

# New Fairfield Senior Center

www.newfairfieldseniorcenter.org

## December 2025

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

203 312-5665

Befriend us on Facebook: New Fairfield Senior Center

| Monday                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                        | Wednesday                                                                                                                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>9:30 Zumba\$<br>11:00 Bodies in Motion<br>1:00 Hot Dog Bingo<br>1:00 Mah Jongg<br>3:00 Cornhole                                              | <b>2</b><br><b>8:30 Men's Breakfast</b><br>9:00 Foot Reflexology\$ 9:00 Yoga\$<br>9:30 Stitch by Stitch Quilting<br>9:30 Walkers: Ridgefield Recreation Ctr.,<br>10:00 Tai Chi\$<br>12:00 Lunch\$, 12:00 Women's Pool<br>1:00 Tech Help by Appt.*<br>1:00 Chair Yoga\$, 1:00 Cards n Games<br>1:00 Mah Jongg, <b>1:30 Crafts w/ Danielle*</b><br>1:30 Investment Club, 2:00 Men's Pool*<br>2:30 Line Dancing\$ | <b>3</b><br>9:00 Blood Pressure, 9:30 Zumba\$<br>10:00 Art Class\$, 10:00 Sit 'n Stitch,<br><b>11:00 Bronx Club*</b><br>11:00 Bodies in Motion, 12:00 Lunch\$<br>12:30 HHQ Quilters, 12:30 Sittercise,<br><b>1:30 Tree Decorating*</b><br>1:00 Cards/Games, 1:00 Tech Help Appts.*<br><b>3:00 Prayers for Peace*</b><br><b>5:15 Yoga\$</b>                  | <b>4</b><br>9:00 French\$<br>9:30 Movers and Shapers\$<br>10:00 Art Class\$<br><b>10:00 Garden Club- Diner*</b><br>10:00 Blood Pressure Screening<br>11:00 Bodies in Motion, <b>12:00 Lunch\$</b><br>1:00 Cards n Games, 1:00 Canasta*<br><b>1:30 All About WCAAA Programs*</b><br>3:00 Cornhole                                    | <b>5</b><br><b>9:00 Spanish</b><br>10:00 Yoga \$<br>10:00 Stitch by Stitch Quilting<br><b>11:00 Dance</b><br><b>12:00 Bus Departs for Sturbridge</b><br>1:00 Fair Crafts<br>1:00 Movie: <b>The Duke</b> |
| <b>8</b><br>9:30 Zumba\$<br>11:00 Bodies in Motion<br>1:00 Wheel of Fortune<br>1:00 Mah Jongg<br>3:00 Cornhole                                           | <b>9</b><br><b>9:00 Yoga\$</b><br>9:30 Stitch by Stitch Quilting<br>10:00 Tai Chi\$, 10:30 Walkers Meeting<br>12:00 Lunch\$, 12:00 Women's Pool<br>1:00 Tech Help by Appt.*<br>1:00 Chair Yoga\$, 1:00 Cards n Games<br>1:00 Origami* 1:00 Mah Jongg,<br>1:30 Investment Club, 2:00 Men's Pool*<br>2:30 Line Dancing\$                                                                                         | <b>10</b><br>9:00 Blood Pressure, 9:30 Zumba\$<br>10:00 Art Class\$, 10:00 Sit 'n Stitch,<br><b>10:30 Municipal Agent Give &amp; Take</b><br>11:00 Bodies in Motion, 12:00 Lunch\$<br>12:30 HHQ Quilters, 12:30 Sittercise,<br>1:00 Cards/Games, 1:00 Tech Help Appts.*<br>1:30 Massages\$<br><b>1:30 Beach Boys w/ S. Armstrong*</b><br><b>5:15 Yoga\$</b> | <b>11</b><br>9:00 French\$<br>9:30 Movers and Shapers\$<br>10:00 Art Class\$<br>10:00 COA Listening Session*<br>10:00 Blood Pressure Screening<br>11:00 Bodies in Motion, <b>12:00 Lunch\$</b><br><b>11:00 Women's Book Club</b><br>1:00 Cards n Games, 1:00 Canasta*<br><b>1:30 Burial w/ Green Funeral Home*</b><br>3:00 Cornhole | <b>12</b><br><b>9:00 Spanish</b><br>10:00 Yoga\$<br>10:00 Stitch by Stitch Quilting<br><b>11:00 Dance</b><br><b>12:00 Cooking with Puti*</b><br>1:00 Fair Crafts<br>1:00 Movie: <b>Shall We Dance</b>   |
