


New Fairfield Senior Center

<http://www.newfairfieldseniorcenter.org>

August 2024

Hours: Mon-Thurs 9-4pm, Fri 9-3pm **203 312-5665**

Find us on Facebook: New Fairfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
	Caregivers' Group Meeting Saturday, August 3 at 10:00	*Indicates pre-registration \$ indicates fees and pre-registration required Lunch requires reservation	9:00 French\$ 1 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 2:00 MELT \$, 3:00 Cornhole	9:00 Spanish* 2 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 10:00 Garden Club Mtg (off site) 11:00 Free Dance* 1:00 Fair Crafts, 1:00 Cards n Games 1:00 Movie: The Sixth Sense 1:30 Kayaking
9:30 Zumba\$ 5 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Hot Dog Bingo\$ 3:00 Cornhole	8:30 Men's Breakfast* 6 9:00 Yoga\$, 9:30 Walkers: <i>Putnam Park</i> 9:30 Stitch by Stitch Quilting 10:00 Tai Chi/Qigong \$ 12:00 Lunch\$, 12:00 Beginner's Pool 1:00 Chair Yoga\$, 1:00 Cards n Games 1:00 Mah Jongg, 1:30 Craft - Wood Watermelon Coasters 1:30 Investment Club, 2:00 MELT \$, 2:00 Pool Team	9:30 Zumba\$ 7 10:00 Art Class\$, 10:00 Sit 'n Stitch 11:00 Bodies in Motion 11:00 Bronx Club 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, 5:15 Yoga\$	9:00 French\$ 8 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 The Price is Right 2:00 MELT \$, 3:00 Cornhole	9:00 Spanish* 9 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 12:00 Cooking with Kathy* 1:00 Fair Crafts 1:00 Movie: Aloha 1:00 Cards n Games 1:30 Kayaking
9:30 Zumba\$ 12 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune* 3:00 Cornhole	9:00 Yoga\$ 13 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 10:30 Walker's Club Meeting 12:00 Lunch\$ 12:00 Beginner's Pool 1:00 Kathy's Discussion Group 1:00 Chair Yoga\$ 1:00 Mah Jongg, 1:30 Investment Club, 2:00 Pool Team 2:00 Origami w/ Dirk*, 2:00 MELTS	9:30 Zumba\$ 14 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:30 Diet and Inflammation 1:00 Cards n Games, 1:00 Tech Help.* 2:00 Massage\$ 5:15 Yoga\$	9:00 French\$ 15 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 1:30 Grandkids Ice Cream Social* 1:00 Canasta, 3:00 Cornhole	9:00 Spanish* 16 10:00 Yoga\$ 10-12 Probate Judge Landgrebe* 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 1:00 Fair Crafts 1:00 Movie: BFG 1:00 Cards n Games 1:30 MELT \$, 1:30 Kayaking
9:30 Zumba\$ 19 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune* 1:00 Intuitive Readings 3:00 Cornhole	9:00 Yoga 20 9:30 Walkers: <i>Fairfield Hills</i> 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 12:00 Lunch\$, Jen's Scam Patrol 12:00 Beginner's Pool, 1:00 Cards n Games 1:00 Chair Yoga\$, 1:00 Mah Jongg 1:00 Occupational Therapy and Aging* 1:00 Kathy's Discussion Group* 1:30 Investment Club, 2:00 MELT \$, 2:00 Pool Team, 4:00 Friend's Meeting	9:30 Zumba\$, 10:00 Art Class\$ 21 10:00 Sit n Stitch, 10:15 Bus departs for Sail On! \$ 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games , 1:00 Tech Help * 1:30 Bunco\$ 5:15 Yoga\$	9:00 French\$ 22 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 Trusts: Everything You Wanted... * 2:00 MELT \$, 3:00 Cornhole	9:00 Spanish* 23 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 1:00 Foot Reflexology\$ 1:00 Fair Crafts 1:00 Movie: A Walk in the Woods 1:00 Cards n Games 1:30 Kayaking
9:30 Zumba\$ 26 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune* 3:00 Cornhole	9:00 Yoga\$, 27 9:00 Foot Reflexology\$ 9:30 Walkers: <i>Bkfld Greenway</i> , 9:30 Quilting, 10:00 Tai Chi/Qigong\$ 12:00 Lunch\$, 12:00 Beginner's Pool 1:00 Cards n Games, 1:00 Chair Yoga\$, 1:00 Mah Jongg, 1:00 Red Hat Lunch\$ 1:30 Investment Club, 2:00 Pool Team 2:00 Pool Team, 7:30 COA Meeting	9:30 Zumba\$ 28 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 2:00 Massages\$ 5:15 Yoga\$	9:00 French\$ 29 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,, 3:00 Cornhole	9:00 Spanish* 30 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 1:00 Foot Reflexology\$ 1:00 Fair Crafts 1:00 Movie: Fargo 1:00 Cards n Games 1:30 Kayaking