


Senior Activities for May 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|
| ROOM KEY AA Activity Room A AB Activity Room B C Computer Room E Exercise Room CB Community Rm B CA Community Rm A OFFSITE AP Addison Park M Minnechaug 9 Hole Golf Course | CF Conference Room WS Workshop Room AC Arts & Craft Room SA Special Activity Room B Billiards Room HR Health Room | 1 9:00 Men's Billiards 9:00 Wellness Clinic 9:30 Friendship Circle 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Mahjongg Lessons 1:00 Bridge 1:30 Ceramics 2:00 Bereavement Support | 2 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards 9:00 Intermediate Italian* 9:30 Friendship Circle 10:00 Setback * 10:00 Advance Italian * 11:45 Lunch 12:30 Healthy Brain #2 1:00 Stretcherize 1:00 Creative Crafters* 1:30 Mac, iPad, Smart phone 1:1 Assistance 1:45 Peter Pan Players 2:00 Wii Bowling* 2:30 Tai Ji Quan 5:30 Movie* 5:30 Pickleball* 6:00 Open Computer* 6:00 Mahjongg* 6:00 Tai Chi* 7:00 Evening of Rhyme & Rhetoric | 3 9:00 Men's Billiards 9:00 Open Computer 10:00 Current Issues 11:45 Lunch 12:00 1:1 Comp. Assist 12:45 Bingo | 4 9:00 Pickleball 9:00 Co-ed Billiards 9:00 Open Computer 9:30 Watercolor Class 12:00 Movie |
| <p>Programs in bold and with * continue through the month.</p> | | | | | |
| 6 9:00 Men's Billiards 9:30 Knit & Crochet 9:30 Registration 10:00 Hatha Yoga 10:30 Low Impact Cardio Dance Fitness 11:45 Lunch 12:15 Indoor Walking 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Co-ed Billiards * 1:00 Creative Crafters 1:00 Movie 1:30 Tai Chi Intro 2:30 Tai Ji Quan | 7 9:00 Open Computer 9:00 Co-ed Billiards 9:30 AARP Board Mtg. 9:30 Friendship Circle 10:00 Rummikub 11:45 Lunch 1:00 Canasta* 1:00 Pinochle * 1:00 Stretcherize 5:30 Pickleball 5:30 Pickleball 5:30 Color Stress Relief* 6:00 Open Computer * | 8 9:00 Men's Billiards 9:00 Wellness Clinic 9:30 Friendship Circle 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Mahjongg Lessons 1:00 Bridge 1:15 <i>Wadsworth Mansion</i> 1:30 Ceramics | 9 9:00 Co-ed Billiards 9:30 Friendship Circle 10:15 Inter. Line Dance 11:45 Lunch 11:45 Beg. Line Dancing 12:30 Healthy Brain #3 1:00 Stretcherize 1:30 Mac, iPad, Smart phone 1:1 Assistance 2:00 Wii Bowling 2:30 Tai Ji Quan 3:30 Verse Come Poetry | 10 9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 11:00 Powerful Aging 11:45 Lunch 12:00 1:1 Comp. Assist 12:45 Bingo | 11 9:00 Pickleball 9:00 Co-ed Billiards 9:00 Open Computer 9:30 Open Art Studio 12:00 Movie |
| 13 9:00 Co-ed Golf League 9:00 Men's Billiards 9:30 Knit & Crochet 10:00 Hatha Yoga 10:30 Low Impact Cardio Dance Fitness 12:15 Indoor Walking 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Creative Crafters 1:00 Movie 1:30 Tai Chi Intro 2:30 Tai Ji Quan | 14 9:00 Open Computer 9:00 Co-ed Billiards 9:30 Friendship Circle 10:00 Hearing Screening 10:00 Rummikub 11:00 <i>Old Town Restaurant</i> 11:45 Lunch 12:15 Indoor Walking 1:00 Chess 1:00 Stretcherize 4:30 RiverQuilters 5:30 Pickleball 5:30 Lifelong Learning | 15 9:00 Men's Billiards 9:00 Wellness Clinic 9:30 Friendship Circle 10:00 <i>Westfarms Mall Trip</i> 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Mahjongg Lessons 1:00 Bridge 1:30 Ceramics 2:00 Bereavement Support | 16 8:40 Foot Clinic 9:00 Co-ed Billiards 9:30 Friendship Circle 10:15 Inter. Line Dancing 11:45 Lunch 11:45 Beg. Line Dancing 12:30 Healthy Brain #4 12:30 AARP Smart Driver 1:00 Stretcherize 2:30 Tai Ji Quan 6:00 AARP Age Friendly Forum | 17 9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 10:00 Current Issues 11:00 Powerful Aging 11:45 Lunch 12:00 1:1 Comp. Assist 12:45 Bingo | 18 9:00 Pickleball 9:00 Co-ed Billiards 9:00 Open Computer 9:30 Watercolor Class 12:00 The Big Sing 12:00 Movie |
| 20 9:00 Co-ed Golf League 9:00 Men's Billiards 9:30 Knit & Crochet 10:00 Hatha Yoga 10:30 Low Impact Cardio Dance Fitness 11:45 Birthday Lunch 12:15 Indoor Walking 12:45 Cribbage 1:00 Duplicate Bridge 1:00 Creative Crafters 1:00 Movie 1:30 Tai Chi Intro 2:30 Tai Ji Quan | 21 9:00 Open Computer 9:00 Co-ed Billiards 9:30 Friendship Circle 10:00 Rummikub 10:30 <i>Sadler's Inn</i> 11:45 Lunch 12:00 AARP General Mtg. 1:00 Stretcherize 5:30 Pickleball 5:30 Lifelong Learning | 22 9:00 Men's Billiards 9:00 Wellness Clinic 9:30 Friendship Circle 10:45 <i>Mattatuck-Rose Hill Historic Museum</i> 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Bridge 1:30 Ceramics | 23 9:00 Co-ed Billiards 9:30 Friendship Circle 11:45 Lunch 12:30 Healthy Brain #5 1:00 Stretcherize 2:30 Tai Ji Quan | 24 9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 10:00 LOW VISION 11:00 Powerful Aging 11:45 Lunch 12:00 1:1 Comp. Assist 12:45 Bingo | 25 9:00 Pickleball 9:00 Co-ed Billiards 9:00 Open Computer 9:30 Open Art Studio 12:00 pm Movie |
| 27 MEMORIAL DAY CLOSED  | 28 8:40 Foot Clinic 9:00 Open Computer 9:00 Co-ed Billiards 9:30 Friendship Circle 10:00 Rummikub 12:00 Memorial Day Luncheon 1:00 Chess 1:00 Stretcherize 4:30 RiverQuilters 5:30 Pickleball 5:30 Lifelong Learning | 29 9:00 Men's Billiards 9:00 Wellness Clinic 9:30 Friendship Circle 10:30 Goodspeed Opera 11:00 Powerful Aging 11:45 Lunch 12:15 Indoor Walking 1:00 Mahjongg Play 1:00 Mahjongg Lessons 1:00 Bridge 1:30 Ceramics | 30 9:00 Co-ed Billiards 9:30 Yard Goats Game 9:30 Friendship Circle 10:00 Setback 11:45 Lunch 12:15 Indoor Walking 1:00 Stretcherize 2:30 Tai Ji Quan | 31 8:40 Foot Clinic 9:00 Men's Billiards 9:00 Open Computer 10:00 Hatha Yoga 11:00 The Price is Right 11:00 Powerful Aging 11:45 Lunch 12:00 1:1 Comp. Assist 12:45 Bingo | |