

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