

## Senior Activities for June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>ROOM KEY</b> AA Activity Room A    CF Conference Room AB Activity Room B    WS Workshop Room C Computer Room      AC Arts & Craft Room E Exercise Room      SA Special Activity Room CB Community Rm B    B Billiards Room CA Community Rm A    HR Health Room		<b>OFFSITE</b> AP Addison Park      Movie information on page 12 M Minnechaug 9 Hole Golf Course			1 <span style="float: right;"><u>RM</u></span> 9:00 Pickleball <span style="float: right;">AP</span> 9:00 Dance Practice <span style="float: right;">E</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 9:30 Open Art Studio <span style="float: right;">AC</span> 12:00 Movie <span style="float: right;">SA</span>	
<b>Programs in bold and with * continue through the month.</b>						
<b>3</b> <span style="float: right;"><u>RM</u></span> 9:00 Co-ed Golf League <span style="float: right;">M</span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:30 Knit & Crochet <span style="float: right;">AC</span> 10:00 Hatha Yoga <span style="float: right;">AB/AA</span> 10:30 Low Impact Cardio Dance Fitness <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 12:45 Cribbage <span style="float: right;">WS</span> 1:00 Duplicate Bridge <span style="float: right;">AB/AA</span> 1:00 Co-ed Billiards <span style="float: right;">B</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 1:00 Movie <span style="float: right;">SA</span> 1:30 Tai Chi Intro <span style="float: right;">CB</span> 2:30 Tai Ji Quan <span style="float: right;">E</span>	<b>4</b> <span style="float: right;"><u>RM</u></span> 9:00 Open Computer <span style="float: right;">C</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:30 AARP Board Mtg. <span style="float: right;">CB</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 10:00 Rummikub <span style="float: right;">AA</span> 11:30 <i>Chowder Pot IV</i> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Canasta <span style="float: right;">AA</span> 1:00 Pinochle <span style="float: right;">AB</span> 1:00 Stretcherize <span style="float: right;">E</span> 5:30 Pickleball <b>AP &amp; CA/CB</b> 5:30 <b>Color Stress Relief*</b> <span style="float: right;">AC</span> 5:30 <b>Lifelong Learning*</b> <span style="float: right;">SA</span> 5:30 <b>Open Computer*</b> <span style="float: right;">C</span> 6:00 Setback <span style="float: right;">AA/AB</span>	<b>5</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Wellness Clinic <span style="float: right;">HR</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 11:00 Powerful Aging <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Mahjongg Play <span style="float: right;">AA</span> 1:00 Bridge <span style="float: right;">AB</span> 1:30 Ceramics <span style="float: right;">AC</span> 2:00 Bereavement Support <span style="float: right;">SA</span>	<b>6</b> <span style="float: right;"><u>RM</u></span> 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Intermediate Italian <span style="float: right;">AC</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 9:30 <b>Registration</b> <span style="float: right;">CA</span> 10:00 Setback <span style="float: right;">AB/AA</span> 10:00 Advance Italian <span style="float: right;">AC</span> 10:30 Intermediate Line Dance <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:00 Beginners Line Dance <span style="float: right;">E</span> 12:15 <b>Portrait of Vienna</b> <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Stretcherize <span style="float: right;">E</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 2:00 Wii Bowling <span style="float: right;">AB/AA</span> 2:30 Tai Ji Quan <span style="float: right;">E</span> 3:30 Verse Come Poetry <span style="float: right;">AA</span> 5:30 <b>Movie*</b> <span style="float: right;">SA</span> 5:30 <b>Pickleball*</b> <span style="float: right;">AP</span> 5:30 <b>Open Computer*</b> <span style="float: right;">C</span> 5:30 <b>Mahjongg*</b> <span style="float: right;">AA</span> 6:00 Tai Chi <span style="float: right;">CB</span>	<b>7</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 10:00 Hatha Yoga <b>AB/AA</b> 10:00 Current Issues <span style="float: right;">CF</span> 11:00 Powerful Aging <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:00 1:1 Comp. Assist <span style="float: right;">C</span> 12:45 Bingo <span style="float: right;">CB</span>	<b>8</b> <span style="float: right;"><u>RM</u></span> 9:00 Pickleball <span style="float: right;">AP</span> 9:00 Dance Practice <span style="float: right;">E</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 9:30 Open Art Studio <span style="float: right;">AC</span> 12:00 Movie <span style="float: right;">SA</span>	
