

New Fairfield Senior Center



www.newfairfieldseniorcenter.org

May 2025

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

203 312-5665

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Caregivers' Group Meeting Saturday, May 3 at 10:00</p> <p>*****</p> <p>Tech Help by appointment Tuesdays & Wednesdays 1-4:00</p>	<p>*indicates pre-registration \$ indicates fees and pre-registration required Lunch requires reservation</p>		<p>9:00 French\$ 1</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 Cards n Games</p> <p>1:00 Mental Wealth*</p> <p>1:00 Canasta, 3:00 Cornhole</p>	<p>9:00 No Spanish 2</p> <p>9:30 Yoga \$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Garden Club –Senior Center</p> <p>11:00 Dance</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: On Golden Pond</p>
<p>5</p> <p>9:30 Zumba\$</p> <p>11:00 Bodies in Motion</p> <p>1:00 Hot Dog Bingo</p> <p>1:00 Mah Jongg</p> <p>3:00 Cornhole</p>	<p>8:30 Men's Breakfast 6</p> <p>9:00 Foot Reflexology\$ 9:00 Yoga\$</p> <p>9:30 Walkers: Lasdon Park*</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Tai Chi\$, 11:45 HS Culinary Swap*</p> <p>12:00 Lunch\$, 12:00 Women's Pool</p> <p>1:00 Tech Help* 1:00 Chair Yoga\$, 1:00 Cards n Games, 1:00 Mah Jongg, 1:30 Crafts/ Danielle* 1:30 Investment Club, 2:00 Men's Pool*</p>	<p>7</p> <p>9:00 Blood Pressure, 9:30 Zumba\$</p> <p>10:00 Art Class\$, 10:00 Sit 'n Stitch, 11:00 Bronx Club*</p> <p>11:00 Bodies in Motion, 12:00 Lunch\$</p> <p>12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards/Games, 1:00 Tech Help Appts.*</p> <p>1:00 Cribbage.</p> <p>1:30 Book Talk: It's Up, It's Good*</p> <p>3:00 Prayers for Peace</p> <p>5:15 Yoga\$</p>	<p>8</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>10:00 COA Listening Session</p> <p>11:00 Bodies in Motion, 12:00 Lunch\$</p> <p>1:00 Cards n Games, 1:00 Canasta*</p> <p>3:00 Cornhole</p>	<p>9</p> <p>9:00 No Spanish</p> <p>9:30 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Probate Judge Martin Landgrebe*</p> <p>11:00 Dance</p> <p>12:00 Cooking with Puti*</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: In The Heat of the Night</p>
<p>12</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>100 Empire State Building Talk</p> <p>3:00 Cornhole</p>	<p>13</p> <p>9:00 Yoga\$</p> <p>10:00 Tai Chi\$, 10:00 Stitch Quilting</p> <p>10:30 Walking Club Meeting</p> <p>12:00 Lunch\$</p> <p>12:00 Women's Pool*, 1:30 Cards n Games, 1:00 Chair Yoga\$, 1:00 Mah Jongg</p> <p>1:00 Tech Help* 1:00 Origami w/ Dirk* 1:30 Investment Club 2:00 Men's Pool*,</p>	<p>14</p> <p>9:00 Blood Pressure</p> <p>9:30 Zumba\$, 10:00 Art Class\$</p> <p>10:00 Sit n Stitch*,</p> <p>10:30 Municipal Agent Give & Take</p> <p>11:00 Bodies in Motion,</p> <p>12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games ,</p> <p>1:00 Cribbage* 1:00 Tech Help by Appt.*,</p> <p>1:30 Downsizing* 1:30 Massages*</p> <p>5:15 Yoga\$</p>	<p>15</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, 12:00 Lunch\$</p> <p>1:00 Cards n Games, 1:00 Canasta*</p> <p>1:30 History of The Palace Theater*,</p> <p>3:00 Cornhole</p>	<p>16</p> <p>9:00 Spanish</p> <p>9:30 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Dance</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: All About /Eve</p> <p>1:30 Kayaking*</p>
<p>19</p> <p>9:30 Zumba \$</p> <p>11:00 Bodies in Motion</p> <p>1:00 Wheel of Fortune*</p> <p>1:00 Intuitive Reading\$</p> <p>1:00 Mah Jongg</p> <p>2:00 Elder Financial Abuse*</p> <p>3:00 Cornhole</p>	<p>20</p> <p>9:00 Yoga\$</p> <p>9:30 Walkers: Orzech Family Preserve</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Tai Chi\$, 12:00 Lunch\$</p> <p>12:00 Women's Pool*, 1:00 Cards n Games 1:00 Tech Help*</p> <p>1:00 Discussion Group*</p> <p>1:00 Chair Yoga\$, 1:00 Mah Jongg</p> <p>1:30 Investment Club, 2:00 Men's Pool*,</p>	<p>21</p> <p>9:00 Blood Pressure, 9:30 Zumba\$</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 Sittercise, 12:30 HHQ Quilters, 1:00 Cards n Games,</p> <p>1:00 Cribbage*</p> <p>1:00 Tech Help by Appt.*</p> <p>1:30 Money Values and Smart Goals*</p> <p>4:00 Friend's Meeting</p> <p>5:15 Yoga\$</p>	<p>22</p> <p>9:00 French\$</p> <p>9:30 Movers and Shapers\$, 10:00 Art Class\$</p> <p>10:00 Blood Pressure Screening</p> <p>11:00 Bodies in Motion</p> <p>12:00 Lunch\$</p> <p>1:00 Trash Talk (Recycling)*</p> <p>1:00 Cards n Games, 1:00 Canasta</p> <p>3:00 Cornhole</p>	<p>23</p> <p>9:00 Spanish</p> <p>9:30 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Free Form Dance Class</p> <p>1:00 Fair Crafts</p> <p>1:00 Dynamic Energy Healing\$</p> <p>1:00 Movie: The Last Station</p> <p>1:30 Kayaking*</p>
<p>26</p> <p>Memorial Day Senior Center Closed</p> 	<p>27</p> <p>9:00 Foot Reflexology\$</p> <p>9:00 Yoga\$, Walkers: Harrybrooke Park</p> <p>10:00 Stitch by Stitch Quilting,</p> <p>10:00 Tai Chi\$, 12:00 Lunch\$ 12:00 Women's Pool*, 1:00 Cards n Games 1:00 Tech Help*</p> <p>1:00 Chair Yoga\$, 1:00 Mah Jongg</p> <p>1:00 Red Hat Luncheon\$</p> <p>1:30 Investment Club, 2:00 Men's Pool*</p>	<p>28</p> <p>9:00 Blood Pressure</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>12:00 Lunch\$</p> <p>12:30 Sittercise, 12:30 HHQ Quilters, 1:00 Cards n Games, 1:00 Tech Help*</p> <p>1:00 Cribbage*, 1:30 Massages*\$</p> <p>1:30 Trip Presentation: Tuscany and the Italian Riviera*</p> <p>5:15 Yoga\$</p>	<p>29</p> <p>9:00 French\$</p> <p>9:30 Movers and Shapers\$, 10:00 Art Class\$</p> <p>10:00 Blood Pressure Screening</p> <p>11:00 Bodies in Motion</p> <p>11:00 Women's Book Club\$</p> <p>12:00 Lunch\$</p> <p>1:00 Cards n Games, 1:00 Canasta</p> <p>3:00 Cornhole</p>	<p>30</p> <p>9:00 Spanish</p> <p>9:30 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>11:00 Free Form Dance Class</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: 12 Angry Men</p> <p>1:30 COA's Outstanding Senior Award</p> <p>1:30 Kayaking*</p>