

New Fairfield Senior Center

www.newfairfieldseniorcenter.org

October 2025

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

203 312-5665

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Monday	Tuesday	Wednesday	Thursday	Friday
Caregivers' Group Meeting Saturday, October 4 at 10:00	*indicates pre-registration \$ indicates fees and pre-registration required Lunch requires reservation CRAFT FAIR Saturday, October 25	9:00 Blood Pressure, 9:30 Zumba\$ 1 10:00 Art Class\$, 10:00 Sit 'n Stitch, 10:30 Municipal Agent Give & Take 11:00 Bronx Club* 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards/Games, 1:00 Tech Help Appts.* 3:00 Prayers for Peace* 5:15 Yoga\$	9:00 French\$ 2 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 BP Screening 11:00 Bodies in Motion, 11:00 Grief Group 12:00 Lunch\$ 1:00 Cards n Games, 1:00 Canasta* 3:00 Cornhole	9:00 Spanish 3 10:00 Yoga \$ 10:00 Stitch by Stitch Quilting 10:00 Garden Club – Putnam Diner 10:00 Bridge* 11:00 Dance 1:00 Fair Crafts 1:00 Movie: Strangers on a Train
6 9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Hot Dog Bingo 1:00 Mah Jongg 3:00 Cornhole	7 8:30 Men's Breakfast 9:00 Foot Reflexology\$ 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting 9:30 Walkers: Ridgefield Rail Trail 10:00 Tai Chi\$, 10:00 Memoir Writing\$ 12:00 Lunch\$, 12:00 Women's Pool 1:00 Tech Help by Appt.* 1:00 Chair Yoga\$, 1:00 Cards n Games 1:00 Mah Jongg, 1:30 Crafts w/ Danielle* 1:30 Investment Club, 2:00 Men's Pool* 2:30 Line Dancing\$	8 9:00 Blood Pressure, 9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch, 10:30 Municipal Agent Give & Take 11:00 NO Bodies in Motion Today, 12:00 Oktoberfest\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards/Games, 1:00 Tech Help Appts.* 1:30 Massages\$ 5:15 Yoga\$	9 9:00 French\$ 9:30 Movers and Shapers\$ 9:30-12:00 Flu Clinine with Candlewood Drugs* 10:00 Art Class\$10:00 Blood Pressure Screening 11:00 Grief Group 11:00 Bodies in Motion, 12:00 Lunch\$ 1:00 Cards n Games, 1:00 Canasta* 1:30 Fall Floral Pumpkin Design w/ Cozy Oaks\$	10 9:00 Spanish 10:00 Yoga \$ 10:00 Stitch by Stitch Quilting 10:00 Garden Club – Putnam Diner 10:00 Bridge* 11:00 Dance 12:00 Cooking with Tatiana* 1:00 Fair Crafts 1:00 Movie: The Six Triple 8
13 Senior Center Closed Columbus Day	14 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi\$, 10:30 Walking Club Meeting 10:00 Memoir Writing\$ 12:00 Lunch \$ 12:00 Women's Pool*, 1:30 Cards n Games, 1:00 Tech Help by Appt.* 1:00 Chair Yoga\$, 1:00 Mah Jongg 1:00 Origami* 1:30 Investment Club 2:00 Men's Pool*, 2:30 Line Dancing\$	15 9:00 Blood Pressure 9:30 Zumba\$, 10:00 Art Class\$ 10:00 Sit n St'itch, 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.*, 1:30 Safeguard Your Legacy: Estate & Insurance Strategies for Long-Term Care 3:00 Trip Presentation 2026 Tours 3:00 Friend's Meeting, 5: 15 Yoga\$	16 9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening 11:00 Grief Group 11:00 Bodies in Motion, 12:00 Lunch\$ 1:00 Cards n Games, 1:00 Canasta* 1:30 Liz Pepin Panel* 3:00 Cornhole	17 9:00 Spanish 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 10:00 Bridge* 11:00 Dance 1:00 Fair Crafts 1:00 Movie: The Luckiest Man In America
20 9:30 Zumba \$ 11:00 Bodies in Motion 1:00 Wheel of Fortune* 1:00 Intuitive Reading\$ 3:00 Cornhole	21 9:00 Foot Reflexology\$ 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, 9:30 Walkers:NO WALK 10:00 Tai Chi\$, 10:00 Memoir Writing\$ 12:00 Lunch\$ 12:00 Beginner's Pool*, 1:00 Tech Help by Appt.* 1:00 Cards n Games 1:00 Chair Yoga\$, 1:00 Mah Jongg 1:30 Investment Club, 2:00 Men's Pool*, 2:30 Line Dancing\$	22 9:00 Blood Pressure , 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit 'n Stitch 11:00 Bodies in Motion, 12:00 Lunch\$ 12:00 Lunch and Learn Fall Prevention* 12:30 Sittercise, 12:30 HHQ Quilters, 1:00 Cards n Games, 1:00 Tech Help by Appt.* 1:30 Massages\$ 2:00 Bunco* 5:15 Yoga\$	23 9:00 French\$ 9:00 Bus Departs for Kruckers 9:30 Movers and Shapers\$, 10:00 Art Class\$ 10:00 Blood Pressure Screening 11:00 Bodies in Motion 11:00 Grief Group 12:00 Lunch\$ 1:00 Cards n Games, 1:00 Canasta 3:00 Cornhole	24 9:00 Spanish 9:00 Walkers: Poughkeepsie Bridge 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 10:00 Bridge* 11:00 Free Form Dance Class 1:00 Fair Crafts 1:00 Movie: Moonstruck
27 9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Wheel of Fortune* 1:00 Mah Jongg 3:00 Cornhole	28 9:00 Yoga\$ 9:00 Foot Reflexology 9:30 Stitch by Stitch Quilting, 9:30 Walkers: TBD 10:00 Tai Chi\$, 10:00 Memoir Writing\$ 12:00 Lunch\$, 12:00 Beginner's Pool*, 1:00 Tech Help by Appt.* 1:00 Cards n Games 1:00 Chair Yoga\$, 1:00 Mah Jongg 1:00 Red Hat Luncheon\$ 1:30 Investment Club, 2:00 Men's Pool*, 2:30 Line Dancing\$	29 9:00 Blood Pressure 9:30 Zumba\$ 9:45 Bus Departs for NYC 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* 5:15 Yoga\$	30 9:00 French\$ 9:30 Movers and Shapers\$, 10:00 Art Class\$ 10:00 Blood Pressure Screening 11:00 Bodies in Motion 11:00 Grief Group 11:00 Women's Book Club\$ 12:00 Lunch\$ 1:00 Halloweenaversary* 1:00 Cards n Games, 1:00 Canasta 3:00 Cornhole	31 9:00 Spanish 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 10:00 Bridge* 11:00 Free Form Dance Class 1:00 Fair Crafts 1:00 Movie: E.T.