

New Fairfield Senior Center

33 Route 37, New Fairfield, CT 06812

www.newfairfieldseniorcenter.com

September 2020

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

203 312-5665

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>\$Donations Appreciated</p> <p>Lunch requires reservation by Wednesday prior to the week you would like lunch</p>	1	2	3	4
	<p>10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 11:00 Healthy Living for your Brain and Body (Zoom) 1:00 Zoom Gentle Yoga\$, 1:00 The Soul of America 1:30 Zoom Investment</p>	<p>9:30 Zumba\$, 10:00 Men's Health A Path to Health and Wellness 11:00 Zoom Bronx Club Meeting 10:45 Bodies in Motion 11:30 Curbside Pickup Lunch, 1:00 Tech Help by Appt. 1:00 Sittercise</p>	<p>10:00 Artist Workshop 10:45 Bodies In Motion, 4:00 Science & Art of Changing Your Brain (Zoom)</p>	<p>10:00 Zoom Moderate Yoga\$, 11:00 Zoom Meditation 2:00 Andrew Jackson – Hero of Democracy Part 1</p>
7	8	9	10	11
<p>LABOR DAY SENIOR CENTER CLOSED</p>	<p>10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 10:30 Zoom Walking Club Meeting 1:00 Zoom Gentle Yoga\$, 1:30 Zoom Investment</p>	<p>9:30 Zumba\$, 10:45 Bodies in Motion 11:30 Curbside Pickup Lunch, 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Zoom Name That Tune 3:00 Stories From The Attic (Zoom)</p>	<p>10:00 Artist Workshop 10:45 Bodies In Motion, 4:00 Science & Art of Changing Your Brain (Zoom)</p>	<p>10:00 Garden Club 10:00 Zoom Moderate Yoga\$, 11:00 Zoom Meditation 12:00 Judge Landgrebe (call for appt.) 1:00 United We Stand w/ Brian Gillie</p>
14	15	16	17	18
<p>9:30 Zumba\$, 10:45 Bodies In Motion 11:30 Curbside Pickup Lunch 1:00 Tech Help by Appt. 12:30 The Downsized Gourmet 1:30 Zoom Wheel of Fortune 6:00 Dementia Care: Safety Considerations (Zoom)</p>	<p>10:30 Zoom Stitch by Stitch Quilting 11:15 Ageless Grace 1:00 Zoom Gentle Yoga\$, 1:30 Zoom Investment 2:00 Kathy's Zoom Discussion Group</p>	<p>9:30 Zumba\$, 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:00 10 Warning Signs of Alzheimer's (Zoom) 12:30 Bereavement Group via Zoom 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Zoom Name That Tune 4:00 Friends Meeting (Zoom)</p>	<p>10:00 Artist Workshop 10:45 Bodies in Motion 11:00 Zoom Women's Book Club\$, 1:00 Hospice Expert Discussion 1:15 Dehydration Discussion 4:00 Science & Art of Changing Your Brain (Zoom)</p>	<p>10:00 Zoom Moderate Yoga\$, 11:00 Zoom Meditation 12:00 Owls: What's All the Screeching About (Zoom)</p>
21	22	23	24	25
<p>9:30 Zumba\$, 10:30 CHOICES via Zoom 10:45 Bodies in Motion 11:30 Curbside Pickup Lunch 1:00 Tech Help by Appt. 1:30 Zoom Wheel of Fortune</p>	<p>10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom Gentle Yoga 1:30 Zoom Investment 7:00 Andre Sarkany, Holocaust Survivor (Zoom)</p>	<p>9:30 Zumba\$, 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:30 Bereavement Group via Zoom 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Free Home Care Seminar (Zoom) 1:30 Zoom Name That Tune</p>	<p>10:00 Artist Workshop 10:45 Bodies In Motion, 11:00 Women's Book Club 3:00 History Lecture: Winston Churchill 4:00 Science & Art of Changing Your Brain (Zoom)</p>	<p>10:00 Zoom Moderate Yoga\$, 11:00 Zoom Meditation</p>
28	29	30		
<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>10:30 Zoom Stitch by Stitch Quilting, 10:30 Tai Chi\$, 1:00 Zoom GentleYoga\$, 1:30 Zoom Investment</p>	<p>9:30 Zumba\$, 10:45 Bodies in Motion, 11:30 Curbside Pickup Lunch, 12:30 Bereavement Group via Zoom 1:00 Sittercise 1:00 Tech Help by Appt. 1:30 Zoom Name That Tune</p>	<p>This Program is available as a video located at Highlights on our website Drawing & Painting Classes available on the Highlights page of our website</p>	<p>Virtual Zumba Class Call for the Link Virtual Tai Chi Class call for the link</p>