

New Fairfield Senior Center

www.newfairfieldseniorcenter.org

July 2026

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

203 312-5665

Befriend us on Facebook: New Fairfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Caregivers' Group Meeting Saturday, July 11 at 10:00</p>	<p>* indicates pre-registration</p> <p>\$ indicates fees and pre-registration required</p> <p>Lunch requires reservation</p> <p>-----</p>	<p>1</p> <p>9:00 Blood Pressure, 9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch, 11:00 Bronx Club* 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 Sittercise, 1:00 Cards/Games, 1:00 Tech Help* 3:00 Serenity Circle* 4:15 Mahjong 5:15 Yoga\$</p>	<p>2</p> <p>9:00 French\$ 9:00 Blood Pressure 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Bodies in Motion, 12:00 Lunch\$ Closing at 1:00</p>	<p>3</p> <p>Closed for July 4th</p>
<p>6</p> <p>9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Hot Dog Bingo\$</p>	<p>7</p> <p>8:30 Men's Breakfast* 9:00 Foot Reflexology\$ 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting 9:30 Walkers: Lake Tonetta trail, Brewster 10:00 Tai Chi\$, 11:00 Line Dancing\$ 12:00 Lunch\$, 12:00 Women's Pool 1:00 Tech Help* 1:00 Chair Yoga\$ 1:00 Cards n Games 1:00 Mahjong 1:30 Crafts w/ Danielle* 1:30 Investment Club, 2:00 Men's Pool</p>	<p>8</p> <p>9:00 Blood Pressure 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion 12:00 Lunch\$ 12:30 Sittercise, 1:00 Cards/Games 1:00 Tech Help* 1:30 Hart Bus Community Forum* 1:30 Massages\$ 4:15 Mahjong 5:15 Yoga\$</p>	<p>9</p> <p>9:00 French\$ 9:00 Blood Pressure 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:15 Hudson River Cruise\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta* 3:00 Cornhole</p>	<p>10</p> <p>9:00 Spanish\$ 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 10:00 Garden Club 11:00 Free Form Dance 1:00 Fair Crafts 1:00 Movie: Solo Mio 1:30 Kayaking</p>
<p>13</p> <p>9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Wheel of Fortune* 1:00 Mahjong 2:00 When the World Starts to Spin Vertigo*</p>	<p>14</p> <p>9:00 Yoga \$ 9:30 Stitch by Stitch Quilting 10:00 Tai Chi\$ 10:30 Walking Club Meeting 11:00 Line Dancing* 12:00 Lunch\$ 12:00 Women's Pool* 1:00 Cards n Games 1:00 Tech Help* 1:00 Chair Yoga\$ 1:00 Mahjong 1:00 Origami* 1:30 Investment Club 2:00 Men's Pool*</p>	<p>15</p> <p>9:00 Blood Pressure 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit 'n Stitch 11:00 Bodies in Motion 12:00 Lunch\$ 12:30 Sittercise, 1:00 Cards n Games 1:00 Tech Help* 1:30 Non-Med Pain Mgmt for Arthritis/ Illness* 4:00 Friend's Meeting 4:15 Mahjong 5:15 Yoga\$</p>	<p>16</p> <p>9:00 French\$ 9:00 Blood Pressure 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta* 1:00 Bridge* 2:00 Heavenly Hymns* 3:00 Cornhole</p>	<p>17</p> <p>9:00 Spanish\$ 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance 1:00 Fair Crafts 1:00 Movie: The Ballad of Wallis Island 1:30 Kayaking</p>
<p>20</p> <p>9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Wheel of Fortune* 1:00 Mahjong 1:00 Intuitive Reading\$ 2:00 Pampering & Skin Care*</p>	<p>21</p> <p>9:00 Yoga\$ 9:30 Stitch by Stitch Quilting 9:30 Walkers: Meckauer Park, Bethel 10:00 Tai Chi\$ 11:00 Line Dancing\$ 12:00 Lunch\$ 12:30 Jen's Scam Patrol 12:00 Women's Pool* 1:00 Tech Help* 1:00 Cards n Games 1:00 Chair Yoga\$ 1:00 Mahjong 1:30 Investment Club 2:00 Men's Pool*</p>	<p>22</p> <p>9:00 Blood Pressure 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit 'n Stitch 11:00 Bodies in Motion 12:00 Lunch\$ 12:30 Sittercise, 1:00 Cards n Games 1:00 Tech Help* 1:30 Identity Theft Presentation* 1:30 Massages\$ 2:00 Bunco* 4:15 Mahjong 5:15 Yoga\$</p>	<p>23</p> <p>9:00 French\$ 9:00 Blood Pressure 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta 1:00 Bridge* 3:00 Cornhole</p>	<p>24</p> <p>9:00 Spanish\$ 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance Class 1:00 Fair Crafts 1:00 Movie: Home Team 1:30 Kayaking</p>
<p>27</p> <p>9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Dynamic Healing\$ 1:00 Wheel of Fortune* 1:00 Mahjong 2:00 Wealth & Estate Planning*</p>	<p>28</p> <p>9:00 Yoga\$ 9:00 Foot Reflexology\$ 9:30 Stitch by Stitch Quilting, 9:30 Walkers: Putnam Park, Redding 10:00 Tai Chi\$ 11:00 Line Dancing\$ 12:00 Lunch\$ 12:00 Women's Pool* 1:00 Tech Help* 1:00 Cards n Games 1:00 Chair Yoga\$ 1:00 Mahjong 1:00 Red Hat Luncheon\$ 1:30 Investment Club, 2:00 Men's Pool* 7:30 COA Meeting</p>	<p>29</p> <p>9:00 Blood Pressure 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit 'n Stitch 11:00 Bodies in Motion 12:00 Lunch\$ 12:30 Sittercise; 1:00 Cards/games, 1:00 Tech Help* 1:30 Financial Exploitation & Scams* 4:15 Mahjong 5:15 Yoga\$</p>	<p>30</p> <p>9:00 French\$ 9:00 Blood Pressure 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Bodies in Motion 11:00 Women's Book Club\$ 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta 1:00 Bridge* 2:00 Heavenly Hymns* 3:00 Cornhole</p>	<p>31</p> <p>9:00 Spanish\$ 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance Class 1:00 Fair Crafts 1:00 Movie: The Last Rodeo 1:30 Kayaking</p>