<b>10</b> <span style="float: right;"><u>RM</u></span> 9:00 Co-ed Golf League <span style="float: right;">M</span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:30 Knit & Crochet <span style="float: right;">AC</span> 10:00 Hatha Yoga <span style="float: right;">AB/AA</span> 10:30 Low Impact Cardio Dance Fitness <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 12:45 Cribbage <span style="float: right;">WS</span> 1:00 Duplicate Bridge <span style="float: right;">AB/AA</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 1:00 Movie <span style="float: right;">SA</span> 1:30 Tai Chi Intro <span style="float: right;">CB</span> 2:30 Tai Ji Quan <span style="float: right;">E</span>	<b>11</b> <span style="float: right;"><u>RM</u></span> 9:00 <b>NY Botanical Garden</b> 9:00 Open Computer <span style="float: right;">C</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 10:00 Rummikub <span style="float: right;">AA</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Chess <span style="float: right;">AC</span> 1:00 Stretcherize <span style="float: right;">E</span> 1:00 Canasta <span style="float: right;">AA</span> 1:00 Pinochle <span style="float: right;">AB</span> 5:30 Pickleball <b>AP &amp; CA/CB</b> 6:00 Setback <span style="float: right;">AA/AB</span>	<b>12</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Wellness Clinic <span style="float: right;">HR</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 11:00 Powerful Aging <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Mahjongg Play <span style="float: right;">AA</span> 1:00 Bridge <span style="float: right;">AB</span> 1:30 Ceramics <span style="float: right;">AC</span>	<b>13</b> <span style="float: right;"><u>RM</u></span> 8:30 Outdoor Walking Grp 8:40 Foot Clinic <span style="float: right;">HR</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Intermediate Italian <span style="float: right;">AC</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 10:00 Setback <span style="float: right;">AB/AA</span> 10:00 Advance Italian <span style="float: right;">AC</span> 10:30 Intermediate Line Dance <span style="float: right;">E</span> 10:30 <i>Latitude 41 Restaurant</i> 11:45 Lunch <span style="float: right;">CA</span> 12:00 Beginners Line Dance <span style="float: right;">E</span> 12:30 <b>Managing Neck &amp; Back Pain</b> <span style="float: right;">CB</span> 1:00 Stretcherize <span style="float: right;">E</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 2:00 Wii Bowling <span style="float: right;">AB</span> 2:30 Tai Ji Quan <span style="float: right;">E</span> 6:00 Tai Chi <span style="float: right;">CB</span>	<b>14</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 10:00 Hatha Yoga <b>AB/AA</b> 11:00 Powerful Aging <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:00 1:1 Comp. Assist <span style="float: right;">C</span> 12:45 Bingo <span style="float: right;">CB</span>	<b>15</b> <span style="float: right;"><u>RM</u></span> 9:00 Pickleball <span style="float: right;">AP</span> 9:00 Dance Practice <span style="float: right;">E</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 9:30 Open Art Studio <span style="float: right;">AC</span> 12:00 Movie <span style="float: right;">SA</span>	
<b>17</b> <span style="float: right;"><u>RM</u></span> 9:00 Co-ed Golf League <span style="float: right;">M</span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:30 Knit & Crochet <span style="float: right;">AC</span> 10:00 Hatha Yoga <span style="float: right;">AB/AA</span> 10:30 Low Impact Cardio Dance Fitness <span style="float: right;">E</span> 11:45 <b>Birthday Lunch</b> <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 12:45 Cribbage <span style="float: right;">WS</span> 1:00 Duplicate Bridge <span style="float: right;">AB/AA</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 1:00 Movie <span style="float: right;">SA</span> 1:30 Tai Chi Intro <span style="float: right;">CB</span> 2:30 Tai Ji Quan <span style="float: right;">E</span>	<b>18</b> <span style="float: right;"><u>RM</u></span> 9:00 Open Computer <span style="float: right;">C</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 9:45 <i>Cinemark Manchester</i> 10:00 Rummikub <span style="float: right;">AA</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Canasta <span style="float: right;">AA</span> 1:00 Pinochle <span style="float: right;">AB</span> 1:00 Stretcherize <span style="float: right;">E</span> 5:30 Pickleball <b>AP &amp; CA/CB</b> 6:00 Setback <span style="float: right;">AA/AB</span>	<b>19</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Wellness Clinic <span style="float: right;">HR</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 11:00 Powerful Aging <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Mahjongg Play <span style="float: right;">AA</span> 1:00 Bridge <span style="float: