

New Fairfield Senior Center




www.newfairfieldseniorcenter.com

SEPTEMBER 2018

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

203 312-5665

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Labor Day 	4 8:30 Men's Breakfast 9:30 Movers and Shapers\$ 9:30 Stitch by Stitch Quilting, 11:00 Your Electric Bill 10:30 Tai Chi\$, 12:00 Lunch, 1:00 Yoga\$, 1:00 Mah Jongg, 1:00 Cards n Games, 1:30 Investments 3:00 Shooting Pool	5 9:00 Painting Class\$, 9:00 NEW FOOT CARE* 9:30 Zumba\$ 10:00 Sit 'n Stitch, 10:45 Weight Training 11:00 Bronx Club Meeting, 11:30 Brian on Piano, 12:00 Lunch, 12:30 HHQ Quilters, 12:45 Sittercise, 1:00 Cards n Games 1:00 Alaska Picture Party*	6 9:00 French, 9:30 Movers and Shapers\$, 10:00 Drawing Class\$ 10:45 Bodies In Motion, 12:00 Lunch, 1:00 Introduction to Computers*, 1:00 Cards/Games, 1:00 Canasta, 1:00 New Moon*, 3:00 Computer Help*	7 9:00 Yoga 9:30 Stitch by Stitch Quilting 10:00 Garden Club Meeting 10:30 Bridge*, 12:00 Lunch, 1:00 Fair Craft, 1:00 Kayaking 1:00 Movie: A Bronx Tale
10 9:30 Zumba 10:30 Mah Jongg 10:45 Bodies In Motion 12:00 Lunch 1:00 Bible Study*, 1:15 Hot Dog Bingo 2:30 Piano Lessons\$, 5:15 Yoga\$	11 9:30 Movers and Shapers\$ 9:30 Stitch by Stitch Quilting, 10:30 Haircuts w/ Linda 203-512-5365\$, 10:30 Walkers Club Meeting 11:00 Your Electric Bill, 10:30 Tai Chi\$, 12:00 Lunch 1:00 Yoga\$, 1:00 Mah Jongg, 1:00 Cards n Games, 1:30 Investments, 3:00 Shooting Pool	12 9:00 Painting Class\$, 9:30 Zumba\$ 10:00 COA Visit 10:00 Sit 'n Stitch, 10:45 Weight Training 11:30 Brian on Piano, 12:00 Lunch, 12:30 HHQ Quilters, 12:45 Sittercise, 1:00 Cards n Games 1:00 The Price Is Right*	13 9:00 French, 9:00 BP Screening, 9:30 Movers and Shapers\$, 10:00 Drawing \$ 10:45 Bodies In Motion, 11:00 Hearst Castle*, 11:00 Women's Book Club, 12:00 Lunch, 1:00 Introduction to Computers*, 1:00 Cards n Games 1:00 Canasta, 3:00 Computer Help*	14 9:00 Yoga\$, 10-12pm Probate Judge Martin Landgrebe 9:30 Stitch by Stitch Quilting, 10:30 Bridge*, 12:00 Lunch, 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: All the Money In The World
17 8:30 Mohegan Sun Casino 9:30 Zumba\$, , 10:30 Mah Jongg 10:45 Bodies in Motion 12:00 Lunch , 1:00 Cards n Games, 1:00 Bible Study*, 1:00 Jokesercise*, 2:30 Piano Lessons\$, 5:15 Yoga\$	18 9:30 Movers and Shapers 9:30 Stitch by Stitch Quilting, 10:30 Tai Chi\$, 11:00 Your Electric Bill, 12:00 Lunch, 1:00 Blood Pressure Screening 1:00 Yoga\$, 1:00 Mah Jongg 1:00 Cards n Games, 1:30 Investments 2:00 Kathy's Discussion Group., 3:00 Shooting Pool 4:00 Friend's Meeting	19 9:00 Bus Departs to Weschester 9:00 Painting Class\$, 9:30 Zumba\$ 10:00 Sit 'n Stitch 10:45 Weight Training, 12:00 Lunch, 12:30 HHQ Quilters, 12:45 Sittercise, 1:00 Cards n Games, 2:00 Messages by Scott	20 9:00 French, 9:30 Movers and Shapers\$ 10:00 Drawing Class\$ 10:45 Bodies in Motion 11:00 Women's Book Club, 12:00 Lunch 12:30 Lunch and Learn Elder Law*, 1:00 Introduction to Computers*, 1:00 Cards n Games 1:00 Canasta 2:00 Computer Help*	21 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting 10-12:00 Flavio's Holistic Healing* 10:30 Bridge*, 12:00 Lunch, 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: Beatriz At Dinner 1:15 BINGO
24 9:30 Zumba\$ 10:00 Foot Reflexology w/Kim Stewart\$ 10:30 Mah Jongg 10:45 Bodies in Motion 12:00 Lunch, 1:00 Cards n Games, 1:00 Hearing Loss with Beltone*, 2:00 Origami*, 2:30 Piano Lessons\$, 5:15 Yoga\$	25 9:30 Movers and Shapers 9:30 Stitch by Stitch Quilting, 10:30 Tai Chi\$, 11:00 Your Electric Bill, 12:00 Lunch, 1:00 Yoga\$, 1:00 Mah Jongg 1:00 Cards n Games, 1:00 Red Hatters Luncheon, 1:30 Investments 3:00 Shooting Pool 7:30 COA Meeting	26 9:00 Painting Class\$, 9:30 Zumba\$ 10:00 Sit 'n Stitch. 10:45 Weight Training 12:00 Lunch, 12:30 HHQ Quilters, 12:45 Sittercise, 1:00 Cards and Games, 2:00 Messages by Scott	27 9:00 French, 9:30 Movers and Shapers \$ 10:00 Drawing Class \$ 10:45 Bodies In Motion, 12:00 Lunch, 1:00 Cards n Games, 1:00 Introduction to Computers*, 1:00 Terry Lent: The Lemon, 1:00 Canasta, 3:00 Computer Help*	28 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting 10:30 Bridge*, 12:00 Lunch 1:00 Cards n Games 1:00 Fair Crafts, 1:00 Kayaking 1:00 Movie: I Can Only Imagine
Saturday, September 29 at 10:00 am NF Commission on Aging Community Forum "Resources for Caregivers" Open to the public!		\$ indicates fee and pre-registration required * indicates pre-registration required Lunch requires reservation see other side for menu and info		CAREGIVER SUPPORT GROUP MEETING September 8, 10:00AM