




New Fairfield Senior Center  
Hours: Mon-Thurs 9-4pm, Fri 9-3pm

# October 2022

203 312-5665

[www.newfairfieldseniorcenter.com](http://www.newfairfieldseniorcenter.com)

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30 Zumba\$ <b>3</b> 11:00 Bodies In Motion 11:30 Curbside Pickup for Lunch\$ 1:00 Tech Help by Appt.* 1:00 Hot Dog Bingo\$</p>	<p>8:30 Men's Breakfast <b>4</b> 9:30 Walkers: Fairfield Hills 9:30 Tai Chi\$, 9:30 Stitch by Stitch Quilting, <b>12:00 Cooking w/ Puti: Italian Wedding Soup and Garlic Bread*</b> 1:00 Yoga\$, 1:00 Mah Jongg, 1:30 Investments Club 2:00 Shooting Pool</p>	<p>9:30 Zumba\$ <b>5</b> 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 11:00 Bronx Club Meeting* 11:30-12:00 Curbside Pickup for Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games 1:00 Tech Help by Appt.* <b>1:30 Neuro Graphic Art*</b> 5:15 Yoga\$</p>	<p>9:00 French, <b>6</b> 9:30 Movers and Shapers\$, 10:00 Art Class \$ 10:00 Blood Pressure Screening*, 11:00 Bodies In Motion, <b>1:00 Broadway Tunes with James Michael*</b> 1:00 Cards n Games 3:00 Cornhole*</p>	<p>9:30 Stitch by Stitch Quilting, <b>7</b> 10:00 Yoga\$, 10:00 Garden Club Meeting 1:00 Fair Crafts, 1:00 Kayaking* <b>1:00 Movie: Carolina</b></p>
<p>Closed <b>10</b> For Columbus Day </p>	<p><b>9:30 Bus Departs for Aqua Turf</b> <b>11</b> 9:30 Tai Chi\$, 9:30 Stitch by Stitch Quilting, 10:30 Walkers Club Meeting\$ 10:30 Khris Hall Listening Session* 1:00 Yoga\$, 1:00 Mah Jongg, 1:30 Investments Club 2:00 Shooting Pool</p>	<p>9:30 Zumba\$ <b>12</b> 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 11:30-12:00 Curbside Pickup for Lunch\$ 12:00 <b>Lunch n Learn – Medicare Open Enroll*</b> 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games , <b>1:00 Mr. Fix It*</b>, 1:00 Tech Help by Appt.* 2:00 Messages by Scott\$, 5:15 Yoga\$ 5:15 Yoga\$</p>	<p>9:00 French, <b>13</b> 9:30 Movers and Shapers\$, 10:00 Art Class \$ 10:00 COA Listening Session*, 10:00 Blood Pressure Screening*, 11:00 Bodies In Motion, 1:00 Cards n Games 1:00 <b>Pastel Paint Along*</b> <b>1:00 Downsizing Your Home*</b> 3:00 Cornhole*</p>	<p>9:30 Stitch by Stitch Quilting, <b>14</b> 9:30 Walkers: Poughkeepsie Bridge 10:00 Yoga 10-12pm <b>Probate Judge Martin Landgrebe*</b> 1:00 Fair Crafts, 1:00 Kayaking* <b>1:00 Movie: Where The Crawdads Sing</b></p>
<p>9:30 Zumba\$ <b>17</b> 11:00 Bodies In Motion 11:30 Curbside Pickup for Lunch\$ 1:00 Tech Help by Appt.* 1:30 Wheel of Fortune*</p>	<p>9:30 <b>Walkers: Walk to End Alzheimer's</b> <b>18</b> 9:30 Tai Chi\$, 9:30 Stitch by Stitch Quilting, 1:00 Yoga\$, 1:00 Mah Jongg 1:00 Kathy's Discussion Group* 1:30 Investment Club, 2:00 Shooting Pool</p>	<p>9:30 Zumba\$ <b>19</b> 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 11:30-12:00 Curbside Pickup for Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games 1:00 Tech Help by Appt.* 1:30 Bunco\$, 4:00 Friend's Meeting, 5:15 Yoga\$</p>	<p>9:00 French, <b>20</b> 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening 11:00 Bodies in Motion 1:00 Cards n Games, 1:00 Canasta, <b>1:00 Author Talk: Living with a Grieving Heart</b> 3:00 Cornhole*</p>	<p>9:30 Stitch by Stitch Quilting, <b>21</b> 10:00 Yoga\$ <b>10:00-12:00 Flu Shots*</b>, 1:00 Fair Crafts 1:00 Kayaking* <b>1:00 Movie: Elvis</b></p>
<p>9:30 Zumba\$ <b>24</b> 11:00 Bodies In Motion 11:30 Curbside Pickup for Lunch\$ 1:00 Tech Help by Appt.* 1:30 Wheel of Fortune*</p>	<p>9:00 Foot Reflexology\$, <b>25</b> 9:30 Walkers: Farrington Park 9:30 Tai Chi\$, 9:30 Stitch by Stitch Quilting, 10:30 Khris Hall Listening Session* 1:00 Yoga\$, 1:00 Mah Jongg 1:00 Red Hat Luncheon\$ 1:30 Investment Club 2:00 Shooting Pool</p>	<p>9:30 Zumba\$ <b>26</b> 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 11:30-12:00 Curbside Pickup for Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games, <b>1:00 Fall Prevention</b> 1:00 Tech Help by Appt.* 5:15 Yoga\$</p>	<p>9:00 French <b>27</b> 9:30 Movers and Shapers \$ 10:00 Art Class \$, 10:00 Blood Pressure Screening 11:00 Bodies In Motion, 11:00 Women's Book Club\$ 1:00 Cards n Games, <b>1:00 Murder Mystery,</b> 3:00 Cornhole*</p>	<p>9:30 Stitch by Stitch Quilting, <b>28</b> 10:00 Yoga\$ 1:00 Fair Crafts 1:00 Kayaking* <b>1:00 Movie: Sleepy Hollow</b></p>
<p>9:30 Zumba\$ <b>31</b> 11:00 Bodies In Motion 11:30 Curbside Pickup for Lunch\$ <b>12:00 Halloween Aversary\$</b> 1:00 Tech Help by Appt.*</p>	<p>\$ indicates fees and pre-Registration required *indicates pre-registration Required Lunch requires reservation</p>	<p>Caregiver's Group Meeting Saturday, October 1 At 10:00</p>	<p><b>Halloween Aversary Party</b> <b>October 31 at 12:00</b> </p>	<p><b>Craft Fair</b> October 29 9:00-3:00 </p>