right;">AB</span> 1:30 Ceramics <span style="float: right;">AC</span> 2:00 Bereavement Support <span style="float: right;">SA</span>	<b>20</b> <span style="float: right;"><u>RM</u></span> 8:30 Outdoor Walking Grp 8:30 AARP Smart Driver <span style="float: right;">CB</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Intermediate Italian <span style="float: right;">AC</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 9:30 <i>Elizabeth Park Trip</i> 10:00 Setback <span style="float: right;">AB/AA</span> 10:00 Advance Italian <span style="float: right;">AC</span> 10:30 Book Discussion <span style="float: right;">CF</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 <b>Portrait of Paris</b> <span style="float: right;">CA</span> 1:00 Stretcherize <span style="float: right;">E</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 2:00 Wii Bowling <span style="float: right;">AA/AB</span> 2:30 Tai Ji Quan <span style="float: right;">E</span> 6:00 Tai Chi <span style="float: right;">CB</span>	<b>21</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 10:00 Hatha Yoga <b>AB/AA</b> 10:00 Current Issues <span style="float: right;">CF</span> 11:00 Powerful Aging <span style="float: right;">E</span> 11:45 Lunch <span style="float: right;">CA</span> 12:00 1:1 Comp. Assist <span style="float: right;">C</span> 12:45 Bingo <span style="float: right;">CB</span>	<b>22</b> <span style="float: right;"><u>RM</u></span> 9:00 Pickleball <span style="float: right;">AP</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Dance Practice <span style="float: right;">E</span> 9:00 Open Computer <span style="float: right;">C</span> 9:30 Open Art Studio <span style="float: right;">AC</span> 12:00 The Big Sing <b>CA/CB</b> 12:00 Movie <span style="float: right;">SA</span>	
<b>24</b> <span style="float: right;"><u>RM</u></span> 8:40 Foot Clinic <span style="float: right;">HR</span> 9:00 Co-ed Golf League <span style="float: right;">M</span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:30 Knit & Crochet <span style="float: right;">AC</span> 10:00 Hatha Yoga <span style="float: right;">AB/AA</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 12:45 Cribbage <span style="float: right;">WS</span> 1:00 Duplicate Bridge <span style="float: right;">AB/AA</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 1:00 Movie <span style="float: right;">SA</span> 2:30 Tai Ji Quan <span style="float: right;">E</span>	<b>25</b> <span style="float: right;"><u>RM</u></span> 8:40 Foot Clinic <span style="float: right;">HR</span> 9:00 Open Computer <span style="float: right;">C</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 10:00 Rummikub <span style="float: right;">AA</span> 11:45 Lunch <span style="float: right;">CA</span> 12:30 <b>Farm Fresh Produce</b> <span style="float: right;">CB</span> 1:00 Chess <span style="float: right;">AC</span> 1:00 Stretcherize <span style="float: right;">E</span> 1:00 Canasta <span style="float: right;">AA</span> 1:00 Pinochle <span style="float: right;">AB</span> 5:30 Pickleball <b>AP &amp; CA/CB</b> 6:00 Setback <span style="float: right;">AA/AB</span>	<b>26</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Wellness Clinic <span style="float: right;">HR</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Mahjongg Play <span style="float: right;">AA</span> 1:00 Bridge <span style="float: right;">AB</span> 1:30 Ceramics <span style="float: right;">AC</span>	<b>27</b> <span style="float: right;"><u>RM</u></span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:30 Friendship Circle <span style="float: right;">SA</span> 10:00 Setback <span style="float: right;">AB/AA</span> 11:45 Lunch <span style="float: right;">CA</span> 12:15 <i>Strawberry Bingo</i> <i>South Windsor Senior Ctr.</i> 12:15 Indoor Walking <span style="float: right;">CB</span> 1:00 Stretcherize <span style="float: right;">E</span> 1:00 Creative Crafters <span style="float: right;">AC</span> 2:00 Wii Bowling <span style="float: right;">AA/AB</span> 2:30 Tai Ji Quan <span style="float: right;">CB</span>	<b>28</b> <span style="float: right;"><u>RM</u></span> 9:00 Men's Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 10:00 LOW VISION <span style="float: right;">SA</span> 11:45 Lunch <span style="float: right;">CA</span> 12:00 1:1 Comp. Assist <span style="float: right;">C</span> 12:45 Bingo <span style="float: right;">CB</span>	<b>29</b> <span style="float: right;"><u>RM</u></span> 9:00 Pickleball <span style="float: right;">AP</span> 9:00 Dance Practice <span style="float: right;">E</span> 9:00 Co-ed Billiards <span style="float: right;">B</span> 9:00 Open Computer <span style="float: right;">C</span> 9:30 Open Art Studio <span style="float: right;">AC</span> 12:00 Movie <span style="float: right;">SA</span>	