

Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$ indicates fee and pre-registration is required * indicates pre-registration is required Lunch requires reservation. See other side for specifics Check our website at: <a href="http://newfairfieldseniorcenter.com">http://newfairfieldseniorcenter.com</a></p>	<p><i>Most Senior Center programs require preregistration. Please call 203 312-5665 to ensure your space and materials. In the event that a fee is required, payment must be made at the time of registration. Programs without sufficient registration may be cancelled. Walk-ins welcome when space allows.</i></p>		<p><i>NF Lions Club Picnic Saturday, 9/9 at noon At the Town Park Sign up at the Senior Center</i></p>	<p>1 9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Garden Club Meeting 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: <b>The Big Fish</b></p>
<p>4 <b>LABOR DAY SENIOR CENTER IS CLOSED</b></p>	<p>8:30 Bus Departs For Mohonk 8:30 Men's Breakfast 5 9:00 Tilly Foster Rail Trail Walk, 9:30 Movers &amp; 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 &amp; Games ,1:00 Mah jongg 1:00 Yoga\$ 3:00 Shoot Pool</p>	<p>9:00 Painting Class \$ 6 9:30 Zumba \$,10:00 Sit &amp; Stitch Quilting, 10:45 Weight Training, 11:00 Bronx Club Meeting*, 12:00 Lunch 12:30 HHQ Quilters 12:45 Sittercise 1:00 Cards &amp; games 1:30 Line Dancing\$ 7:00 Veteran's Meeting</p>	<p>7 9:00 French 9:30 Movers &amp; Shapers \$ 10:00 Drawing Class \$ 10:30 Sittercise 10:30: <b>Optimizing Brain Fitness*</b>, 12:00 Lunch 1:00 Cards &amp; Games <b>1:00 NEW Canasta</b></p>	<p>8 9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Judge Landgrebe 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts 1:00 Kayaking 1:00 Movie: <b>Chef</b></p>
<p>11 9:30 Zumba\$, 10: 30 Mah Jongg 10:45 Weight Training 12:00 Lunch 1:00 Bible Study* 1:15 Hot Dog Bingo 5:15 Yoga\$</p>	<p>12 9:30 Movers &amp; Shapers 9:30 Stitch by Stitch Quilting 10:00 Hair cutting by Linda (203-512-5365) 10:30 Tai Chi\$,10:30 Walkers Club, <b>11:00 Diabetes Prevention Info Session/ Free Glucose Screening*</b> 11:00 Your Electrical Bill*, 12:00 Lunch, 1:00 Investment Club, 1:00 Cards &amp; Games,1:00 Mah Jongg 1:00 Yoga\$,<b>2:00 Kathy's Discussion Group</b>, 3:00 Shoot Pool</p>	<p>13 9:00 Painting Class \$ 9:30 Zumba \$,10:00 Sit &amp; Stitch Quilting, 10:45 Weight Training, 12:00 Lunch, <b>12:30 Lunch and Learn Home Care*</b>, 12:30 HHQ Quilters,12:45 Sittercise 1:00 Cards &amp; games 1:30 Line Dancing \$ <b>2:00 Massages\$</b></p>	<p>14 9:00 BP Screening 9:00 French 9:30 Movers &amp; Shapers \$ 10:00 Drawing Class \$ 10:30 Sittercise 10:30 <b>Optimizing Brain Fitness*</b>, <b>11:00 Women's Book Club\$</b>, 12:00 Lunch 1:00 Cards &amp; Games, <b>1:00 NEW Canasta</b></p>	<p>15 9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Holistic Healing *, 10:00 Windows 10\$, 10:30 Bridge *12:00 Lunch 1:00 Fair Crafts, 1:00 Movie: <b>Going In Style</b> 1:00 Kayaking</p>
<p>18 8:30 Casino Bus Departs 9:30 Zumba\$, 9:30 M Techniques*, 10: 30 Mah Jongg 10:45 Weight Training 12:00 Lunch 1:00 Cards &amp; Games 5:15 Yoga\$</p>	<p>19 9:00 Pawling Lake Walk, 9:30 Movers &amp; Shapers\$ 9:30 Stitch by Stitch Quilting, 10:30 Tai Chi, 11:00 Your Electric Bill* 12:00 Lunch, 1:00 Investment Club, 1:00 Cards &amp; Games, 1:00 Mah Jongg, 1:00 Yoga\$ 1:00 Mr. Fix It*, <b>1:00 New Moon*</b>, 3:00 Shoot Pool</p>	<p>20 9:00 Painting Class \$ 9:30 Zumba \$,10:00 Sit &amp; Stitch Quilting, 10:45 Weight Training, 11:30 Brian on Piano, 12:00 Lunch <b>12:00 Lunch and Learn w/ Dr. Gupta</b> 12:30 HHQ Quilters,12:45 Sittercise 1:00 Cards &amp; games 1:30 Line Dancing \$ 2:00 Massages\$ 4:00 Friends Meeting</p>	<p>21 9:00 French 9:30 Movers &amp; Shapers \$ 10:00 Drawing Class \$, 10:30 Sittercise, 11:00 Women's Book Club\$, 12:00 Lunch 1:00 Cards &amp; Games, <b>1:00 NEW Canasta</b> <b>1:00 Travel Slide Show and Document Meeting</b></p>	<p>22 9:00 Yoga \$ 9:30 Stitch by Stitch Quilting, 10:00 Windows 10\$, 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: <b>Old Dogs</b></p>
<p>25 9:30 Zumba\$ 10:00 Foot Reflexology\$, 10: 30 Mah Jongg 10:45 Weight Training 12:00 Lunch, 1:00 Cards &amp; Games <b>1:30 Cooking Demo*</b>, 5:15 Yoga\$</p>	<p>26 9:00 Lover's Leap or Harybrook Walk 9:30 Movers &amp; Shapers \$ 9:30 Stitch by Stitch Quilting, <b>10:00 Diabetes Prevention 1*</b>, 10:30 Tai Chi\$ 11:00 Your Electric Bill*, 12:00 Lunch, <b>1:00 Flu Clinic*</b>, 1:00 Investment Club 1:00 Cards &amp; Games,1:00 Mah Jongg 1:00 Yoga \$, <b>1:00 Red Hatters*</b>, 3:00 Shoot Pool</p>	<p>27 9:00 Painting Class \$ 9:30 Zumba \$,10:00 Sit &amp; Stitch Quilting, 10:45 Weight Training, 12:00 Lunch 12:30 HHQ Quilters,12:45 Sittercise 1:00 Cards &amp; games 1:30 Line Dancing \$ <b>1:30 Pain Management*</b></p>	<p>28 9:00 French 9:30 Movers &amp; Shapers \$ 10:00 Drawing Class \$, 10:30 Sittercise 12:00 Lunch, 1:00 Cards &amp; Games, <b>1:00 NEW Canasta</b> <b>1:00 Terry Lent: Acid Reflux: Can Diet Help?</b> <b>6:00 Paint Party\$</b></p>	<p>29 9:00 Yoga \$ 9:30 Stitch by Stitch Quilting, 10:00 Windows 10\$, 10:30 Bridge * 12:00 Lunch 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: <b>Larry Crowne</b></p>