

New Fairfield Senior Center

<http://www.newfairfieldseniorcenter.org>

May 2026

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

203 312-5665

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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>* indicates pre-registration</p> <p>\$ indicates fees and pre-registration required</p> <p>Lunch requires reservation</p> | <p>Caregivers' Group Meeting</p> <p>Saturday, May 2 at 10:00</p> |  | <p>Saturday, May 16</p> <p>New Fairfield Sip and Stroll</p> <p>2:30 Parade</p> <p>4:30 Stroll</p> | <p>9:00 Spanish*</p> <p>10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Free Form Dance</p> <p>10:00 Garden Club at Center</p> <p>1:00 Chair Yoga\$ 1:00 Fair Crafts</p> <p>1:00 Movie: Mrs. Palfrey at the Claremont</p> |
| <p>9:30 Zumba\$</p> <p>11:00 Bodies In Motion</p> <p>1:00 Hot Dog Bingo\$</p> <p>3:00 Cornhole</p> | <p>8:30 Men's Breakfast*</p> <p>9:00 Yoga\$, 9:00 Foot Reflexology\$</p> <p>9:30 Walkers: Lasdon Park</p> <p>9:30 Stitch by Stitch Quilting</p> <p>10:00 Tai Chi/Qigong \$</p> <p>12:00 Lunch\$,</p> <p>12:00 Women's Pool</p> <p>1:00 Cards n Games 1:00 Tech Help*</p> <p>1:00 Mah Jongg,</p> <p>1:30 Crafts with Danielle*</p> <p>1:30 Investment Club, 2:00 Men's Pool</p> | <p>9:30 Zumba\$</p> <p>10:00 Art Class\$, 10:00 Sit 'n Stitch</p> <p>11:00 Bodies in Motion</p> <p>11:00 Bronx Club* 12:00 Lunch\$</p> <p>12:30 Sittercise Home Exercises for Longevity with Clay Callahan,</p> <p>12:30 HHQ Quilters, 1:00 Cards n Games</p> <p>1:00 Tech Help by Appt.*</p> <p>3:00 Serenity Circle</p> <p>4:15 Mah Jongg 5:15 Yoga</p> | <p>9:00 French\$</p> <p>9:30 Movers and Shapers\$</p> <p>10:00 Art Class\$</p> <p>10:00 COA/ Registrar office hours *</p> <p>10:00 Blood Pressure Screening*</p> <p>11:00 Bodies in Motion</p> <p>12:00 Lunch\$</p> <p>1:00 Cards n Games</p> <p>1:00 Leave for Sherman Historical Exhibit *</p> | <p>9:00 No Spanish</p> <p>10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Free Form Dance</p> <p>12:00 Cooking with Puti**</p> <p>1:00 Chair Yoga\$</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: A Beautiful Day in the Neighborhood</p> |
| <p>9:30 Zumba\$</p> <p>11:00 Bodies In Motion</p> <p>1:00 Wheel of Fortune*</p> <p>1:00 Mah Jongg</p> <p>2:00 How Money Works: Annuities*</p> <p>3:00 Cornhole</p> | <p>9:00 Yoga\$</p> <p>9:30 Stitch by Stitch Quilting,</p> <p>10:00 Tai Chi/Qigong\$,</p> <p>10:00 Walkers Meeting</p> <p>11:00 FREE Line Dancing Class</p> <p>12:00 Lunch\$, 12:00 Women's Pool</p> <p>1:00 Mah Jongg, 1:00 Tech Help*</p> <p>1:30 Origami w/ Dirk*</p> <p>1:30 Investment Club, 2:00 Men's Pool</p> | <p>9:30 Zumba\$ 10:00 Art Class\$</p> <p>10:00 Art Class\$, 10:00 Sit 'n Stitch</p> <p>11:00 Bodies in Motion, 12:00 Lunch\$,</p> <p>12:30 HHQ Quilters, 12:30 Sittercise,</p> <p>1:00 Cards n Games, 1:00 Tech Help.