

Senior Activities for August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 <p style="text-align: center;">Programs in bold and with * continue through the month.</p>			1 <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 A Glimpse of "Footloose" 12:15 Indoor Walking CB 1:00 Stretcherize E 1:00 Creative Crafters AC 2:00 Wii Bowling AB/AA 2:30 Tai Ji Quan E 5:30 Color Stress Relief* AC 5:30 Movie* SA 5:30 Pickleball* AP 5:30 Open Computer* C 5:30 Mahjongg* AB 6:00 Tai Chi CB	2 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 10:00 Current Issues CF 11:45 Lunch CA 12:00 1:1 Comp. Assist C 12:45 Bingo CB	3 <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
5 <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	6 <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 Lunch CA 12:30 President College CB 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretcherize E 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	7 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 9:30 Parks & Recreation Annual Senior Picnic CA/CB 11:00 Powerful Aging E 1:00 Mahjongg Play AA 1:00 Bridge AB 1:30 Ceramics AC 1:30 Ballroom Lessons CB 2:00 Bereavement Support SA	8 <u>RM</u> 8:30 Outdoor Walking Grp 9:00 Co-ed Billiards B 9:30 Registration CA 9:30 Friendship Circle SA 10:00 Setback AB/AA 11:45 Lunch CA 12:30 Living with COPD CB 1:00 Stretcherize E 1:00 Creative Crafters AC 2:00 Wii Bowling AB/AA 2:30 Tai Ji Quan E 3:30 Verse Come Poetry AA 6:00 Tai Chi CB	9 <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	10 <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 <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 Creative Crafters AC 1:00 Movie SA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan E	13 <u>RM</u> 7:45 <i>Gloucester Trip</i> 9:00 Open Computer C 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Chess AC 1:00 Stretcherize E 1:00 Canasta AA 1:00 Pinochle AB 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	14 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 Friendship Circle SA 10:30 <i>Lenny & Joe's Fish Tales - Westbrook</i> 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 1:30 Ballroom Lessons CB	15 <u>RM</u> 8:30 Outdoor Walking Grp 8:30 AARP Smart Driver CB 8:40 Foot Clinic HR 9:00 Co-ed Billiards B 9:00 <i>Cross Sound Ferry Classic Lighthouse Tour</i> 9:30 Friendship Circle SA 10:00 Setback AB/AA 10:30 Book Discussion CF 11:45 Lunch CA 1:00 Stretcherize E 1:00 Creative Crafters AC 2:00 Wii Bowling AB 2:30 Tai Ji Quan E 6:00 Tai Chi CB	16 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 9:00 Current Issues CF 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	17 <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
19 <u>RM</u> 8:15 <i>Holiday Hill "Sock Hop"</i> 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 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	20 <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 Lunch CA 12:15 Indoor Walking CB 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretcherize E 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	21 <u>RM</u> 9:30 <i>Thimble Island Trip</i> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 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 1:30 Ballroom Lessons CB 2:00 Bereavement Support SA	22 <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 Goodspeed <i>"Because of Winn Dixie"</i> 11:45 Lunch CA 12:15 Indoor Walking CB 1:00 Stretcherize E 1:00 Creative Crafters AC 2:00 Wii Bowling AA/AB 2:30 Tai Ji Quan E 6:00 Tai Chi CB	23 <u>RM</u> 9:00 Men's Billiards B 9:00 Open Computer C 9:45 <i>LOW VISION Group Trip to NEAT</i> 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	24 <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
26 <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 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan E	27 <u>RM</u> 8:40 Foot Clinic HR 9:00 <i>Thames River Park</i> 9:00 Open Computer C 9:00 Co-ed Billiards B 9:30 Friendship Circle SA 10:00 Rummikub AA 11:45 Lunch CA 1:00 Canasta AA 1:00 Pinochle AB 1:00 Stretcherize E 1:30 Focus Awareness CB 5:30 Pickleball AP & CA/CB 6:00 Setback AA/AB	28 <u>RM</u> 9:00 Men's Billiards B 9:00 Wellness Clinic HR 9:30 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 1:30 Ballroom Lessons CB	29 <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 Indoor Walking CB 1:00 Stretcherize E 1:00 Creative Crafters AC 2:00 Wii Bowling AA/AB 2:30 Tai Ji Quan E 6:00 Tai Chi CB 6:00 <i>An Evening of Country Music</i> CA/CB	30 <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	31 <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