

# New Fairfield Senior Center

www.newfairfieldseniorcenter.org

## November 2025

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

203 312-5665

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| Monday                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>8:30 Men's Breakfast\$<br>9:30 Zumba\$<br>9:30 Stitch by Stitch Quilting*<br>11:00 Bodies in Motion<br>1:00 Hot Dog Bingo<br>1:00 Mah Jongg<br>3:00 Cornhole     | <b>4</b><br><b>Closed for<br/>Senior Center Programs</b><br><b>Open for Polling</b><br><i>9:30 Walkers go to Sherman Track</i>                                                                                                                                                                                                                                                  | <b>5</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>1:00 Cards/Games, 1:00 Tech Help Appts.*<br><b>1:30 Medicare Open Enrollment WCAA*</b><br><b>3:00 Prayers for Peace*</b><br>5:15 Yoga\$                              | <b>6</b><br>9:00 French\$<br>9:30 Movers and Shapers\$<br>10:00 Art Class\$<br>10:00 Blood Pressure Screening<br>11:00 Grief Group*<br>11:00 Bodies in Motion, 12:00 Lunch\$<br>1:00 Cards n Games, 1:00 Canasta*<br><b>1:00 Trip Presentation: Alpine Lakes<br/>and Scenic Trains</b><br>3:00 Cornhole | <b>7</b><br><b>9:00 Spanish</b><br>9:30 Yoga \$<br>10:00 Stitch by Stitch Quilting<br>10:00 Garden Club –<br><b>11:00 Dance</b><br>1:00 Fair Crafts<br>1:00 Movie: <b>Primal Fear</b>              |
| <b>10</b><br>9:30 Zumba\$<br><b>9-4:00 – Medicare Open enrollment<br/>appointments</b><br>11:00 Bodies in Motion<br>1:00 Wheel of Fortune<br>1:00 Mah Jongg<br>3:00 Cornhole | <b>11</b><br> <b>Senior Center closed<br/>Veterans Day Ceremony<br/>at 11:00 at the<br/>Veterans Green 25 Rte 37</b><br><i>9:30 Walkers go to Farrington Park,<br/>Exit 1 off 84</i>                                                                                                           | <b>12</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>5:15 Yoga\$                                                                      | <b>13</b><br>9:00 French\$<br>9:30 Movers and Shapers\$<br>10:00 Art Class\$<br>10:00 Blood Pressure Screening<br>11:00 Grief Group*<br>11:00 Bodies in Motion, 12:00 Lunch\$<br>1:00 Cards n Games, 1:00 Canasta*<br><b>1:30 Photos: America in the 70's*</b><br>3:00 Cornhole                         | <b>14</b><br><b>9:00 Spanish</b><br>9:30 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>Grand Torino</b> |
| <b>17</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>18</b><br>9:00 Yoga\$ 9:30 Stitch by Stitch Quilting,<br>10:30 Walkers Meeting<br>10:00 Tai Chi\$, <b>11:00 Memoir Writing\$</b><br>12:00 Lunch \$<br>12:00 Women's Pool*, 1:30 Cards n Games,<br>1:00 Tech Help by Appt.*<br><b>1:00 Origami*</b><br>1:00 Chair Yoga\$, 1:00 Mah Jongg<br>1:30 Investment Club 2:00 Men's Pool*,<br>2:30 Line Dancing\$                     | <b>19</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 Patsy's Play Makers*</b><br><b>1:30 Trip Presentation to Provence*\</b><br><b>2:00 Bunco\$</b><br>3:00 Friend's Meeting, 5:15 Yoga\$ | <b>20</b><br>9:00 French\$<br>9:30 Movers and Shapers\$<br>10:00 Art Class\$<br>10:00 Blood Pressure Screening<br>11:00 Women's Book Club<br>11:00 Grief Group*<br>11:00 Bodies in Motion, 12:00 Lunch\$<br>1:00 Cards n Games, 1:00 Canasta*<br><b>1:30 Dental Hygiene*</b> 3:00 Cornhole              | <b>21</b><br><b>9:00 Spanish</b><br>9:30 Yoga\$<br>10:00 Stitch by Stitch Quilting<br><b>11:00 Dance</b><br>1:00 Fair Crafts<br>1:00 Movie: <b>An Unfinished Life</b>                              |
| <b>24</b><br>9:30 Zumba \$<br>11:00 Bodies in Motion<br>1:00 Wheel of Fortune*<br>3:00 Cornhole                                                                              | <b>25</b><br>9:00 Yoga\$<br>9:30 Stitch by Stitch Quilting,<br>9:30 Walkers: Wooster Cemetery<br>10:00 Tai Chi\$, 11:00 Memoir Writing\$<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 Red Hat Luncheon\$<br>1:00 Chair Yoga\$, 1:00 Mah Jongg<br>1:30 Investment Club, 2:00 Men's Pool*,<br>2:30 No Line Dancing\$ Today | <b>26</b><br><b>9:00 Blood Pressure, 9:30 Zumba\$</b><br>10:00 Art Class\$ 10:00 Sit 'n Stitch<br>11:00 Bodies in Motion, 12:00 Lunch\$<br>12:30 HHQ Quilters<br><b>Closing at 1:00 pm</b>                                                                                                                                                                                     | <b>27</b><br><b>Senior Center Closed<br/>Happy Thanksgiving</b>                                                                                                                                                                                                                                         | <b>28</b><br><b>Closed For<br/>Thanksgiving</b>                                                                                                                                                    |
| <b>Caregivers' Group<br/>Meeting<br/>Saturday, November 1<br/>at 10:00</b>                                                                                                   | <b>*indicates pre-registration<br/>\$ indicates fees and pre-<br/>registration required<br/>Lunch requires reservation</b>                                                                                                                                                                                                                                                      | <br>November 14                                                                                                                                                                                                                                                                            | <b>Pick Up<br/>Your<br/>Senior Center<br/>Program<br/>Advent Calendar</b>                                                                                                                                                                                                                               |                                                                                                               |