


Senior Activities for July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>RM</u> 9:00 Co-ed Golf League M 9:00 Men's Billiards B 9:30 Knit & Crochet AC 11:45 NO Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie SA 2:30 Tai Ji Quan E	2 <u>RM</u> 9:00 Open Computer C 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 NO Lunch CA 12:15 Indoor Walking CB 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretchcize E 5:30 Pickleball AP & CA/CB 5:30 Lifelong Learning* SA 5:30 Open Computer* C 6:00 Setback AA/AB	3 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Diabetes Workshop AC 11:45 NO 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	4 Closed 	5 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issues CF 11:45 NO Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	6 <u>RM</u> 9:00 Pickleball AP 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Open Art Studio AC 12:00 Movie SA
8 <u>RM</u> 9:00 Co-ed Golf League M 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Co-ed Billiards B 1:00 Creative Crafters AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan E	9 <u>RM</u> 9:00 Open Computer C 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 9:30 Registration CA 10:00 Hearing Screening HR 10:00 Rummikub AA 11:45 Lunch CA 12:30 Making the most of Doctor Appointments CB 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretchcize E 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	10 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 8:45 Thimble Island Trip 10:00 Diabetes Workshop AC 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Mahjongg Lessons AA 1:00 Bridge AB 1:30 Ceramics AC	11 <u>RM</u> 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Setback AB/AA 11:45 Lunch CA 12:15 Portrait of Madrid CA 12:15 Indoor Walking CB 1:00 Stretchcize E 1:00 Creative Crafters AC 2:00 Wii Bowling AB/AA 2:30 Tai Ji Quan E 3:30 Verse Come Poetry AA 5:30 Color Stress Relief* AC 5:30 Movie* SA 5:30 Pickleball* AP 5:30 Open Computer* C 5:30 Mahjongg* AA 6:00 Tai Chi CB	12 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Hatha Yoga AB/AA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	13 <u>RM</u> 9:00 Pickleball AP 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Open Art Studio AC 12:00 Movie SA
15 <u>RM</u> 9:00 Co-ed Golf League M 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 10:30 Lenny's Indian Head 11:45 Birthday Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Creative Crafters AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan E	16 <u>RM</u> 9:00 Open Computer C 9:00 Co-ed Billiards B 9:00 Cross Sound Ferry Classic Lighthouse Tour 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Chess AC 1:00 Stretchcize E 1:00 Canasta AA 1:00 Pinochle AB 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	17 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Diabetes Workshop AC 10:45 Yard Goats Game 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Mahjongg Lessons AA 1:00 Bridge AB 1:30 Ceramics AC 1:30 Ballroom Lessons CB 2:00 Bereavement Support SA	18 <u>RM</u> 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Setback AB/AA 10:30 Book Discussion CF 11:45 Lunch CA 12:30 Staying Hydrated CA 12:30 AARP Smart Driver CB 1:00 Stretchcize E 1:00 Creative Crafters AC 2:00 Wii Bowling AB 2:30 Tai Ji Quan E 6:00 Tai Chi CB 7:00 Music & Arts Performance <i>Glastonbury High School</i>	19 <u>RM</u> 8:40 Foot Clinic HR 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Hatha Yoga AB/AA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	20 <u>RM</u> 9:00 Pickleball AP 9:00 Dance Practice E 9:00 Co-ed Billiards B 9:00 Open Computer C 9:30 Open Art Studio AC 12:00 Movie SA 12:00 The Big Sing CA/CB
22 <u>RM</u> 9:00 Co-ed Golf League M 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Creative Crafters AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan E	23 <u>RM</u> 9:00 Open Computer C 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Rummikub AA 12:00 Red, White & Blue Special Luncheon CA/CB 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretchcize E 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	24 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:30 Ivoryton Playhouse 10:00 Diabetes Workshop AC 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Mahjongg Lessons AA 1:00 Bridge AB 1:30 Ceramics AC 1:30 Ballroom Lessons CB	25 <u>RM</u> 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards B 9:15 Yale College Guided Tour 9:30 Friendship Circle SA 10:00 Setback AB/AA 11:45 Lunch CA 12:30 Aging at Home CB 1:00 Stretchcize E 1:00 Creative Crafters AC 2:00 Wii Bowling AA/AB 2:30 Tai Ji Quan E 6:00 Tai Chi CB	26 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Hatha Yoga AB/AA 10:00 Current Issues CF 10:00 LOW VISION SA 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	27 <u>RM</u> 9:00 Pickleball AP 9:00 Co-ed Billiards B 9:00 Dance Practice E 9:00 Open Computer C 9:30 Open Art Studio AC 12:00 Movie SA
29 <u>RM</u> 8:40 Foot Clinic HR 9:00 Co-ed Golf League M 9:00 Men's Billiards B 9:30 Knit & Crochet AC 10:00 Hatha Yoga AB/AA 11:45 Lunch CA 12:15 Indoor Walking CB 12:45 Cribbage WS 1:00 Duplicate Bridge AB/AA 1:00 Creative Crafters AC 1:00 Movie SA 2:30 Tai Ji Quan E	30 <u>RM</u> 8:40 Foot Clinic HR 9:00 Open Computer C 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Rummikub AA 10:30 The Seahorse Restaurant 11:45 Lunch CA 12:15 CHRIS Radio CA 1:00 Chess AC 1:00 Stretchcize E 1:00 Canasta AA 1:00 Pinochle AB 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	31 <u>RM</u> 9:00 Westchester Dinner Theater 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:00 Westfarms Mall 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Mahjongg Play AA 1:00 Mahjongg Lessons AA 1:00 Bridge AB 1:30 Ceramics AC 1:30 Ballroom Lessons CB	ROOM KEY 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 OFFSITE AP Addison Park M Minnechaug 9 Hole Golf Course Movie information on page 12 <div style="text-align: right;">Programs in bold and with * continue through the month.</div>		