Facebook: New Fairfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$ indicates fee and pre-registration required * indicates pre-registration required Lunch requires reservation see other side for menu and info</p>	<p>Red indicates program available on our website. Green indicates programs that you can call and get on the roster for</p>			<p>1 Closed for New Years Day</p>
<p>4 9:30 Zumba\$ 10:45 Bodies In Motion 1:00 Tech Help by Appt. 1:00 Cooking w/ Linsey from Shop Rite 1:30 Zoom Wheel of Fortune 7:00 The Doctor Is In w/ Dr. Marici</p>	<p>5 9:30 Walkers – Sherman Track 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$, 1:00 Soul of America 1:30 Zoom Investment</p>	<p>6 9:30 Zumba\$ 10:45 Bodies in Motion 11:00 Bronx Club Meeting 1:00 Sittercise 1:00 Zoom Name That Tune 1:00 Tech Help by Appt.</p>	<p>7 10:00 Artist Workshop 10:30 Chronic Back Pain 10:45 Bodies in Motion, 1:00 Financial Wellness 1:30 Occupational Therapy</p>	<p>8 10:00 Garden Club Meeting 10:00 Zoom Moderate Yoga\$, 10-12 Judge Landgrebe (call for phone appt.) 10:00 Zoom Meditation 11:00 Body Strengthening 2:00 History – American War</p>
<p>11 9:30 Zumba\$ 10:45 Bodies In Motion 1:00 Tech Help by Appt. 1:30 Zoom Wheel of Fortune</p>	<p>12 10:30 Tai Chi\$, 10:30 Zoom Stitch by Stitch Quilting, 10:30 Zoom Walking Club Meeting 11:00 StoryCorp w/ Jim Mellett 12:00 How to Go in The Ice and Snow 1:00 Zoom Gentle Yoga\$, 1:30 Zoom Investment 7:00 Principles of Photography #1</p>	<p>13 9:30 Zumba\$ 10:00 Khris Hall Listening Session 10:45 Bodies in Motion 1:00 Sittercise 1:00 Zoom Name That Tune 1:00 Tech Help by Appt. 6:00 How to Become A Better Caregiver</p>	<p>14 10:00 COA Listening Session 10:00 Artist Workshop 10:45 Bodies in Motion, 2:00 Navigating the “What Ifs” in your Golden Years 7:00 Climate Change</p>	<p>15 10:00 Zoom Moderate Yoga\$, 10:00 Zoom Meditation 11:00 Body Strengthening 3:00 Remembering G. Fox and Co.</p>
<p>18 Closed – Martin Luther King Jr. Day</p>	<p>19 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$ 1:30 Zoom Investment 2:00 Kathy’s Zoom Discussion Group 2:00 Guided Tour of The Boston Freedom Trail</p>	<p>20 9:30 Zumba\$ 10:45 Bodies in Motion 1:00 Sittercise 1:00 Zoom Name That Tune 1:00 Tech Help by Appt. 4:00 Friends Meeting</p>	<p>21 10:00 Artist Workshop 10:45 Bodies in Motion</p>	<p>22 10:00 Zoom Moderate Yoga\$, 10:00 Zoom Meditation 11:00 Body Strengthening</p>
<p>25 9:30 Zumba\$ 10:45 Bodies In Motion 1:00 Tech Help by Appt. 1:30 Zoom Wheel of Fortune</p>	<p>26 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$ 1:30 Zoom Investment 7:00 Principles of Photography #2</p>	<p>27 9:30 Zumba\$ 10:00 Khris Hall Listening Session 10:45 Bodies in Motion 1:00 Sittercise 1:00 Zoom Name That Tune 1:00 Tech Help by Appt.</p>	<p>28 10:00 Artist Workshop 10:00 Understanding Sepsis 10:45 Bodies in Motion, 11:00 Women’s Book Club</p>	<p>29 10:00 Zoom Moderate Yoga\$, 10:00 Zoom Meditation 11:00 Body Strengthening 2:00 Sing Along w. Dr. Uke 6:00 Airborne Jazz Trio</p>