

New Fairfield Senior Center

www.newfairfieldseniorcenter.com

October 2026

Hours: Mon-Thurs 9-4pm, Fri 9-3pm **203 312-5665**

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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	Caregivers' Group Meeting Saturday, October 3 at 10:00		1 9:00 French\$ 9:00 BP Screening 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Meet Candidate Patrick Callahan* 1:00 Canasta 1:00 Rummikub 3:00 Cornhole	2 9:00 Spanish* 9:30 Stitch by Stitch 10:00 Yoga\$ 10:00 Garden Club 11:00 Free Form Dance 1:00 Fair Craft 1:00 Movie: The Long Game
5 9:30 Zumba\$ 11:00 Bodies in Motion 1:00 Hot Dog Bingo\$	6 8:30 Men's Breakfast 9:00 Yoga\$ 9:00 Foot Reflexology\$ 9:30 Walkers: Ridgefield Rec Center 10:00 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 Mahjong 1:00 Cards n Games 1:30 Investment Club 1:30 Crafts w/ Danielle* 2:00 Men's Pool	9:00 BP Screening 9:30 Zumba\$ 7 10:00 Art Class\$ 10:00 Sit 'n Stitch 11:00 Bronx Club 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 Voting 101: How to Vote* 3:00 Serenity Circle 3:00 Learn Mahjong\$ 4:15 Mahjong 5:15 Yoga\$	8 9:00 French\$ 9:00 BP Screening 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Bodies in Motion 12:00 Lunch\$ 12:00 Healthy Eating for Brain Health* 1:00 Understanding the Burial Process* 1:00 Haircuts with Emily* 1:00 Cards n Games 1:00 Canasta 1:00 Rummikub 3:00 Cornhole	9 9:00 Spanish* 9:30 Stitch by Stitch 10:00 Yoga\$ 11:00 Free Form Dance 12:00 Cooking with Putti* 1:00 Fair Crafts 1:00 Movie: You Gotta Believe 1:00 Chair Yoga\$
 CLOSED	13 9:00 Yoga\$ 9:30 Stitch by Stitch 10:00 TaiChi\$ 10:30 Walkers: Meeting at Center 11:00 Line Dancing\$ 12:00 Lunch\$ 12:00 Women's Pool 1:00 Mahjong 1:00 Tech Help* 1:00 Cards n Games 1:00 Origami w/ Dirk* 1:30 Investment Club 2:00 Men's Pool	9:00 BP Screening 9:30 Zumba\$ 14 10:00 Art Class\$ 10:00 Sit 'n Stitch 10:00 Hearing Aid Cleaning* 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* 12:30 Massage 1:00 Cribbage 1:30 Diabetes Discussion* 3:00 Learn Mahjong\$ 4:15 Mahjong 5:15 Yoga\$	15 9:00 French\$ 9:00 BP Screening 9:00 – 12:00 Vaccine Clinic* 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:30 Studio Two – Beatles Tribute\$ 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta 1:00 Rummikub 3:00 Cornhole NO BODIES IN MOTION	16 9:00 Spanish* 9:30 Walkers meet for Walk over Hudson Trip 9:30 Stitch by Stitch 10:00 Yoga\$ 11:00 Free Form Dance 1:00 Fair Craft 1:00 Chair Yoga\$ 1:00 Movie: The Marksman
19 9:00 AAA Driver Course \$ 9:30 Zumba\$ 10:30 Commission on Aging Listening 11:00 Bodies in Motion 1:00 Wheel of Fortune 1:00 Mahjong 1:00 Intuitive Reading\$ 2:00 Helping Parkinsons w/ Balance & Strength* 3:00 Cornhole	9:00 Yoga\$ 9:30 Stitch by Stitch 20 9:30 Walkers: Bulls Bridge 10:00 TaiChi\$ 11:00 Line Dancing\$ 12:00 Lunch\$ 12:00 Women's Pool 12:30 Jen's Scam Patrol 1:00 Mahjong 1:00 Tech Help* 1:00 Cards n Games 1:30 Investment Club -Richard Sica of Charles Schwab* 2:00 Men's Pool	9:00 BP Screening 9:30 Zumba\$ 21 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 Safe Banking for Seniors* 4:00 Friends Meeting 4:15 Mahjong 5:15 Yoga\$	22 9:00 French\$ 9:00 BP Screening 9:30 Movers and Shapers\$ 10:00 Art Class\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Fall Scene Painting Class* 1:00 Cards n Games 1:00 Canasta 1:00 Rummikub 3:00 Cornhole	23 9:00 Spanish* 9:30 Stitch by Stitch 10:00 Yoga\$ 11:00 Free Form Dance 1:00 Fair Craft 1:00 Movie: The Addams Family 1:00 Chair Yoga\$
26 9-1:00 – Medicare one-on one appt.* 9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Dynamic Healing\$ 1:00 Wheel of Fortune 1:00 Mahjong 2:00 Pampering and Skin Care* 3:00 Cornhole	9:00 Yoga\$ 9:00 Foot Reflexology\$ 27 9:30 Walkers: Wooster Cemetery 9:30 Stitch by Stitch 10:00 TaiChi\$ 11:00 Line Dancing\$ 12:00 Lunch\$ 12:00 Women's Pool 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 7:30 COA Meeting	9:00 BP Screening 9:30 Zumba\$ 28 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 2:00 Bunco\$ 12:30 Massage\$ 4:15 Mahjong 5:15 Yoga\$	29 9:00 French\$ 9:00 BP Screening 9:30 Movers and Shapers\$ 10:00 Art Class\$ NO Bodies in Motion 11:00 Women's Book Club – 12:00 Lunch 1:00 Halloweenaversary Party*	30 9:00 Spanish* 9:30 Stitch by Stitch 10:00 Yoga\$ 11:00 Free Form Dance 1:00 Fair Craft 1:00 Movie: Hocus Pocus 1:00 Chair Yoga\$