

New Fairfield Senior Center

<http://www.newfairfieldseniorcenter.org>

May 2026

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

203 312-5665

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>* indicates pre-registration</p> <p>\$ indicates fees and pre-registration required</p> <p>Lunch requires reservation</p>	<p>Caregivers' Group Meeting Saturday, May 2 at 10:00</p>		<p>Saturday, May 16 New Fairfield Sip and Stroll 2:30 Parade 4:30 Stroll</p>	<p>9:00 Spanish* 1 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance 10:00 Garden Club at Center 1:00 Chair Yoga\$ 1:00 Fair Crafts 1:00 Movie: Mrs. Palfrey at the Claremont</p>
<p>4</p> <p>9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Hot Dog Bingo\$ 3:00 Cornhole</p>	<p>5</p> <p>8:30 Men's Breakfast* 9:00 Yoga\$, 9:00 Foot Reflexology\$ 9:30 Walkers: Farrington Park 9:30 Stitch by Stitch Quilting 10:00 Tai Chi/Qigong \$ 12:00 Lunch\$, 12:00 Women's Pool 1:00 Cards n Games 1:00 Mah Jongg, 1:30 Crafts with Danielle* 1:30 Investment Club, 2:00 Men's Pool</p>	<p>6</p> <p>9:30 Zumba\$ 10:00 Art Class\$, 10:00 Sit 'n Stitch 11:00 Bodies in Motion 11:00 Bronx Club* 12:00 Lunch\$ 12:30 Sittercise Home Exercises for Longevity with Clay Callahan, 12:30 HHQ Quilters, 1:00 Cards n Games 1:00 Tech Help by Appt.* 3:00 Serenity Circle 4:15 Mah Jongg 5:15 Yoga</p>	<p>7</p> <p>9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 COA/ Registrar office hours * 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Leave for Sherman Historical Exhibit *</p>	<p>8</p> <p>9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance 12:00 Cooking with Puti** 1:00 Chair Yoga\$ 1:00 Fair Crafts 1:00 Movie: A Beautiful Day in the Neighborhood</p>
<p>11</p> <p>9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Wheel of Fortune* 1:00 Mah Jongg 2:00 How Money Works: Annuities* 3:00 Cornhole</p>	<p>12</p> <p>9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 10:00 Walkers Meeting 11:00 FREE Line Dancing Class 12:00 Lunch\$, 12:00 Women's Pool 1:00 Mah Jongg, 1:30 Origami w/ Dirk* 1:30 Investment Club, 2:00 Men's Pool</p>	<p>13</p> <p>9:30 Zumba\$ 10:00 Art Class\$ 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.* 1:30 Massages 1:30 Pearls from Carol*, 3:00 Sip & Stroll Parade Meeting 4:00 Friend's Meeting 4:15 Mah Jongg 5:15 Yoga\$</p>	<p>14</p> <p>9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Bus leaves for Aqua Turf 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta, 3:00 Cornhole</p>	<p>15</p> <p>9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance* 1:00 Chair Yoga\$ 1:00 Fair Crafts 1:00 Movie: Meet the Parents 1:30 Kayaking</p>
<p>18</p> <p>9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Intuitive Readings\$ 1:00 Wheel of Fortune* 1:00 Mah Jongg 1:00 Provence trip talk 3:00 Cornhole</p>	<p>19</p> <p>9:00 Yoga\$, 9:30 Walkers: Lasdon Park 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 11:00 Line Dancing\$ 12:00 Lunch\$, 12:00 Jen's Scam Patrol 12:00 Women's Pool 1:00 Cards n Games 1:00 Mah Jongg 1:30 Investment Club, 2:00 Men's Pool</p>	<p>20</p> <p>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 by Appt.* 1:30 Massages\$, 4:00 Friend's Meeting 4:15 Mah Jongg, 5:15 Yoga\$</p>	<p>21</p> <p>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 Canasta 1:00 Price Is Right* 3:00 Cornhole</p>	<p>22</p> <p>9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance* No Movie No Fair Crafts 1:30 Kayaking</p>
<p>25</p> <p>CLOSED for Memorial Day</p>	<p>26</p> <p>9:00 Yoga\$, 9:00 Foot Reflexology\$ 9:30 Walkers: Game Farm Rd. 9:30 Quilting, 10:00 Tai Chi/Qigong\$ 11:00 Line Dancing\$ 12:00 Lunch\$, 12:00 Women's Pool, 1:00 Mah Jongg, 1:00 Cards n Games, 1:00 Red Hat Lunch\$ 1:30 Investment Club, 2:00 Men's Pool 7:30 COA Meeting</p>	<p>27</p> <p>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 by Appt.* 1:30 Massages\$ 2:00 Bunco 4:15 Mah Jongg 5:15 Yoga\$</p>	<p>28</p> <p>9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$, 10:00 BP Screening* 11:00 Bodies in Motion 11:00 Women's Book Club – Isola * 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta 2:00 Overnight Trip Presentation 3:00 Cornhole</p>	<p>29</p> <p>9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Form Dance* 1:00 Chair Yoga\$ 1:00 Fair Crafts 1:00 Movie: Night at the Museum 1:30 Kayaking</p>