


# New Fairfield Senior Center

<http://www.newfairfieldseniorcenter.org>

# August 2024

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

Find us on Facebook: New Fairfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Caregivers' Group Meeting</b> <b>Saturday, August 3</b> <b>at 10:00</b>	<b>*Indicates pre-registration</b> <b>\$ indicates fees and pre-registration required</b> <b>Lunch requires reservation</b>	9:00 French\$ <b>1</b> 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 2:00 MELT \$, 3:00 Cornhole	9:00 Spanish* <b>2</b> 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 10:00 Garden Club Mtg (off site) 11:00 Free Dance* 1:00 Fair Crafts, 1:00 Cards n Games 1:00 Movie: <b>The Sixth Sense</b> <b>1:30 Kayaking</b>
9:30 Zumba\$ <b>5</b> 11:00 Bodies In Motion 1:00 Tech Help by Appt.* <b>1:00 Hot Dog Bingo\$</b> 3:00 Cornhole	<b>8:30 Men's Breakfast*</b> <b>6</b> 9:00 Yoga\$, 9:00 Walkers: <i>Putnam Park</i> 9:30 Stitch by Stitch Quilting 10:00 Tai Chi/Qigong \$ 12:00 Lunch\$, 12:00 Beginner's Pool 1:00 Chair Yoga\$, 1:00 Cards n Games 1:00 Mah Jongg, <b>1:30 Craft - Wood Watermelon Coasters</b> 1:30 Investment Club, 2:00 MELT \$, 2:00 Pool Team	9:30 Zumba\$ <b>7</b> 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.* 3:00 Prayers for Peace, 5:15 Yoga\$	9:00 French\$ <b>8</b> 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, <b>1:30 The Price is Right</b> 2:00 MELT \$, 3:00 Cornhole	9:00 Spanish* <b>9</b> 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* <b>12:00 Cooking with Kathy*</b> 1:00 Fair Crafts 1:00 Movie: <b>Aloha</b> 1:00 Cards n Games <b>1:30 Kayaking</b>
9:30 Zumba\$ <b>12</b> 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune* 3:00 Cornhole	9:00 Yoga\$ <b>13</b> 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 10:30 Walker's Club Meeting 12:00 Lunch\$ 12:00 Beginner's Pool 1:00 Kathy's Discussion Group 1:00 Chair Yoga\$ 1:00 Mah Jongg, 1:30 Investment Club, 2:00 Pool Team <b>2:00 Origami w/ Dirk*, 2:00 MELTS</b>	9:30 Zumba\$ <b>14</b> 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, <b>1:30 Diet and Inflammation</b> 1:00 Cards n Games, <b>1:00 Tech Help.*</b> <b>2:00 Massage\$</b> 5:15 Yoga\$	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\$ 1:00 Cards n Games <b>1:30 Grandkids Ice Cream Social*</b> 1:00 Canasta, 3:00 Cornhole	9:00 Spanish* <b>16</b> 10:00 Yoga\$ 10-12 Probate Judge Landgrebe* 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 1:00 Fair Crafts 1:00 Movie: <b>BFG</b> 1:00 Cards n Games 1:30 MELT \$, <b>1:30 Kayaking</b>
9:30 Zumba\$ <b>19</b> 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune* 1:00 Intuitive Readings 3:00 Cornhole	9:00 Yoga <b>20</b> 9:00 Walkers: <i>Fairfield Hills</i> 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 12:00 Lunch\$, <b>Jen's Scam Patrol</b> 12:00 Beginner's Pool, 1:00 Cards n Games 1:00 Chair Yoga\$, 1:00 Mah Jongg <b>1:00 Occupational Therapy and Aging*</b> 1:00 Kathy's Discussion Group* 1:30 Investment Club, 2:00 MELT \$, 2:00 Pool Team, <b>4:00 Friend's Meeting</b>	9:30 Zumba\$, 10:00 Art Class\$ <b>21</b> 10:00 Sit n Stitch, <b>10:15 Bus departs for Sail On! \$</b> 11:00 Bodies in Motion, 12:00 Lunch\$ 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games , 1:00 Tech Help * <b>1:30 Bunco\$</b> 5:15 Yoga\$	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\$ 1:00 Cards n Games, 1:00 Canasta,, <b>1:30 Trusts: Everything You Wanted... *</b> 2:00 MELT \$, 3:00 Cornhole	9:00 Spanish* <b>23</b> 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 1:00 Foot Reflexology\$ 1:00 Fair Crafts 1:00 Movie: <b>A Walk in the Woods</b> 1:00 Cards n Games <b>1:30 Kayaking</b>
9:30 Zumba\$ <b>26</b> 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Wheel of Fortune* 3:00 Cornhole	9:00 Yoga\$, <b>27</b> 9:00 Foot Reflexology\$ 9:00 Walkers: <i>Bkfld Greenway</i> , 9:30 Quilting, 10:00 Tai Chi/Qigong\$ 12:00 Lunch\$, 12:00 Beginner's Pool 1:00 Cards n Games, 1:00 Chair Yoga\$, 1:00 Mah Jongg, 1:00 Red Hat Lunch\$ 1:30 Investment Club, 2:00 Pool Team 2:00 Pool Team, 7:30 COA Meeting	9:30 Zumba\$ <b>28</b> 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 2:00 Massages\$ 5:15 Yoga\$	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 12:00 Lunch\$, 1:00 Cards n Games 1:00 Canasta,, 3:00 Cornhole	9:00 Spanish* <b>30</b> 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 1:00 Foot Reflexology\$ 1:00 Fair Crafts 1:00 Movie: <b>Fargo</b> 1:00 Cards n Games <b>1:30 Kayaking</b>