


Senior Activities for December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Programs continue Weekly through the month</p>				<p>1 9:00 Men's Billiards 9:00 Open Computer 10:00 Current Issues 10:00 Hatha Yoga 11:45 Lunch 11:00 Powerful Aging 12:45 Bingo</p>	<p>2 9:00 Co-ed Billiards 9:00 Open Computer 9:30 Watercolor Class 12:00 Movie: <i>"A Christmas Story"</i></p>
<p>4 9:00 Men's Billiards 9:00 Open Computer 9:30 Knit & Crochet 10:00 Hatha Yoga 11:45 Lunch 12:15 Safe Medication Disposal Talk 12:15 Indoor Walking 12:30 Zumba Gold 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Co-ed Billiards 1:00 Creative Crafters 1:00 Move: <i>"The Spirit of Christmas"</i> 1:30 Tai Chi Intro</p>	<p>5 9:00 1:1 Computer Assist 9:00 Open Computer 9:00 Co-ed Billiards 9:30 Registration 9:45 Friendship Circle 10:00 AARP Board Mtg. 10:00 Rummikub 11:45 Lunch 12:15 Indoor Walking 1:00 Canasta 1:00 Pinochle 1:00 Stretchcize 2:30 Play Reading 5:30 Pickleball</p>	<p>6 9:00 Men's Billiards 9:00 Open Computer 9:00 Wellness Clinic 9:45 Friendship Circle 10:00 <i>The Painted Pony & Abbey of Regina Laudis Trip</i> 10:00 Aging Mastery Program 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Bridge 1:30 Ceramics 2:00 Bereavement Support</p>	<p>7 8:30 Outdoor Walking Grp 9:00 Open Computer 9:00 Intermediate Italian 9:00 Co-ed Billiards 9:45 Friendship Circle 9:50 <i>Wadsworth Atheneum Trip</i> 10:00 Advance Italian 10:00 Setback 10:30 Line Dancing Intermediate 11:45 Lunch 12:15 Indoor Walking 1:00 Stretchcize 1:00 Creative Crafters 2:00 Wii Bowling 5:30 Coloring Stress Relief* 6:00 Tai Chi 6:00 Open Computer* 6:00 Mahjongg*</p>	<p>8 9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 11:00 Powerful Aging 11:45 Lunch 12:45 Bingo</p>	<p>9 9:00 Co-ed Billiards 9:00 Open Computer 9:30 Watercolor Class 12:00 Movie: <i>"Miracle on 34th Street"</i></p>
<p>11 9:00 Men's Billiards 9:00 Open Computer 9:30 Knit & Crochet 10:00 Hatha Yoga 11:45 Lunch 12:15 Indoor Walking 12:30 Zumba Gold 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Co-ed Billiards 1:00 Creative Crafters 1:00 Movie: <i>"Believe"</i> 1:30 Tai Chi Intro</p>	<p>12 8:40 Foot Clinic 9:00 1:1 Computer Assist 9:00 Open Computer 9:00 Co-ed Billiards 9:45 Friendship Circle 10:00 Rummikub 12:00 Candy Canes & Mistletoes Special Luncheon 12:15 No Indoor Walking 12:30 Chess 1:00 Pinochle 1:00 Stretchcize 2:30 Play Reading 5:30 Pickleball</p>	<p>13 9:00 Men's Billiards 9:00 Open Computer 9:00 Wellness Clinic 9:45 Friendship Circle 10:00 <i>Westfarms Mall</i> 10:00 <i>Hill-Stead Museum</i> 11:00 Powerful Aging 11:45 Lunch 12:15 Understanding Nutrition Fact Labels 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Bridge 1:30 No Ceramics</p>	<p>14 8:30 Outdoor Walking Grp 9:00 Intermediate Italian 8:40 Foot Clinic 9:00 Co-ed Billiards 9:00 Open Computer 9:45 Friendship Circle 10:00 Advance Italian 10:00 Setback 10:30 Book Discussion 10:30 Line Dancing Intermediate 11:45 Lunch 12:15 No Indoor Walking 1:00 No Creative Crafters 1:00 Stretchcize 2:00 Wii Bowling 6:00 Tai Chi 6:00 Holiday Lights around Town</p>	<p>15 9:00 Men's Billiards 9:00 Open Computer 10:00 Current Issues 10:45 <i>Viron Rondo Restaurant - Carnegie Hall - Nelson Hall</i> 10:00 Hatha Yoga 11:00 Powerful Aging 11:45 Lunch 12:45 Bingo</p>	<p>16 9:00 Co-ed Billiards 9:00 Open Computer 12:00 BIG SING 1:00 Movie: <i>"A Christmas Carol"</i></p>
<p>18 9:00 Men's Billiards 9:00 Open Computer 9:30 Knit & Crochet 10:00 Hatha Yoga 11:45 Birthday Lunch 12:15 Indoor Walking 12:30 Zumba Gold 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Co-ed Billiards 1:00 No Creative Crafters 1:00 Movie: <i>"The Christmas Project"</i> 1:30 Tai Chi Intro</p>	<p>19 9:00 1:1 Computer Assist 9:00 Open Computer 9:00 Co-ed Billiards 9:45 Friendship Circle 10:00 Rummikub 11:45 Lunch 12:15 Indoor Walking 1:00 Canasta 1:00 Pinochle 1:00 Stretchcize 2:30 Play Reading 5:30 Pickleball</p>	<p>20 9:00 Men's Billiards 9:00 Open Computer 9:00 Wellness Clinic 9:45 Friendship Circle 11:00 Powerful Aging 11:45 Lunch 12:15 How to decrease Sugar & increase fiber 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Bridge 1:30 Ceramics 2:00 Bereavement Support</p>	<p>21 9:00 Open Computer 9:00 Co-ed Billiards 9:45 Friendship Circle 10:00 Setback 10:30 Holiday Brunch 12:15 No Indoor Walking 1:00 Stretchcize 1:00 Creative Crafters 2:00 Wii Bowling 6:00 Tai Chi</p>	<p>22 9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 11:00 Powerful Aging 11:45 Lunch 12:45 Bingo</p>	<p>23 9:00 Co-ed Billiards 9:00 Open Computer 12:00 Movie: <i>"Elf"</i></p>
<p>25 CLOSED Happy Holidays</p> 	<p>26 8:40 Foot Clinic 9:00 1:1 Computer Assist 9:00 Co-ed Billiards 9:00 Open Computer 9:45 Friendship Circle 10:00 Rummikub 12:15 Indoor Walking 12:30 Chess 1:00 Pinochle 1:00 Stretchcize 2:30 Play Reading 5:30 Pickleball</p>	<p>27 9:00 Men's Billiards 9:00 Open Computer 9:00 Wellness Clinic 9:45 Friendship Circle 11:45 Lunch 12:15 Benefits of Healthy Fats 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Bridge 1:30 Ceramics</p>	<p>28 9:00 Open Computer 9:00 Co-ed Billiards 9:45 Friendship Circle 10:00 Setback 11:45 New Year Luncheon Celebration 12:15 No Indoor Walking 1:00 Stretchcize 1:00 Creative Crafters 2:00 Wii Bowling</p>	<p>29 9:00 Men's Billiards 9:00 Open Computer 10:00 Low Vision Group 11:45 Lunch 12:45 Bingo</p>	<p>30 9:00 Co-ed Billiards 9:00 Open Computer 12:00 Movie: <i>"Christmas with the Kranks"</i></p>