

New Fairfield Senior Center

33 Route 37, New Fairfield, CT 06812

www.newfairfieldseniorcenter.com

October 2020

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

203 312-5665

SPECIAL PROGRAMMING

Befriend us on Facebook: New Fairfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$Donations Appreciated for all our programs</p> <p>Lunch requires reservation by Monday prior to the week you would like lunch</p>		<p>This Program is available as a video located at Highlights on our website</p> <p>Drawing & Painting Classes available on the Highlights page of our website</p>	<p>1</p> <p>10:00 Artist Workshop 10:45 Bodies In Motion, 12:00 Animal Enrichment 1:30 Benefits of Acupuncture 1:30 Flu Shots – BVNA 3:00 History Winston Churchill</p>	<p>2</p> <p>10:00 Zoom Moderate Yoga\$, 10:00 Garden Club (offsite) 11:00 Zoom Meditation 2:00 History: Andrew Jackson</p>
<p>5</p> <p>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 Place your order for Nancy's Painting Class</p>	<p>6</p> <p>9:00 Walkers: Deer Pond Farm Sherman 10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$, 1:00 The Soul of America 1:30 Zoom Investment</p>	<p>7</p> <p>9:30 Zumba\$ 10:45 Bodies in Motion 11:00 Zoom Bronx Club Meeting 11:30 Curbside Pickup Lunch, 12:00 Beluga Whales 12:30 Bereavement Group via Zoom 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Zoom Name That Tune</p>	<p>8</p> <p>10:00 Artist Workshop 10:45 Bodies In Motion, 12:00 Animal Commissary 1:00 Historical Hartford 1:30 Release the Weight of Menopause 3:00 History: Winston Churchill 7:00 Witchcraft and Magic Beliefs\$ Pick up your Painting Kit</p>	<p>9</p> <p>10:00 Zoom Moderate Yoga\$, 11-12 Judge Landgrebe (call for phone appt.) 11:00 Zoom Meditation 1:00 Having Healthy Relationships with your Adult Kids Pick up your Painting Kit</p>
<p>12</p> <p>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</p>	<p>13</p> <p>10:00 Flu Shots – CVS 10:30 Zoom Stitch by Stitch Quilting – Sue Pfau join us. 10:30 Zoom Walking Club Meeting 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$ 1:30 Zoom Investment</p>	<p>14</p> <p>9:30 Zumba\$, 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:00 Penguins 12:30 Bereavement Group via Zoom 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Zoom Name That Tune</p>	<p>15</p> <p>10:00 Artist Workshop 10:30 Don't Be Scammed 10:45 Bodies in Motion 12:00 Animal Health & Wellness</p>	<p>16</p> <p>10:00 Zoom Moderate Yoga\$ 11:00 Zoom Meditation</p>
<p>19</p> <p>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</p>	<p>20</p> <p>10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Flu Shots - RVNA 1:00 Zoom Gentle Yoga\$ 1:30 Zoom Investment 2:00 Kathy's Zoom Discussion Group</p>	<p>21</p> <p>9:30 Zumba\$, 10:00 End of Life Wishes 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:00 Seals 12:30 Bereavement Group via Zoom 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Zoom Name That Tune</p>	<p>22</p> <p>10:00 Artist Workshop 10:45 Bodies In Motion, 11:00 Zoom Women's Book Club 12:00 Endangered Species</p>	<p>23</p> <p>10:00 Zoom Moderate Yoga\$ 11:00 Zoom Meditation</p>
<p>26</p> <p>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</p>	<p>27</p> <p>10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga\$ 1:30 Zoom Investment</p>	<p>28</p> <p>9:30 Zumba\$, 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:00 Aquarium Tour 12:30 Bereavement Group via Zoom 1:00 Halloween Parade 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Zoom Name That Tune</p>	<p>29</p> <p>9:00 Flu Shots – Candlewood Drug 10:00 Artist Workshop 10:45 Bodies In Motion, 1:00 Halloween Parade (Raindate)</p>	<p>30</p> <p>10:00 Zoom Moderate Yoga\$ 11:00 Zoom Meditation</p>

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