| <b>15</b><br>9:30 Zumba\$<br>11:00 Bodies in Motion<br>1:00 Wheel of Fortune<br>1:00 Mah Jongg<br>3:00 Cornhole                                          | <b>16</b><br>9:00 Yoga\$ 9:30 Stitch by Stitch Quilting,<br>9:30 Walkers: Squantz Pond,<br>10:00 Tai Chi\$,<br>12:00 Lunch \$<br>12:00 Women's Pool*, 1:30 Cards n Games,<br>1:00 Tech Help by Appt.*<br>1:00 Chair Yoga\$, 1:00 Mah Jongg<br>1:30 Investment Club 2:00 Men's Pool*,                                                                                                                           | <b>17</b><br>9:00 Blood Pressure<br>9:30 Zumba\$, 10:00 Art Class\$<br>10:00 Sit n St'itch, 11:00 Bodies in Motion,<br>12:00 Lunch\$ 12:30 HHQ Quilters,<br>12:30 Sittercise, 1:00 Cards n Games ,<br>1:00 Tech Help by Appt.*,<br><b>1:00 Trip to Provence Presentation *</b><br><b>2:00 Bunco\$</b><br><b>5:15 Yoga\$</b>                                 | <b>18</b><br><b>All Regular Programs Canceled</b><br><b>12:00 HOLIDAY PARTYS</b><br>                                                                                                                                                             | <b>19</b><br><b>9:00 Spanish</b><br>10:00 Yoga\$<br>10:00 Stitch by Stitch Quilting<br><b>11:00 Dance</b><br>1:00 Fair Crafts<br>1:00 Movie: <b>Love Actually</b>                                       |
| <b>22</b><br>9:30 Zumba \$<br>11:00 Bodies in Motion<br>1:00 Wheel of Fortune*<br>1:00 Mah Jongg<br><b>2:00 DIY Charcuterie Board\$</b><br>3:00 Cornhole | <b>23</b><br>9:00 Yoga\$<br>9:30 Stitch by Stitch Quilting,<br>9:30 Walkers: No Walk Today,<br>10:00 Tai Chi\$,<br>12:00 Lunch\$ 12:00 Beginner's Pool*,<br>1:00 Tech Help by Appt.*<br>1:00 Cards n Games<br>1:00 Chair Yoga\$, 1:00 Mah Jongg<br>1:30 Investment Club, 2:00 Men's Pool*,                                                                                                                     | <b>24</b><br><b>9:00 Blood Pressure</b> , 9:30 Zumba\$<br>10:00 Sit 'n Stitch<br>11:00 Bodies in Motion, 12:00 Lunch\$                                                                                                                                                                                                                                      | <b>25</b><br><b>Senior Center Closed</b><br><b>Merry Christmas</b>                                                                                                                                                                                                                                                                  | <b>26</b><br><b>Closed</b>                                                                                                                                                                              |
| <b>29</b><br>9:30 Zumba \$<br>11:00 Bodies in Motion<br>1:00 Wheel of Fortune*<br>1:00 Mah Jongg<br>1:00 Intuitive Reading\$<br>3:00 Cornhole            | <b>30</b><br>9:00 Yoga\$<br>9:00 Foot Reflexology\$<br>9:30 Stitch by Stitch Quilting,<br>9:30 Walkers: Church Road, Sherman<br>10:00 Tai Chi\$,<br>12:00 Lunch\$ 12:00 Beginner's Pool*,<br>1:00 Tech Help by Appt.*<br>1:00 Cards n Games 1:00 Red Hat Luncheon\$<br>1:00 Chair Yoga\$, 1:00 Mah Jongg<br>1:30 Investment Club, 2:00 Men's Pool                                                              | <b>31</b><br><b>9:00 Blood Pressure</b> , 9:30 Zumba \$<br>10:00 Sit 'n Stitch<br>11:00 Bodies in Motion, 12:00 Lunch\$<br>12:30 Sittercise, 12:30 HHQ Quilters,<br><b>1:00 Countdown to The New Year*</b><br>                                                         | <b>Caregivers' Group Meeting</b><br><b>Saturday, December 6</b><br><b>at 10:00</b>                                                                                                                                                                                                                                                  | <b>*indicates pre-registration</b><br><b>\$ indicates fees and pre-registration required</b><br><b>Lunch requires reservation</b>                                                                       |