

# Senior Activities for September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
<p>2</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">CLOSED</p>	<p>3</p> <p>9:00 Open Computer <span style="float: right;">RM C</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>9:30 AARP Board Mtg <span style="float: right;">CB</span></p> <p>10:00 Rummikub <span style="float: right;">AA</span></p> <p>11:45 No Lunch <span style="float: right;">CA</span></p> <p>1:00 Canasta <span style="float: right;">AA</span></p> <p>1:00 Pinochle <span style="float: right;">AB</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>5:30 Pickleball <span style="float: right;">AP &amp; CA/CB</span></p> <p>5:30 Open Computer <span style="float: right;">C</span></p> <p>5:30 Lifelong Learning <span style="float: right;">SA</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p>	<p>4</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Wellness Clinic <span style="float: right;">HR</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>9:30 <b>Registration</b> <span style="float: right;">CA</span></p> <p>11:00 Powerful Aging <span style="float: right;">E</span></p> <p>11:45 No Lunch <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Mahjongg Play <span style="float: right;">AA</span></p> <p>1:00 Bridge <span style="float: right;">AB</span></p> <p>1:30 Ceramics <span style="float: right;">AC</span></p> <p>2:00 Bereavement Support <span style="float: right;">SA</span></p>	<p>5</p> <p>8:30 Outdoor Walking Grp <span style="float: right;">RM</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>10:00 Setback <span style="float: right;">AB/AA</span></p> <p>11:45 No Lunch <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>1:00 <b>Wii Bowling*</b> <span style="float: right;">AB/AA</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p> <p>5:30 <b>Color Stress Relief*</b> <span style="float: right;">AC</span></p> <p>5:30 <b>Movie*</b> <span style="float: right;">SA</span></p> <p>5:30 <b>Pickleball*</b> <span style="float: right;">AP</span></p> <p>5:30 <b>Open Computer*</b> <span style="float: right;">C</span></p> <p>5:30 <b>Mahjongg*</b> <span style="float: right;">AA</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p> <p>6:00 Tai Chi <span style="float: right;">CB</span></p>	<p>6</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>10:00 Current Issues <span style="float: right;">CF</span></p> <p>10:00 Hatha Yoga <span style="float: right;">AB/AA</span></p> <p>11:45 No Lunch <span style="float: right;">CA</span></p> <p>12:00 1:1 Comp. Assist <span style="float: right;">C</span></p> <p>12:45 Bingo <span style="float: right;">CB</span></p>	<p>7</p> <p>9:00 Pickleball <span style="float: right;">RM AP</span></p> <p>9:00 Dance Practice <span style="float: right;">E</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>9:30 Watercolor Class <span style="float: right;">AC</span></p> <p>12:00 Movie <span style="float: right;">SA</span></p>												
<p>9</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:30 Knit &amp; Crochet <span style="float: right;">AC</span></p> <p>10:00 Hatha Yoga <span style="float: right;">AB/AA</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>12:45 Cribbage <span style="float: right;">WS</span></p> <p>1:00 Duplicate Bridge <span style="float: right;">AB/AA</span></p> <p>1:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>1:00 Movie <span style="float: right;">SA</span></p> <p>1:30 Tai Chi Intro <span style="float: right;">CB</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p>	<p>10</p> <p>9:00 Open Computer <span style="float: right;">RM C</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>9:30 <b>Trolley Museum Trip</b></p> <p>10:00 Hearing Screening <span style="float: right;">HR</span></p> <p>10:00 Rummikub <span style="float: right;">AA</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Canasta <span style="float: right;">AA</span></p> <p>1:00 Pinochle <span style="float: right;">AB</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>4:30 RiverQuilters <span style="float: right;">AB</span></p> <p>5:30 Pickleball <span style="float: right;">AP &amp; CA/CB</span></p> <p>5:30 Open Computer <span style="float: right;">C</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p> <p>5:30 Lifelong Learning <span style="float: right;">SA</span></p>	<p>11</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Wellness Clinic <span style="float: right;">HR</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>10:00 <b>Westfarms Mall Trip</b></p> <p>11:00 Powerful Aging <span style="float: right;">E</span></p> <p>12:15 <b>Portrait of a City</b> <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Mahjongg Play <span style="float: right;">AA</span></p> <p>1:00 Bridge <span style="float: right;">AB</span></p> <p>1:30 Ceramics <span style="float: right;">AC</span></p> <p>1:30 Ballroom Dance <span style="float: right;">CB</span></p>	<p>12</p> <p>7:00 <b>One World NY Trip</b></p> <p>8:30 Outdoor Walking Grp</p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>10:00 Setback <span style="float: right;">AB/AA</span></p> <p>10:15 <b>Intermediate Line*</b></p> <p>11:45 <b>Beginners Line Daning*</b></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p> <p>3:30 Verse Come Poetry <span style="float: right;">AA</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p> <p>6:00 Tai Chi <span style="float: right;">CB</span></p>	<p>13</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>10:00 Hatha Yoga <span style="float: right;">AB/AA</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:00 1:1 Comp. Assist <span style="float: right;">C</span></p> <p>12:45 Bingo <span style="float: right;">CB</span></p>	<p>14</p> <p>9:00 Pickleball <span style="float: right;">RM AP</span></p> <p>9:00 Dance Practice <span style="float: right;">E</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>9:30 Open Art Studio <span style="float: right;">AC</span></p> <p>12:00 Movie <span style="float: right;">SA</span></p>												
