

New Fairfield Senior Center

www.newfairfieldseniorcenter.com

September 2026

203 312-5665

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

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Monday	Tuesday	Wednesday	Thursday	Friday
\$ indicates fee and pre-registration required * indicates pre-registration required Lunch requires reservation see other side for menu and info	8:30 Men’s Breakfast* 1 9:00 Walkers: Bulls Bridge, Kent 9:00 Yoga\$ 9:00 Foot Reflexology\$ 9:30 Stitch by Stitch 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 Mahjong 1:00 Cards n Games 1:30 Crafts w/ Danielle 1:30 Investment Club 2:00 Men’s Pool	2 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 HHQ Quilters 12:30 Sittercise 1:00 Cards n Games 1:00 Tech Help* 1:00 Cribbage 1:30 Falling into Fall – Balance Presentation* 3:00 Learn Mahjong* 3:00 Serenity Circle 4:15 Mahjong 5:15 Yoga\$	3 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 3:00 Cornhole	4 9:00 Spanish* 10:00 Yoga\$ 10:00 Stitch by Stitch 10:00 Mini Herb Garden Planter* 10:00 Garden Club 11:00 Free Form Dance 1:00 Fair Craft 1:00 Movie: The Unbreakable Boy 1:30 Kayaking
7 Closed for Labor Day	9:00 Yoga\$ 9:30 Stitch by Stitch 8 10:30 Walkers Meeting 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 Mahjong 1:00 Cards n Games 1:30 Origami* 1:30 Investment Club 2:00 Men’s Pool	9 9:00 Blood Pressure 9:30 Zumba\$ 9:45 Amarante’s Sea Cliff Trip\$ 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 Cribbage 1:00 Tech Help* 1:30 Massage\$ 4:15 Mahjong 5:15 Yoga\$	10 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 Price is Right* 1:00 Canasta 1:00 Haircuts w/ Emily* 1:00 Cards n Games 3:00 Cornhole	11 9:00 Spanish* 10:00 Yoga\$, 9:30 Stitch by Stitch 11:00 Free Form Dance 12:00 Cooking with Putti* 1:00 Fair Crafts, 1:00 Movie: Captain America: Brave New World 1:30 Kayaking
14 9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Hot Dog Bingo\$	15 9:00 Yoga\$, 9:00 Walkers: Meckauer Park, Bethel 9:30 Stitch by Stitch 10:00 TaiChi\$ 11:00 Line Dancing \$ 12:00 Lunch\$ 12:00 Women’s Pool 12:30 Jen’s Scam Patrol 1:00 Chair Yoga\$ 1:00 Mahjong 1:00 Tech Help* 1:00 Cards n Games 2:00 Remembering the Beatles* 1:30 Investment Club 2:00 Men’s Pool	16 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 HHQ Quilters 12:30 Sittercise 1:00 Cards n Games 1:00 Tech Help* 1:00 Cribbage 4:15 Mahjong 4:00 Friends Meeting 5:15 Yoga\$	17 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 ALZ Awareness BINGO* 1:00 Canasta 3:00 Cornhole	18 9:00 NO Spanish* 10: 00 Yoga\$ 10:00 Stitch by Stitch 11:00 Free Form Dance 1:00 Fair Craft 1:00 Movie: Bob Marley: One Love 1:30 Kayaking
21 9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Wheel of Fortune 1:00 Mahjong 2:00 Depression & Anxiety Presentation* 3:00 Cornhole	22 9:00 Walkers: Putnam Park, Redding 9:00 Yoga\$ 9:00 Foot Reflexology\$ 9:30 Stitch by Stitch 10:00 TaiChi\$ 11:00 Line Dancing 12:00 Lunch\$ 12:00 Women’s Pool 1:00 Chair Yoga\$ 1:00 Mahjong 1:00 Tech Help* 1:00 Cards n Games 1:30 Investment Club 2:00 Men’s Pool 7:30 COA Meeting	23 9:00 Blood Pressure 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit ‘n Stitch 11:00 Bodies in Motion 11:00 Grief Group 12:00 Lunch\$ 12:30 HHQ Quilters 12:30 Sittercise 1:00 Cards n Games 1:00 Cribbage 1:00 Tech Help* 1:30 Open Enrollment Presentation* 1:30 Massage\$ 2:00 Bunco* 4:15 Mahjong 5:15 Yoga\$	24 9:00 French\$ 9:00 Blood Pressure 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Women’s Book Club - 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta 1:00 Learn about Cremation* 1:00 – 3:00 Vaccine Clinic* 3:00 Cornhole	25 9:00 Spanish* 10: 00 Yoga\$ 10:00 Stitch by Stitch 11:00 Free Form Dance 1:00 Fair Craft 1:00 Movie: Arthur the King 1:30 Kayaking
28 9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Wheel of Fortune 1:00 Mahjong 2:00 Meet Candidate Anne Weisberg* 3:00 Cornhole	29 9:00 Walkers: Fairfield Hills, Newtown 9:00 Yoga\$ 9:30 Stitch by Stitch 10:00 TaiChi\$ 11:00 Line Dancing 12:00 Lunch\$ 12:00 Women’sPool 1:00 Chair Yoga\$ 1:00 Mahjong 1:00 Tech Help* 1:00 Cards n Games 1:00 Red Hat Lunch\$ 1:30 Investment Club 2:00 Men’s Pool	30 9:00 Blood Pressure 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit ‘n Stitch 11:00 Bodies in Motion 11:00 Grief Group 12:00 Lunch\$ 12:30 HHQ Quilters 12:30 Sittercise 1:00 Cards n Games 1:00 Tech Help* 1:00 Cribbage 1:30 Fall Floral Arranging* 4:15 Mahlong 5:15 Yoga\$		
Caregivers’ Group Meeting Saturday, September 5 at 10:00				