

# New Fairfield Senior Center

www.newfairfieldseniorcenter.org

# September 2025

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

203 312-5665

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>LABOR DAY</b></p> <p><b>SENIOR CLOSED</b></p> <p><b>1</b></p>	<p>8:30 Men's Breakfast <b>2</b></p> <p><b>9:00 Foot Reflexology\$ 9:00 Yoga\$</b></p> <p>9:30 Stitch by Stitch Quilting</p> <p>9:30 Walkers: <b>Squantz Pond</b></p> <p>10:00 Tai Chi\$,</p> <p>12:00 Lunch\$, 12:00 Women's Pool</p> <p>1:00 Tech Help by Appt.*</p> <p>1:00 Chair Yoga\$, 1:00 Cards n Games</p> <p>1:00 Mah Jongg, <b>1:30 Crafts w/ Danielle*</b></p> <p>1:30 Investment Club, 2:00 Men's Pool*</p>	<p>9:00 Blood Pressure, 9:30 Zumba\$ <b>3</b></p> <p>10:00 Art Class\$, 10:00 Sit 'n Stitch,</p> <p><b>11:00 Bronx Club*</b></p> <p>11:00 Bodies in Motion, 12:00 Lunch\$</p> <p>12:30 HHQ Quilters, 12:30 Sittercise,</p> <p>1:00 Cards/Games, 1:00 Tech Help Appts.*</p> <p><b>3:00 Prayers for Peace*</b></p> <p>5:15 Yoga\$</p>	<p>9:00 French\$ <b>4</b></p> <p>9:30 Movers and Shapers\$, 10:00 Art Class\$</p> <p>10:00 Blood Pressure Screening</p> <p>11:00 Bodies in Motion</p> <p>12:00 Lunch\$</p> <p><b>1:00 Cremation with Green Funeral*</b></p> <p>1:00 Cards n Games, 1:00 Canasta</p> <p>3:00 Cornhole</p>	<p><b>9:00 Spanish</b> <b>5</b></p> <p>10:00 Yoga \$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Garden Club*</p> <p>10:00 Bridge*</p> <p><b>11:00 Dance</b></p> <p>1:00 Fair Crafts</p> <p><b>12:00 Movie: Wicked</b></p>
<p>9:30 Zumba\$ <b>8</b></p> <p>11:00 Bodies in Motion</p> <p>1:00 Mah Jongg</p> <p>1:00 Hot Dog Bingo\$</p> <p><b>1:00 Meet Your Veteran Reps.*</b></p> <p>3:00 Cornhole</p>	<p>9:00 Yoga\$ <b>9</b></p> <p>9:30 Stitch by Stitch Quilting</p> <p>10:00 Tai Chi\$,</p> <p>10:30 Walkers Meeting*</p> <p>12:00 Lunch\$, 12:00 Women's Pool</p> <p>1:00 Tech Help by Appt.*</p> <p>1:00 Chair Yoga\$, 1:00 Cards n Games</p> <p>1:00 Mah Jongg, <b>1:00 Origami*</b></p> <p>1:30 Investment Club, 2:00 Men's Pool*</p>	<p>9:00 Blood Pressure, 9:30 Zumba\$ <b>10</b></p> <p>10:00 Art Class\$, 10:00 Sit 'n Stitch,</p> <p>10:00 Grief Group*</p> <p><b>10:30 Municipal Agent Give &amp; Take</b></p> <p>11:00 Bodies in Motion, 12:00 Lunch\$</p> <p>12:30 HHQ Quilters, 12:30 Sittercise,</p> <p>1:00 Cards/Games, 1:00 Tech Help Appts.*</p> <p><b>1:00 Stroke Prevention*</b></p> <p>5:15 Yoga\$</p>	<p>9:00 French\$ <b>11</b></p> <p>9:30 Movers and Shapers\$</p> <p>10:00 Art Class\$</p> <p>10:00 Blood Pressure Screening</p> <p>11:00 Bodies in Motion, <b>12:00 Lunch\$</b></p> <p>1:00 Cards n Games, 1:00 Canasta*</p> <p><b>1:00 Stop The Bleed*</b></p> <p>3:00 Cornhole</p>	<p><b>9:00 Spanish</b> <b>12</b></p> <p>10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Probate Judge Martin Landgrebe*</p> <p>10:00 Bridge*</p> <p><b>11:00 Dance</b></p> <p><b>12:00 Cooking with Puti*</b></p> <p>1:00 Fair Crafts</p> <p><b>1:00 Movie: Nonnas</b></p>
