



New Fairfield Senior Center

October 2024

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

www.newfairfieldseniorcenter.org

See us on Facebook: New Fairfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Oct. 4 -Caregivers mtg</p>	<p>8:30 Men's Breakfast * 1 9:00 Yoga\$ 9:30 Stitch Quilting, 10:00 Tai Chi\$ 9:30 Walk- <i>Old Milltown Road</i> 12:00 Lunch\$, 1:00 Yoga\$, 1:00 Mr. Fix It 1:00 Cards n Games, Mah Jongg 1:30 Craft with Danielle* 1:30 Investment Club, 2:00 Pool</p>	<p>9-12 Blood Pressure Screening 2 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 3:00 Prayers for Peace*, 5:15 Yoga\$</p>	<p>9:00 French\$ 3 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening* 11:00 Bodies in Motion 12:00 Lunch\$, 1:00 Cards n Games 1:00 OT's Role in End-of Life Care 1:00 Canasta, 3:00 Cornhole</p>	<p>9:00 Spanish 10:00 Yoga, 4 10:00 Garden Club at Putnam Diner 10:00 Stitch by Stitch Quilting 11:00 Free Dance.1:00 Fair Crafts 1:00 Movie: <i>Nomadland</i> 1:30 Kayaking* Lions Picnic October 5 at noon →</p>
<p>7 9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Mahjongg 1:00 Hot Dog Bingo\$ 3:00 Cornhole*</p>	<p>8 9:00 Yoga\$, 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi\$, 10:30 <i>Walker's Meeting</i> 12:00 Lunch\$, 12:00 Beginner's Pool 1:00 Energy Healing & Reiki Talk* 1:00 Chair Yoga\$, 1:00 Mah Jongg, 1:30 Investment Club, 2:00 Pool 2:00 Origami w/ Dirk*</p>	<p>9 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1-3:00 Flu Clinic* 1:00 Cards n Games, 1:00 Tech Help * 1:30 Massage\$, 5:15 Yoga\$</p>	<p>10 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 Cards n Games 1:00 Canasta, 1:30 The Price is Right 3:00 Cornhole</p>	<p>11 10:00 Yoga 10:00 Stitch by Stitch Quilting 10-12 Probate Judge Landgrebe* 12:00 Cooking with Puti* 1:00 Fair Crafts 1:00 Movie: <i>The Elephant Man</i> 1:30 Kayaking*</p>
<p>14 Senior Center closed Columbus Day observed</p>	<p>15 9:00 Yoga\$ 9:30 Walkers -<i>NO WALK see Friday</i> 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi\$, 12:00 Lunch 1:00 Jen's Scam Watch 2:00 Kathy's Discussion Group* 1:00 Cards n Games 1:00 Yoga\$, 1:00 Mah Jongg 1:30 Investment Club, 2:00 Pool</p>	<p>16 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, 1:30 How to Vote This Year* 1:30 Bunco\$, 5:15 Yoga\$ 4:00 Friends Meeting</p>	<p>17 9:15 Bus to Kruckers Octoberfest 9:00 French\$ 9:30 Movers & Shapers\$, 10:00 Art Class\$, 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$ 1:00 Cards n Games</p>	<p>18 9:00 Spanish* 9:20 Walkers meet for Poughkeepsie 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance*, 1:00 Fair Crafts 1:00 Movie: <i>Julia</i>, 1:00 Cards n Games, 1:30 Kayaking COA Forum "Candid Conversations" Saturday Oct 19 at 10:00 →</p>
<p>21 9:30 Zumba\$ 11:00 Bodies In Motion 12:00 Lunch\$ 1:00 Sure Step 1:00 Mahjongg 1:00 Wheel of Fortune 1:00 Intuitive Readings\$ 3:00 Cornhole</p>	<p>22 9:00 Yoga\$ 9:00 Foot Reflexology\$ 9:30 Stich by Stich Quilting, 9:30 Walk- <i>Main St.Bridgewater</i> 10:00 Tai Chi\$, 12:00 Lunch\$, 1:00 Cards n Games 1:00 Yoga\$, 1:00 Mah Jongg 1:30 Investment Club, 2:00 Pool</p>	<p>23 9:30 Zumba\$ 9-12 BP Screening 10:00 Art Class\$, Sit n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$, 12:30 HHQ Quilters, 12:30 Sittercise,1:00 Cards n Games, 1:30 Luks Realty – Market Update* 2:00 Massages\$, 5:15 Yoga\$</p>	<p>24 9:00 French\$ 9:30 Movers & Shapers\$, 10:00 Art Class\$ 10:00 BP Screening* 11:00 Bodies in Motion 12:00 Lunch\$, 1:00 Cards n Games 1:00 Makeup with Joby Rogers* 1:00 Canasta, 3:00 Cornhole</p>	<p>25 9:00 Spanish* 10:00 Yoga 10:00 Stich by Stich Quilting 11:00 Free Dance, 1:00 Fair Crafts 1:00 Foot Reflexology\$ 1:00 Movie: <i>Harvey</i> 1:30 Kayaking* Friends Craft & Bake Sale Saturday, 10/26 →</p>
<p>28 9:30 Zumba\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Mahjongg 1:00 Wheel of Fortune 3:00 Cornhole</p>	<p>29 9:00 Yoga\$ 9:30 Stich by Stich Quilting, 9:30 Walkers: <i>Newtown</i> 10:00 Tai Chi\$, 12:00 Lunch\$ 1:00 Cards n Games,1-3:00 Flu Clinic* 1:00 Chair Yoga\$, 1:00 Mah Jongg 1:00 Red Hat Luncheon\$ 1:30 Investment Club, 2:00 Pool Team*</p>	<p>30 9:30 Zumba\$ 9-12 BP Screening 10:00 Art Class\$, Sit n Stitch, 11:00 Bodies in Motion,12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games, 5:15 Yoga\$</p>	<p>31 9:00 French\$ 9:30 Movers & Shapers\$, 10:00 Art Class\$ 10:00 BP Screening* 11:00 Bodies in Motion 11:00 Womens Book Club \$ 12:00 Lunch\$, 1:00 Cards n Games 1:00 Halloweenaversary Party* 1:00 Canasta, 3:00 NO Cornhole</p>	

Friends of the Senior Center Annual Craft and Bake Sale
Saturday, OCTOBER 26 9-4:00