

New Fairfield Senior Center

33 Route 37, New Fairfield, CT 06812
www.newfairfieldseniorcenter.com

November 2020

SPECIAL PROGRAMMING

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

203 312-5665

Befriend us on Facebook: New Fairfield Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 9:30 Zumba\$ 10:45 Bodies In Motion 11:30 Curbside Pickup Lunch 1:00 Tech Help by Appt. 1:00 Sing A Long 1:30 Zoom Wheel of Fortune | 3 10:00 American History: Did you know? 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$, 1:00 Soul of America 1:00 Heart Healthy Behaviors 1:30 Zoom Investment | 4 9:30 Zumba\$ 10:45 Bodies in Motion 11:00 Fall Prevention 11:00 Zoom Bronx Club Meeting 11:30 Curbside Pickup Lunch, 12:30 Bereavement Group via Zoom 1:00 Tech Help by Appt. 1:00 Sittercise 1:00 Zoom Name That Tune | 5 10:00 Artist Workshop 10:45 Bodies In Motion, 10:45 Home Safety & Fall Prevention 1:30 Occupational Therapy | 6 10:00 Zoom Moderate Yoga\$, 10:00 Garden Club Off-Site 11:00 Zoom Meditation |
| 9 9:30 Zumba\$ 10:45 Bodies In Motion 11:30 Curbside Pickup Lunch 1:00 Tech Help by Appt. 1:30 Zoom Wheel of Fortune | 10 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 10:30 Zoom Walking Club Meeting 1:00 Zoom Gentle Yoga\$, 1:30 Zoom Investment | 11 Veteran's Day No Programs Senior Center Closed | 12 10:00 Artist Workshop 10:45 Bodies In Motion, 4:00 Story Corp. Zoom: Bob Ballas | 13 10:00 Zoom Moderate Yoga\$, 11-12 Judge Landgrebe (call for phone appt.) 11:00 Zoom Meditation 11:15 Trial of the Century Nuremberg |
| 16 9:30 Zumba\$ 10:45 Bodies In Motion 11:30 Curbside Pickup Lunch 1:00 Tech Help by Appt. 1:30 Zoom Wheel of Fortune | 17 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 11:00 Money Tips 1:00 Zoom Gentle Yoga\$ 1:00 Genealogy 1:30 Zoom Investment 2:00 Kathy's Zoom Discussion Group 6:30 Zoom Entertainment -Edwards Twins | 18 9:30 Zumba\$, 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:00 Nutrition & Anti Inflammatory Diet 12:30 Bereavement Group via Zoom 1:00 Tech Help by Appt. 1:00 Sittercise 1:00 Zoom Name That Tune | 19 10:00 Artist Workshop 10:45 Bodies in Motion 11:00 Zoom Women's Book Club | 20 10:00 Zoom Moderate Yoga\$ 11:00 Zoom Meditation |
| 23 9:30 Zumba\$ 10:45 Bodies in Motion 11:30 Curbside Pickup Lunch 1:00 Tech Help by Appt. 1:00 Drive by for a Slice of Pie and some Cranberry Sauce 1:30 Zoom Wheel of Fortune | 24 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$ 1:30 Zoom Investment | 25 9:30 Zumba\$, 10:00 Khris Hall Listening 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:30 Bereavement Group via Zoom 1:00 Tech Help by Appt. 1:00 Sittercise 1:00 Zoom Name That Tune 2:00 Zoom Social Hour | 26 Closed for Thanksgiving | 27 Closed |
| 30 9:30 Zumba\$ 10:45 Bodies in Motion 11:30 Curbside Pickup Lunch 1:00 Tech Help by Appt. 1:30 Zoom Wheel of Fortune |  | Check out our Website: www.newfairfieldseniorcenter.com Click on the tab: Highlights And learn how to make this Adorable Grinch Wreath for The holidays. | \$Donations Appreciated for all our programs Lunch requires reservation by Monday prior to the week you would like lunch |  |

The above programs are listed with times that coincide with our former calendars and may help you create your own personal schedule. However, not all the programs are constrained by the times listed, especially those in Red and Green. Color Code: RED -This Program is available as a video located at www.newfairfieldseniorcenter.com Green: Virtual program call for the Link