

New Fairfield Senior Center



July 2017

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

203-312-5665

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Piano lessons\$, 9:30 Zumba\$, 10: 30 Mah Jongg 10:45 Weight Training 12:00 Hot Dog Bingo 1:00 Cards & Games 1:15 Hot Dog Bingo\$, 5:15 Yoga \$	CLOSED FOR JULY 4 TH 	9:00 Painting Class \$, 9:00 Piano Lessons \$ 9:30 Zumba \$,10:00 Sit & Stitch Quilting,10:45 Weight Training 11:00 Bronx Club Meeting* 12:00 Lunch 12:00 The Gardens* 12:30 HHQ Quilters, 12:45 Sittercise, 1:00 Cards & games 1:30 Line Dancing \$ 2:00 Massages \$	9:00 French 9:30 Movers & Shapers \$ 10:00 Drawing Class \$ 10:30 Sittercise 11:00 Great Courses* 12:00 Lunch 1:00 Better Balance\$ 1:00 Cards & Games	9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Chair Dancing\$ 10:00 Garden Club Meeting 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts,1:00 Kayaking 1:00 Movie: The Founder
10	11	12	13	14
9:00 Piano lessons\$, 9:30 Zumba\$, 9:45 Bus Departs for Holyoke, MA 10: 30 Mah Jongg 10:45 Weight Training 12:00 Lunch 1:00 Cards & Games 1:00 Bible Study* 5:15 Yoga\$	8:30 Mens Breakfast 9:30 Movers & Shapers\$ 9:30 Stitch by Stitch Quilting 10:00 Hair cutting by Linda (203-512-5365) 10:30 Tai Chi\$,10:30 Walkers Club 11:00 M Technique *, 11:00 Your Electrical Bill* , 12:00 Lunch, 1:00 Investment Club 1:00 Cards & Games,1:00 Mah Jongg 1:00 Mr. Fix It, 1:00 Yoga\$ 2:00 SweetHart Bus Meeting* , 3:00 Shoot Pool	9:00 Painting Class \$ 9:00 Piano Lessons \$ 9:30 Zumba \$,10:00 Sit & Stitch Quilting, 10:45 Weight Training 11:00 Bronx Club* , 12:00 Lunch 12:30 HHQ Quilters 12:45 Sittercise 1:00 Cards & games 1:30 Line Dancing \$	8:30 Bus Departs for Killingsworth 13 9:00 French 9:00 Blood Pressure Screening 9:30 Movers & Shapers \$ 10:00 Drawing Class \$ 10:30 Sittercise 11:00 Great Courses* 12:00 Lunch 1:00 Better Balance\$ 1:00 Cards & Games	9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Judge Landgrebe 10:00 Chair Dancing\$ 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts 1:00 Kayaking 1:00 Movie: La La Land
17	18	19	20	21
8:30 Casino Bus 9 :00 Piano lessons\$, 9:30 Zumba\$, 10: 30 Mah Jongg 10:45 Weight Training 12:00 Lunch 1:00 Cards & Games 5:15 Yoga\$	9:00 Walkers go to Weir Farm 18 9:30 Movers & Shapers\$ 9:30 Stitch by Stitch Quilting 10:30 Tai Chi\$ 11:00 Your Electrical Bill* , 12:00 Lunch, 1:00 Investment Club, 1:00 Cards & Games, 1:00 BP Screening, 1:00 Mah Jongg, 1:00 Yoga\$ 3:00 Shoot Pool	9:00 Painting Class\$ 9:00 Piano Lessons \$ 9:30 Zumba \$,10:00 Sit & Stitch Quilting, 10:45 Weight Training, 11:30 Brian on Piano 12:00 Lunch 12:30 HHQ Quilters,12:45 Sittercise 1:00 Cards & games 1:30 Line Dancing \$ 2:00 Japanese Flower Arranging \$ 2:00 Massages, 4:00 Friends Meeting	9:00 French 9:30 Movers & Shapers \$ 10:00 Drawing Class \$ 10:30 Sittercise 11:00 Great Courses* 12:00 Lunch 1:00 Better Balance\$,1:00 Cards & Games, 2:00 Kathy's Discussion	9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Chair Dancing\$ 10:00 Holistic Healing * 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: Hidden Figures
24	25	26	27	28
9 :00 Piano lessons\$, 9:30 Zumba\$ 10: 30 Mah Jongg 10:45 Weight Training 12:00 Lunch 1:00 Estate Planning* 1:00 Cards & Games 5:15 Yoga\$	9:00 Walkers go to Lasdon Park 25 9:30 Movers & Shapers \$ 9:30 Stitch by Stitch Quilting 10:30 Tai Chi\$ 11:00 Your Electrical Bill* , 12:00 Lunch 1:00 Investment Club 1:00 Cards & Games 1:00 Mah Jongg 1:00 Yoga \$ 1:00 Red Hatters* , 3:00 Shoot Pool	9:00 Painting Class \$ 9:00 Piano Lessons \$ 9:00 – 1:00 AARP Driving Class\$ 9:30 Zumba \$,10:00 Sit & Stitch Quilting, 10:45 Weight Training, 12:00 Lunch 12:30 HHQ Quilters,12:45 Sittercise 1:00 Cards & games 1:30 Line Dancing \$	9:00 French 9:30 Movers & Shapers \$ 10:00 Drawing Class \$, 10:30 Sittercise 11:00 Great Courses*, 12:00 Lunch 1:00 Better Balance \$ 1:00 Cards & Games, 1:00 Terry Lent: Digestion Time of Food, 2:30 Sing-A-Long* 6:00 Paint Party \$	9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Chair Dancing\$ 10:00 Holistic Healing * 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: A Dog's Purpose
31	\$ indicates fee and pre-registration is required * indicates pre-registration is required Lunch requires reservation. See other side for specifics Check our website at: http://newfairfieldseniorcenter.com		See Our Website at: http://newfairfieldseniorcenter.com 	
9 :00 Piano lessons\$, 9:30 Zumba\$ 10:00 Foot Reflexology\$, 10: 30 Mah Jongg 10:45 Weight Training 12:00 Lunch 1:00 Cards & Games 1:00 Relaxation & Meditation *	Next Month: Penny Social Sunday, August 13th 12:00-4:00		COME SEE US AT THE 4th of JULY PARADE 9:30am	