

# New Fairfield Senior Center

www.newfairfieldseniorcenter.org




# January 2026

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

203 312-5665

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>\$ indicates fees and pre-registration required</b>  <b>*indicates pre-registration required</b>  <b>Lunch requires reservation</b></p>	<p><b>Caregiver's Group Meeting</b>  <b>Saturday, January 3 at 10:00</b></p>		<p><b>1</b>  <b>CLOSED</b>  <b>HAPPY NEW YEAR</b></p>	<p><b>2</b>            9:00 Spanish            10:00 Yoga\$            10:00 Stitch by Stitch Quilting            11:00 Free Form Dance Class            1:00 Fair Crafts  <b>1:00 Movie: About Schmidt</b></p>
<p>9:30 Zumba\$ <b>5</b>            11:00 Bodies in Motion            1:00 Hot Dog Bingo            1:00 Mah Jongg            3:00 Cornhole</p>	<p><b>8:30 Men's Breakfast</b> <b>6</b>            9:00 Yoga\$, 9:00 Foot Reflexology\$            9:30 Stitch by Stitch Quilting            9:30 Walkers: Richter Park, Danbury            10:00 Tai Chi\$            12:00 Lunch\$, 12:00 Women's Pool            1:00 Chair Yoga\$, 1:00 Cards n Games            1:00 Tech Help*            1:00 Mah Jongg,            1:30 Investment Club, 2:00 Men's Pool*</p>	<p>9:00 Blood Pressure, 9:30 Zumba\$ <b>7</b>            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, 12:30 HHQ Quilters,            1:00 Cards n Games            1:00 Tech Help by Appt.*<b>1:30 Crafts w/ Danielle*</b>            3:00 Prayers for Peace</p>	<p>9:00 French\$ <b>8</b>            9:30 Movers and Shapers\$            10:00 Art Class\$            10:00 COA Listening Session            10:00 Blood Pressure Screening            11:00 Bodies in Motion            12:00 Lunch\$ 1:00 Cards n Games            1:00 Canasta  <b>3:00 Cornhole</b></p>	<p><b>9:00 Spanish</b> <b>9</b>            10:00 Yoga \$            10:00 Stitch by Stitch Quilting            10:00 Garden Club Meeting - Diner            11:00 Free Form Dance Class            12:00 Cooking Class            1:00 Fair Crafts  <b>1:00 Movie: Eleanor the Great</b></p>
<p>9:30 Zumba\$ <b>12</b>            11:00 Bodies in Motion            1:00 Wheel of Fortune            1:00 Mah Jongg            1:00 Intuitive Reading\$            3:00 Cornhole</p>	<p>9:00 Yoga\$ 9:30 Quilting, <b>13</b>            10:00 Tai Chi\$,            10:30 Walking Club meeting at Center            12:00 Lunch\$, 12:30 <b>Jen's Scam Patrol</b>            12:00 Women's Pool*, 1:00 Chair Yoga  <b>12:00 Lunch and Learn: Seniors Helping Seniors*</b>            1:00 Cards n Games 1:00 Mah Jongg,            1:00 Tech Help* 1:00 Origami*            1:30 Investment Club, 2:00 Men's Pool *</p>	<p>9:00 Blood Pressure <b>14</b>            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/Games, 1:00 Tech Help Appts.*  <b>1:30 Massages\$</b>  <b>2:00 Parkinson's Education Program*</b>            5:15 Yoga\$</p>	<p>9:00 French\$ <b>15</b>            9:30 Movers and Shapers\$            10:00 Art Class\$            10:00 Blood Pressure Screening            11:00 Bodies in Motion, 12:00 Lunch\$  <b>1:00 Grand Central Station with Art Gottlieb*</b>            1:00 Cards n Games, 1:00 Canasta            3:00 Cornhole</p>	<p><b>9:00 Spanish</b> <b>16</b>            10:00 Yoga\$            10:00 Stitch by Stitch Quilting  <b>11:00 Dance</b>            1:00 Fair Crafts  <b>1:00 Movie: About My Father</b></p>
<p><b>19</b>  <b>Martin Luther King, Jr. Day</b>  <b>Senior Center Closed</b></p>	<p>9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, <b>20</b>            9:30 Walkers: 10:00 Tai Chi\$,            12:00 Lunch\$            12:00 Women's Pool*, 1:30 Cards n Games,            1:00 Mah Jongg  <b>1:00 Tech Help*</b>            1:30 Investment Club 2:00 Men's Pool*,  <b>1:00 Disco Party\$</b></p>	<p>9:00 Blood Pressure <b>21</b>            9:30 Zumba\$, <b>10:00 Art Class\$</b>            10:00 Sit n St'itch, 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.*  <b>3:00 Friend's Meeting</b>            5:15 Yoga\$</p>	<p>9:00 French\$ <b>22</b>            9:30 Movers and Shapers\$            10:00 Art Class\$            10:00 Blood Pressure Screening            11:00 Bodies in Motion            12:00 Lunch\$  <b>1:00 Dangers of a Silent UTI*</b>            1:00 Cards n Games, 1:00 Canasta            3:00 Cornhole</p>	<p><b>9:00 Spanish</b> <b>23</b>            10:00 Yoga\$            10:00 Stitch by Stitch Quilting  <b>11:00 Dance</b>, 1:00 Fair Crafts            1:00 Chair Yoga\$, <b>1:00 Movie: Thelma</b></p>
<p><b>26</b>            9:30 Zumba\$            11:00 Bodies in Motion            1:00 Wheel of Fortune*            1:00 Dynamic Energy\$            1:00 Mah Jongg            3:00 Cornhole</p>	<p>9:00 Foot Reflexology\$ <b>27</b>            9:00 Yoga\$            9:30 Stitch by Stitch Quilting,            9:30 Walkers:            10:00 Tai Chi\$, 12:00 Lunch\$            12:00 Women's Pool*,            1:00 Cards n Games            1:00 Mah Jongg,            1:00 Tech Help*            1:00 Red Hat Luncheon\$            1:30 Investment Club, 2:00 Pool Team*,</p>	<p>9:00 Blood Pressure <b>28</b>            9:30 Zumba\$            10:00 Art Class\$            10:00 Sit 'n Stitch            11:00 Bodies in Motion            12:00 Lunch\$            12:30 Sittercise, 12:30 HHQ Quilters,            1:00 Cards n Games,            1:00 Tech Help by Appt.* , 1:30 Massages\$            5:15 Yoga\$</p>	<p>9:00 French\$ <b>29</b>            9:30 Movers and Shapers\$            10:00 Art Class\$            10:00 Blood Pressure Screening            11:00 Bodies in Motion            11:00 Women's Book Club\$            12:00 Lunch\$            1:00 Cards n Games, 1:00 Canasta            3:00 Cornhole</p>	<p>9:00 Spanish <b>30</b>            10:00 Yoga\$            10:00 Stitch by Stitch Quilting            11:00 Free Form Dance Class            1:00 Fair Crafts            1:00 Chair Yoga\$  <b>1:00 Movie: As Good As It Gets</b></p>