



New Fairfield Senior Center

<http://www.newfairfieldseniorcenter.org>

November 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
	Caregivers' Group Meeting Saturday, Nov. 2 at 10:00	*Indicates pre-registration \$ indicates fees and pre-registration required Lunch requires reservation		9:00 Spanish* 1 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 10:00 Garden Club Mtg 11:00 Free Dance* 1:00 Fair Crafts, 1:00 Cards n Games 1:00 Movie: Take the Lead
4	5	6	7	8
9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Mah Jongg 1:00 Hot Dog Bingo\$ 3:00 Cornhole	Closed for Senior Center Programs Open for Polling <i>9:30 Walkers go to Ridgfield Recreation Center</i>	9:00 Blood Pressure Screening 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, 1:00 Tech Help App* 1:30 Origami tree with Dirk* 3:00 Prayers for Peace, 5:15 Yoga\$	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, 3:00 Cornhole	9:00 Spanish* 10:00 Yoga\$ 8 10-12 Probate Judge Landgrebe* 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 12:00 Cooking with Puti* 1:00 Fair Crafts 1:00 Movie: Thelma 1:00 Cards n Games Groovin' Coffeehouse Saturday
11	12	13	14	15
Senior Center Closed in observance of Veterans Day 11:00 - Ceremony at Veterans Park	8:30 Mens Breakfast 9:00 Yoga\$ 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 10:30 Walker's Club Meeting 12:00 Lunch\$ 12:00 Beginners Pool 1:00 Mr. Fix It 1:30 Craft w/Danielle 1:00 Chair Yoga\$ 1:00 Mah Jongg, 1:30 Investment Club, 2:00 Pool Team	9:00 Blood Pressure Screening 9:30 Zumba\$ 10:00 Art Class\$ 10:00 Sit 'n Stitch, 11:00 Bodies in Motion, 12:00 Lunch\$ 1:30 Luks Realty Market Update* 12:30 HHQ Quilters, 12:30 Sittercise, 1:00 Cards n Games, 1:00 Tech Help.* 1:30 Massage\$ 5:15 Yoga\$	9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$ 10:00 Blood Pressure Screening* 10:15 Bus departs for Lion King\$ 11:00 Bodies in Motion 12:00 Lunch\$ 1:00 Cards n Games 1:00 Canasta, 3:00 Cornhole	9:00 Spanish* 15 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 1:00 Fair Crafts 1:00 Movie: The Wizard of Oz 1:00 Cards n Games
18	19	20	21	22
9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Mah Jongg 1:00 Wheel of Fortune* 1:00 Intuitive Readings 3:00 Cornhole	9:00 Yoga 9:30 Walkers: <i>Ridgfield Rail Trail</i> 9:30 Stitch by Stitch Quilting, 10:00 Tai Chi/Qigong\$, 12:00 Lunch\$, Jen's Scam Patrol 12:00 Beginner's Pool, 1:00 Cards n Games 1:00 Chair Yoga\$, 1:00 Mah Jongg 1:00 Kathy's Discussion Group* 1:30 Investment Club, 2:00 Pool Team	9:00 Blood pressure screening 9-1:00 AAA Driving Class\$ 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 * 1:30 Bunco\$, 3:00 Friends meeting 5:15 Yoga\$	9:00 French\$ 9:30 Movers and Shapers\$ 10:00 Art Class\$, 10:00 BP Screening 11:00 Bodies in Motion 11:00 Book Club\$, 12:00 Lunch\$ 1:00 Cards n Games, 1:00 Canasta,, 1:30 Craft with Debi* , 3:00 Cornhole	9:00 Spanish* 22 10:00 Yoga\$ 10:00 Stitch by Stitch Quilting 11:00 Free Dance* 11:00 Red Hat Fashion Show and Lunch\$ 1:00 Foot Reflexology\$, 1:00 Fair Crafts 1:00 Movie: A Street Cat Named Bob 1:00 Cards n Games
25	26	27	Closed For Thanksgiving	Closed For Thanksgiving
9:30 Zumba\$ 11:00 Bodies In Motion 1:00 Tech Help by Appt.* 1:00 Mah Jongg 1:00 Wheel of Fortune* 3:00 Cornhole	9:00 Yoga\$, 9:00 Foot Reflexology\$ 9:30 Walkers: <i>NO WALK</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, 1:30 Investment Club, 2:00 Pool Team, 2:00 OEM -Make your First Aid kit*	9:00 Blood Pressure screening 9:30 Zumba\$ 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 Closing	