<p>9:30 Zumba <b>15</b></p> <p>11:00 Bodies in Motion</p> <p>1:00 Wheel of Fortune</p> <p>1:00 Mah Jongg</p> <p>1:00 Intuitive Reading\$</p> <p><b>2:30 Caprese Salad with T. Smith*</b></p> <p>3:00 Cornhole</p>	<p>9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, <b>16</b></p> <p>9:30 Walkers: Bridgewater</p> <p>10:00 Tai Chi\$,</p> <p>12:00 Lunch \$</p> <p>12:00 Women's Pool*, 1:30 Cards n Games,</p> <p>1:00 Tech Help by Appt.*</p> <p>1:00 Chair Yoga\$, 1:00 Mah Jongg</p> <p>1:30 Alz Assoc. <b>"Supporting Independence"</b></p> <p>1:30 Investment Club 2:00 Men's Pool*,</p>	<p>9-12:00 <b>Immunizations*</b> <b>17</b></p> <p>9:00 Blood Pressure, 9:30 Zumba\$,</p> <p><b>10:00 Art Class\$ , 10:00 Sit n St'itch,</b></p> <p>10:00 Grief Group*, 11:00 Bodies in Motion,</p> <p>12:00 Lunch\$ 12:30 HHQ Quilters,</p> <p>12:30 Sittercise, 1:00 Cards n Games ,</p> <p>1:00 Tech Help by Appt.*,</p> <p>1:30 Massages\$ <b>1:30 Hospice 101*</b></p> <p>4:00 Friend's Meeting, 5:15 Yoga\$</p>	<p>9:00 French\$ <b>18</b></p> <p>9:30 Movers and Shapers\$</p> <p>10:00 Art Class\$</p> <p>10:00 Blood Pressure Screening</p> <p>11:00 Bodies in Motion, <b>12:00 Lunch\$</b></p> <p>1:00 Cards n Games, 1:00 Canasta*</p> <p>3:00 Cornhole</p>	<p><b>9:00 Spanish</b> <b>19</b></p> <p>10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Bridge*</p> <p>10-12:00 <b>Vet Care Everywhere</b></p> <p><b>11:00 Dance</b></p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: <b>Bye, Bye Birdie</b></p>
<p>9-1:00 <b>AAA Safe Driving Class\$</b> <b>22</b></p> <p>9:30 Zumba \$</p> <p>11:00 Bodies in Motion</p> <p>1:00 Wheel of Fortune*</p> <p>1:00 Mah Jongg</p> <p>3:00 Cornhole</p>	<p>9:00 Foot Reflexology\$ <b>23</b></p> <p>9:00 Yoga\$</p> <p>9:30 Stitch by Stitch Quilting,</p> <p>9:30 Walkers: Fairfield Hills</p> <p>10:00 Tai Chi\$,</p> <p>12:00 Lunch\$ 12:00 Beginner's Pool*,</p> <p>1:00 Tech Help by Appt.*, 1:00 Cards n Games</p> <p>1:00 Red Hat Luncheon\$</p> <p>1:00 Chair Yoga\$, 1:00 Mah Jongg</p> <p>1:30 Investment Club, 2:00 Men's Pool*</p>	<p><b>9:00 Blood Pressure</b>, 9:30 Zumba\$ <b>24</b></p> <p>10:00 Grief Group*</p> <p>10:00 Art Class\$ 10:00 Sit 'n Stitch</p> <p>11:00 Bodies in Motion, 12:00 Lunch\$</p> <p>12:30 Sittercise, 12:30 HHQ Quilters,</p> <p>1:00 Cards n Games,</p> <p>1:00 Tech Help by Appt.*</p> <p><b>2:00 Bunco*</b></p> <p>5:15 Yoga\$</p>	<p>9:00 French\$ <b>25</b></p> <p>9:30 Movers and Shapers\$, 10:00 Art Class\$</p> <p>10:00 Blood Pressure Screening</p> <p>11:00 Bodies in Motion</p> <p>11:00 Women's Book Club\$</p> <p>12:00 Lunch\$</p> <p>1:00 Cards n Games, 1:00 Canasta</p> <p><b>1:30 Flower Arranging Cozy Oak\$</b></p> <p>3:00 Cornhole</p>	<p>9:00 Spanish <b>26</b></p> <p>10:00 Yoga\$</p> <p>10:00 Stitch by Stitch Quilting</p> <p>10:00 Bridge*</p> <p>11:00 Free Form Dance Class</p> <p>1:00 Fair Crafts</p> <p>1:00 Movie: Overboard</p>
<p>9:30 Zumba\$ <b>29</b></p> <p>11:00 Bodies in Motion</p> <p>1:00 Wheel of Fortune*</p> <p><b>1:00 Dynamic Energy Healing\$</b></p> <p>1:00 Mah Jongg</p> <p>3:00 Cornhole</p>	<p><b>8:00 Bus Departs for the Poconos</b> <b>30</b></p> <p>9:00 Yoga\$ 9:30 Stitch by Stitch Quilting,</p> <p>9:30 Walkers: Hurd's Corner Road</p> <p>10:00 Tai Chi\$, 12:00 Lunch\$</p> <p>12:00 Beginner's Pool*,</p> <p>1:00 Tech Help by Appt.*</p> <p>1:00 Cards n Games</p> <p>1:00 Chair Yoga\$, 1:00 Mah Jongg</p> <p>1:30 Investment Club, 2:00 Men's Pool*,</p>	<p><b>Caregivers' Group</b></p> <p><b>Meeting</b></p> <p><b>Saturday, September 6</b></p> <p><b>at 10:00</b></p>	<p><b>indicates pre-registration</b></p> <p><b>\$ indicates fees and pre-</b></p> <p><b>registration required</b></p> <p><b>Lunch requires reservation</b></p>	