

New Fairfield Senior Center


www.newfairfieldseniorcenter.com

September 2019

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

203 312-5665

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 2 Closed for Labor Day | 3 8:30 Mens Breakfast 9:30 Movers and Shapers\$ 9:30 Stitch by Stitch Quilting, 10:30 Walkers Club, 10:30 Tai chi 12:00 Lunch, , 1:00 Yoga\$, 1:00 Mah Jongg, 1:00 Cards n Games, 1:30 Investments 2:30 Shooting Pool | 4 9:00 Painting Class\$, 9:30 Zumba\$, 9:30 Spanish\$, 10:00 Sit 'n Stitch. 10:45 Bodies in Motion, 11:00 Bronx Club 12:00 Lunch, 12:30 HHQ Quilters, 12:45 Sittercise, 1:00 Cards and Games, 2:00 Woodcarving\$, | 5 9:00 French* 9:30 Movers and Shapers\$, 10:00 Drawing Class\$ 10:45 Bodies In Motion, 12:00 Lunch, 1:00 Cards/Games, 1:00 Canasta, 1:00 Scrabble 3:00 Cornhole* | 6 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting 10:00 Garden Club Meeting 10:15 Meditation*, 10:30 Bridge*, 12:00 Lunch, 1:00 Fair Crafts 1:00 Kayaking*, 1:00 Movie: Eight Days a Week |
| 9 9:30 Zumba\$ 10:30 Mah Jongg 10:45 Bodies In Motion 12:00 Lunch 1:15 Hot Dog Bingo\$ 2:30 Piano Lessons\$, 5:15 Yoga\$ | 10 9:30 Movers and Shapers\$ 9:30 Stitch by Stitch Quilting, 10:30 Haircuts (No Haircuts this month) 10:30 Walkers Club Meeting, Tai chi 11:45 Khris Hall Listenting Session* , 12:00 Lunch, , 1:00 Yoga\$, 1:00 Mah Jongg, 1:00 Cards n Games, 1:00 Mr. Fix It, 1:30 Investments 2:30 Shooting Pool 4:00 Age Mastery Program* | 11 9:00 Painting Class\$, 9:30 Builds NF's Future Breakfast 9:30 Zumba\$, 9:30 Spanish\$, 10:00 Sit 'n Stitch, 10:45 Bodies in Motion, 11:30 Brian on Piano, 12:00 Pig Roast at Brookfield Commons* 12:00 Lunch, 12:30 HHQ Quilters, 12:30 Bereavement Group Meeting* 12:45 Sittercise, 1:00 Cards n Games 2:00 Massages by Scott 2:00 Woodcarving\$ | 12 9:00 French* 9:00 BP Screening, 9:30 Movers and Shapers\$, 10:00 Drawing \$ 10:00 COA Listening 10:45 Bodies In Motion\$, 11:00 Women's Book Club, 11:30 Lunch and Learn: On The Mend* 12:00 Lunch, 1:00 Cards n Games, 1:00 Scrabble 1:00 Canasta, 3:00 Cornhole* | 13 9:00 Yoga\$, 9:30 Stitch by Stitch Quilting, 10- 12pm Probate Judge Martin Landgrebe 10:15 Meditation*, 10:30 Bridge*, 11:30 Walkers Lucs, 12:00 Lunch, 1:00 Computer Help* 1:00 Kayaking*, 1:00 Fair Crafts, 1:00 Movie: Love and Mercy |
| 16 9:30 Zumba\$, , 10:30 Mah Jongg 10:45 Bodies in Motion 12:00 Lunch , 1:00 Cards n Games, 1:00 Getting Lifefolio in Order* 2:30 Piano Lessons\$, 5:15 Yoga\$ | 17 9:30 Movers and Shapers, 9:30 Stitch by Stitch Quilting, 9:30 Walkers Lakeside, 10:30 Tai Chi\$, 10:30 Bus Departs for Hancock Shaker Village\$ 12:00 Lunch, 1:00 Blood Pressure Screening 1:00 Yoga\$, 1:00 Mah Jongg 1:00 Cards n Games, 1:00 Investment Club, 2:00 Kathy's Discussion Group, 2:30 Shooting Pool 4:00 Age Mastery * | 18 9:00 Painting Class\$, 9:30 Zumba\$, 9:30 Spanish\$, 10:00 Sit 'n Stitch, 10:45 Bodies in Motion, 12:00 Lunch, 12:30 HHQ, 12:30 Bereavement Group Meeting* 12:45 Sittercise, 1:00 Cards n Games, 1:30 Cooking Class* 2:00 Massages by Scott\$, 2:00 Woodcarving\$, 4:00 Friend's Meeting | 19 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, 1:00 Cards n Games 1:00 Canasta, 1:00 Scrabble 1:00 Solar 101*, 3:00 Cornhole* | 20 9:00 Yoga 9:30 Stitch by Stitch Quilting 10:15 Meditation*, 10:30 Bridge*, 12:00 Lunch, 1:00 Fair Craft 1:00 Movie: Life of Pi 1:00 Kayaking*, 1:00 Computer Help* 1:15 Bingo (Origami Raffle Drawing) |
| 23 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 Folk Painting with Dot\$, 2:30 Piano Lessons\$, 5:15 Yoga\$ | 24 9:30 Movers and Shapers 9:30 Stitch by Stitch Quilting, 9:30 Walkers Cozier, 10:30 Tai Chi\$, 11:45 Khris Hall Listenting Session* , 12:00 Lunch, 1:00 Yoga\$, 1:00 Mah Jongg, 1:00 Cards n Games, 1:30 Investment Club 1:30 Red Hatters 2:15 Singing, 2:30 Shooting Pool 4:00 Age Mastery Program* 7:30 COA Meeting | 25 9:00 Painting Class\$, 9:30 Zumba\$ 9:30 Spanish\$, 10:00 Sit 'n Stitch, 10:45 Bodies in Motion, 12:00 Lunch and Learn Elder Law* , 12:00 Lunch, 12:30 HHQ Quilters, 12:30 Bereavement Group Meeting* 12:45 Sittercise, 1:00 Cards and Games, 1:00 Bunco, 2:00 Massages by Cathy\$ 2:00 Woodcarving\$, | 26 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 Canasta, 1:00 Scrabble 3:00 Cornhole* | 27 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting 10:15 Meditation*, 10:30 Bridge*, 12:00 Lunch 1:00 Kayaking, 1:00 Fair Crafts 1:00 Computer Help* 1:00 Movie: Fried Green Tomatoes |
| 30 9:30 Zumba\$ 10:30 Mah Jongg 10:45 Bodies in Motion 12:00 Lunch, 1:00 Cards n Games, 2:00 Craft: Seascape 2:30 Piano Lessons\$, 5:15 Yoga\$ | Don't Miss the New Fairfield's Craft Fair and Bake Sale Saturday, October 26 9:00-4:00 |  | Caregivers meeting September 7 th at 10:00 am | \$ indicates fee and pre-registration required * indicates pre-registration required Lunch requires reservation see other side for menu and info |