*</p> <p>1:30 Massages</p> <p>1:30 Pearls from Carol*,</p> <p>3:00 Sip & Stroll Parade Meeting</p> <p>4:15 Mah Jongg 5:15 Yoga\$</p> | <p>9:00 French\$</p> <p>9:30 Movers and Shapers\$</p> <p>10:00 Art Class\$</p> <p>10:00 Bus leaves for Aqua Turf</p> <p>10:00 Blood Pressure Screening*</p> <p>11:00 Bodies in Motion</p> <p>12:00 Lunch\$ 1:00 Cards n Games</p> <p>1:00 Canasta,</p> <p>3:00 Cornhole</p> | <p>9:00 No Spanish</p> <p>10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Free Form Dance*</p> <p>1:00 Chair Yoga\$</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: Meet the Parents</p> <p>1:30 Kayaking</p> |
| <p>9:30 Zumba\$</p> <p>11:00 Bodies In Motion</p> <p>1:00 Wheel of Fortune*</p> <p>1:00 Mah Jongg</p> <p>1:00 Provence trip talk *</p> <p>3:00 Cornhole</p> | <p>9:00 Yoga\$,</p> <p>9:30 Walkers: Farrington Park</p> <p>9:30 Stitch by Stitch Quilting,</p> <p>10:00 Tai Chi/Qigong\$,</p> <p>11:00 Line Dancing\$</p> <p>12:00 Lunch\$, 12:00 Jen's Scam Patrol</p> <p>12:00 Women's Pool</p> <p>1:00 Cards n Games 1:00 Tech Help*</p> <p>1:00 Mah Jongg</p> <p>1:30 Investment Club, 2:00 Men's Pool</p> | <p>9:30 Zumba\$, 10:00 Art Class\$</p> <p>10:00 Sit n Stitch, 11:00 Bodies in Motion,</p> <p>12:00 Lunch\$, 12:30 HHQ Quilters,</p> <p>12:30 Sittercise,</p> <p>1:00 Cards n Games</p> <p>1:00 Tech Help by Appt.*</p> <p>1:30 Massages\$, 4:00 Friend's Meeting</p> <p>4:15 Mah Jongg, 5:15 Yoga\$</p> | <p>9:00 French\$</p> <p>9:30 Movers and Shapers\$</p> <p>10:00 Art Class\$</p> <p>10:00 Blood Pressure Screening*</p> <p>11:00 Bodies in Motion</p> <p>12:00 Lunch\$ 1:00 Canasta</p> <p>1:00 Price Is Right*</p> <p>3:00 Cornhole</p> | <p>9:00 Spanish*, 10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Free Form Dance*</p> <p>Closing at noon</p> <p>No Movie</p> <p>No Fair Crafts</p> <p>No Chair Yoga</p> <p>1:30 Kayaking</p> |
| <p>CLOSED for Memorial Day</p> | <p>9:00 Yoga\$,</p> <p>9:00 Foot Reflexology\$</p> <p>9:30 Walkers: Game Farm Rd.</p> <p>9:30 Quilting, 10:00 Tai Chi/Qigong\$</p> <p>11:00 Line Dancing\$</p> <p>12:00 Lunch\$, 12:00 Women's Pool,</p> <p>1:00 Mah Jongg, 1:00 Cards n Games,</p> <p>1:00 Red Hat Lunch\$</p> <p>1:30 COA Meeting Outstanding Senior of the Year</p> <p>1:30 Investment Club, 2:00 Men's Pool</p> | <p>9:30 Zumba\$, 10:00 Art Class\$</p> <p>10:00 Sit n Stitch, 11:00 Bodies in Motion,</p> <p>12:00 Lunch\$</p> <p>12:30 HHQ Quilters, 12:30 Sittercise,</p> <p>1:00 Cards n Games</p> <p>1:00 Tech Help by Appt.*</p> <p>1:30 Massages\$ 2:00 Bunco</p> <p>4:15 Mah Jongg</p> <p>5:15 Yoga\$</p> | <p>9:00 French\$</p> <p>9:30 Movers and Shapers\$</p> <p>10:00 Art Class\$, 10:00 BP Screening*</p> <p>11:00 Bodies in Motion</p> <p>11:00 Women's Book Club – Isola *</p> <p>12:00 Lunch\$ 1:00 Cards n Games</p> <p>1:00 Canasta</p> <p>2:00 Overnight Trip Presentation</p> <p>3:00 Cornhole</p> | <p>9:00 Spanish*</p> <p>10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Free Form Dance*</p> <p>1:00 Chair Yoga\$</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: Night at the Museum</p> <p>1:30 Kayaking</p> |