



New Fairfield Senior Center

www.newfairfieldseniorcenter.org

July 2024

Hours: Mon-Thurs 9-4pm, Fri 9-3pm **203 312-5665**
 Befriend us on Facebook: New Fairfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Tech Help by Appt.* 1:00 Hot Dog Bingo\$ 3:00 Cornhole*	1 8:30 Men's Breakfast * 2 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi\$ 10:30 Walk- <i>Ridgefield Rail Trail</i> 12:00 Lunch\$ 1:00 Yoga\$, 1:00 Cards n Games, Mah Jongg 1:30 Craft with Danielle* 1:30 Investment Club 2:00 Shooting Pool	3 9-12 Blood Pressure Screening 9:30 Zumba \$ 10:00 Art Class\$, 10:00 Sit 'n Stitch 11:00 Bodies in Motion 12:00 Lunch\$ 12:30 Sittercise, 12:30 HHQ Quilters, 1:00 Cards n Games 1:00 Tech Help by Appt.* 3:00 Prayers for Peace*	4  No regular programs Boy Scout Pancake breakfast\$ See us in the parade	5 10:00 Yoga 10:00 Stitch by Stitch Quilting 1:00 Fair Crafts 1:00 Movie: Year by The Sea 1:30 Kayaking*
8 9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune 1:00 Origami – Elephant in Pajamas* 3:00 Cornhole	9 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi\$ 10:30 Walkers Meeting 10:30 Meet the Danbury Westerners* 12:00 Lunch\$ 1:00 Yoga\$, 1:00 Cards n Games 1:00 Mah Jongg, 1:30 Investment Club 2:00 Melt Method * 2:00 Shooting Pool	10 9:00 Bus Trip – Ivoryton Playhouse\$ 9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch 11:00 Bodies in Motion 11:00 Bronx Club Picnic , 12:00 Lunch\$ 12:30 Sittercise, 12:30 HHQ Quilters, 1:00 Cards n Games 1:00 Tech Help by Appt.* 1:30 No Massages 5:15 Yoga\$	11 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 BP Screening, 10:00 COA Listening session 11:00 Bodies in Motion 12:00 Lunch\$, 1:00 Cards n Games 1:00 Canasta 1:30 The Price is Right* 3:00 Cornhole	12 9:00 Spanish* 10:00 Yoga 10:00 Stitch by Stitch Quilting 10-12pm Probate Judge Landgrebe* 10:00 Garden Club meeting 11:00 Free Dance 12:00 Cooking with Puti* 1:00 Fair Crafts 1:00 Movie: Summertime 1:30 Kayaking*
15 9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune 3:00 Cornhole 1:00 Intuitive Readings\$	16 9:00 Yoga\$ 9:00-1:00 AAA Driving Class\$ 9:30 Walkers - <i>John Jay Homestead</i> 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi\$, 12:00 Lunch\$ 1:00 Cards n Games 1:00 Yoga\$, 1:00 Mah Jongg 1:00 Kathy's Discussion Group 1:30 Investment Club 2:00 Shooting Pool	17 9-12 Blood Pressure Screening 9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games 1:00 Tech Help Appt.* 1:30 Bunco\$, 4:00 Friend's Meeting 5:15 Yoga\$	18 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 12:00 Lunch\$, 1:00 Cards n Games 1:00 Canasta 1:30 Olympics Past and Present * 3:00 Cornhole	19 9:00 Spanish* 10:00 Yoga\$ 10:00 Floral Design Workshop\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance 1:00 Fair Crafts 1:00 Movie: Long Hot Summer 1:30 Kayaking*
22 9:30 Zumba\$ 11:00 Bodies In Motion 12:00 Lunch\$ 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune 3:00 Cornhole	23 9:00 Yoga\$ 9:00 Foot Reflexology\$ 9:30 Stitch by Stitch Quilting, 9:30 Walk- <i>Gleneida Rail Trail</i> 10:00 Tai Chi\$, 12:00 Lunch\$, 12:00 Jen's Scam Watch 1:00 Cards n Games 1:00 Yoga\$, 1:00 Mah Jongg 1:30 Investment Club 2:00 Shooting Pool, 2:00 MELT Method\$	24 9:00 Bus leaves for Casino 9:30 Zumba\$ 9-12 Blood Pressure Screening 10:00 Art Class\$ 10:00 Sit n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games, 1:00 Tech Help by Appt.* 2:00 Massages\$ 5:15 Yoga\$	25 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 11:00 Women's Book Club\$ 12:00 Lunch\$, 1:00 Cards n Games 1:00 Canasta, 2:00 MELT Method\$ 3:00 Cornhole	26 9:00 Spanish * 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance 1:00 Fair Crafts 1:00 Foot Reflexology\$ 1:00 Movie: A Summer Place 1:30 Kayaking*
29 9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune 3:00 Cornhole	30 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi\$ 10:30 Walk- <i>Sherman Track and Beach</i> 12:00 Lunch\$ 1:00 Yoga\$, 1:00 Cards n Games 1:00 Mah Jongg, 1:00 Red Hat Luncheon* 1:30 Investment Club 2:00 Shooting Pool			Caregivers Group Meeting Saturday, July 6 at 10:00
*indicates pre-registration required \$ indicates fees and pre-registration required Lunch requires reservation				