


Senior Activities for January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  CLOSED	2 <u>RM</u> 9:00 AARP Tax Training C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:45 Friendship Circle SA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support SA	3 <u>RM</u> 8:30 Outdoor Walking Grp* 9:00 Co-ed Billiards* B 9:00 Intermediate Italian AC 9:45 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:45 Lunch CA 12:15 Indoor Walking* CB 1:00 Wii Bowling* AA/AB 1:00 Creative Crafters* AC 1:00 Stretcherize E 1:30 Mac/iPad 1:1 Assistance CF 2:00 Glastonbury Wii Team* 5:30 Mahjongg* AB 5:30 Computer Assistance* C 5:30 Coloring Stress Relief* AC 5:30 Movie: "Uncle Nino" SA 6:00 Tai Chi CB	4 <u>RM</u> 9:00 Men's Billiards B 9:00 AARP Tax Training C 10:00 Current Issue CF 10:30 Girl Talk SA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	5 <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Open Studio AC 12:00 Movie: "Crazy Rich Asians" SA
7 <u>RM</u> 9:00 Men's Billiards B 9:30 Registration CA 9:30 Knit & Crochet AC 10:30 Low Impact Cardio E Dance Fitness 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AA/AB 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie: "Christopher Robin" SA 1:30 Tai Chi Intro* CB	8 <u>RM</u> 9:00 Open Computer* C 9:00 Co-ed Billiards* B 9:30 Friendship Circle SA 10:00 Rummikub AA 10:00 Hearing Screening HR 11:45 Lunch CA 12:15 No Indoor Walking CB 12:30 Growing Older Brings New Purpose 12:30 Canasta AB 1:00 Chess AC 1:00 Pinochle AA 1:00 Stretcherize E 5:30 Computer Assistance* C 5:30 Lifelong Learning* SA 5:30 Pickleball CA/CB	9 <u>RM</u> 9:00 Open Computer C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:45 Friendship Circle SA 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	10 <u>RM</u> 9:00 Intermediate Italian AC 9:45 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:45 Lunch CA 1:00 Stretcherize E 1:30 Mac/iPad 1:1 Assistance CF 4:00 Glastonbury Senior Center Accreditation Reception CA/CB 5:30 Movie: "Moonstruck" SA 6:00 Tai Chi CB	11 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	12 <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Watercolor Class 12:00 Movie: "An Interview with God" SA
14 <u>RM</u> 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:30 Low Impact Cardio E Dance Fitness 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AA/AB 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie: "Alpha" SA	15 <u>RM</u> 9:30 Friendship Circle SA 10:00 Rummikub AA 12:00 <i>New Year Celebration</i> CA 12:15 NO Indoor Walking CB 12:30 Canasta AB 1:00 Pinochle AA 1:00 Stretcherize E 3:15 Techy Teens AB 5:30 Pickleball CA/CB	16 <u>RM</u> 9:00 Open Computer C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:45 Friendship Circle SA 10:00 <i>Westfarms Mall</i> 10:00 Aging Mastery AC 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 2:00 Bereavement Support SA	17 <u>RM</u> 8:40 Foot Clinic HR 9:00 Intermediate Italian AC 9:45 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:45 Lunch CA 1:00 Stretcherize E 1:30 Mac/iPad 1:1 Assistance CF 5:30 Movie: "The Words" SA 6:00 Tai Chi CB	18 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issue CF 10:30 Girl Talk SA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	19 <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Open Studio AC 12:00 Movie: "The Matchmaker's Playbook" SA
21 CLOSED Martin Luther King Day	22 <u>RM</u> 9:30 Friendship Circle SA 10:00 Rummikub AA 10:45 <i>Red Fox Restaurant</i> 11:45 Lunch CA 12:15 <i>Dingle Peninsula Video</i> 12:15 Indoor Walking CB 12:30 Canasta AB 1:00 Chess AC 1:00 Pinochle AA 1:00 Stretcherize E 5:30 Pickleball CA/CB	23 <u>RM</u> 9:00 Open Computer C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:45 Friendship Circle SA 10:00 Aging Mastery AC 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	24 <u>RM</u> 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards B 9:00 Intermediate Italian AC 9:45 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:00 <i>Yale University Trip</i> 11:45 Lunch CA 1:00 Stretcherize E 1:30 Mac/iPad 1:1 Assistance CF 5:30 Movie: "Penny Serenade" SA 6:00 Tai Chi CB	25 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Low Vision Group SA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	26 <u>RM</u> 9:00 Co-ed Billiards B 9:00 Open Computer C 9:00 Dance Practice E 9:30 Watercolor Class 12:00 Movie: "Life Happens" SA 12:00 The BIG Sing CACB
28 <u>RM</u> 8:40 Foot Clinic HR 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:30 Low Impact Cardio E Dance Fitness 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AA/AB 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie: "Mamma Mia, Here We Go Again" SA	29 <u>RM</u> 8:40 Foot Clinic HR 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:15 <i>In The Wild Video</i> 12:15 Indoor Walking CB 12:30 Canasta AB 1:00 Pinochle AA 1:00 Stretcherize E 5:30 Pickleball CA/CB	30 <u>RM</u> 9:00 Open Computer C 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:45 Friendship Circle SA 10:00 Aging Mastery AC 11:00 Powerful Aging E 11:10 <i>Elizabeth's Restaurant</i> 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC	31 <u>RM</u> 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards B 9:00 Intermediate Italian AC 9:45 Friendship Circle SA 10:00 Advanced Italian AC 10:00 Setback AA/AB 10:15 Intermediate Line Dance E 11:45 Lunch CA 1:00 Stretcherize E 1:30 Mac/iPad 1:1 Assistance CF 5:30 Movie: "Oh God" SA 6:00 Tai Chi CB	* The following programs continue through the month	ROOM KEY AA Activity Room A AB Activity Room B C Computer Room E Exercise Room CB Community Rm B CA Community Rm A CF Conference Room WS Workshop Room AC Arts & Craft Room SA Special Activity Rm B Billiards Room HR Health Room