<p>16</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:30 Knit &amp; Crochet <span style="float: right;">AC</span></p> <p>10:00 Hatha Yoga <span style="float: right;">AB/AA</span></p> <p>11:45 Birthday Lunch <span style="float: right;">CA</span></p> <p>12:15 <b>America Road Trip</b> <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>12:45 Cribbage <span style="float: right;">WS</span></p> <p>1:00 Duplicate Bridge <span style="float: right;">AB/AA</span></p> <p>1:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>1:00 Movie <span style="float: right;">SA</span></p> <p>1:30 Tai Chi Intro <span style="float: right;">CB</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p>	<p>17</p> <p>9:00 Open Computer <span style="float: right;">RM C</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>10:00 Rummikub <span style="float: right;">AA</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:00 AARP General Mtg. <span style="float: right;">CB</span></p> <p>1:00 Canasta <span style="float: right;">AA</span></p> <p>1:00 Pinochle <span style="float: right;">AB</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>3:15 Techy Teens <span style="float: right;">AB</span></p> <p>5:30 Pickleball <span style="float: right;">AP &amp; CA/CB</span></p> <p>5:30 Open Computer <span style="float: right;">C</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p> <p>6:00 Computer Assistance C 1:1 By appointment only</p>	<p>18</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Wellness Clinic <span style="float: right;">HR</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>11:00 Powerful Aging <span style="float: right;">E</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Mahjongg Play <span style="float: right;">AA</span></p> <p>1:00 Bridge <span style="float: right;">AB</span></p> <p>1:30 Ceramics <span style="float: right;">AC</span></p> <p>1:30 Ballroom Dance <span style="float: right;">CB</span></p> <p>2:00 Bereavement Support <span style="float: right;">SA</span></p>	<p>19</p> <p>8:30 Outdoor Walking Grp <span style="float: right;">RM</span></p> <p>8:40 Foot Clinic <span style="float: right;">HR</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>10:00 Setback <span style="float: right;">AB/AA</span></p> <p>10:30 Book Discussion <span style="float: right;">C</span></p> <p>12:00 <b>National Senior Center Month Special Lunch CACB</b></p> <p>12:30 AARP Smart Driver <span style="float: right;">C</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p> <p>6:00 Tai Chi <span style="float: right;">CB</span></p> <p>6:00 <b>The Grotesque 10</b> <span style="float: right;">AB</span></p>	<p>20</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>10:00 Current Issues <span style="float: right;">CF</span></p> <p>10:00 Hatha Yoga <span style="float: right;">AB/AA</span></p> <p>11:00 Powerful Aging <span style="float: right;">E</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:00 1:1 Comp. Assist <span style="float: right;">C</span></p> <p>12:45 Bingo <span style="float: right;">CB</span></p>	<p>21</p> <p>9:00 Pickleball <span style="float: right;">RM AP</span></p> <p>9:00 Dance Practice <span style="float: right;">E</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>9:30 Watercolor Class <span style="float: right;">AC</span></p> <p>12:00 Movie <span style="float: right;">SA</span></p>												
<p>23</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:30 Knit &amp; Crochet <span style="float: right;">AC</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:30 <b>Verse Come Poet Readings</b> <span style="float: right;">CB</span></p> <p>12:45 Cribbage <span style="float: right;">WS</span></p> <p>1:00 Duplicate Bridge <span style="float: right;">AB/AA</span></p> <p>1:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>1:00 Movie <span style="float: right;">SA</span></p> <p>1:30 Tai Chi Intro <span style="float: right;">CB</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p>	<p>24</p> <p>8:40 Foot Clinic <span style="float: right;">RM HR</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>9:30 <b>NE Civil War Museum</b></p> <p>10:00 Rummikub <span style="float: right;">AA</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Canasta <span style="float: right;">AA</span></p> <p>1:00 Pinochle <span style="float: right;">AB</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>4:30 RiverQuilters <span style="float: right;">AB</span></p> <p>5:30 Pickleball <span style="float: right;">AP &amp; CA/CB</span></p> <p>5:30 Open Computer <span style="float: right;">C</span></p> <p>5:30 Lifelong Learning <span style="float: right;">SA</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p>	<p>25</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Wellness Clinic <span style="float: right;">HR</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>10:00 <b>Engine Room - Mystic</b></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>1:00 Mahjongg Play <span style="float: right;">AA</span></p> <p>1:00 Bridge <span style="float: right;">AB</span></p> <p>1:30 Ceramics <span style="float: right;">AC</span></p> <p>1:30 Ballroom Dance <span style="float: right;">CB</span></p>	<p>26</p> <p>8:30 Outdoor Walking Grp <span style="float: right;">RM</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:30 Friendship Circle <span style="float: right;">SA</span></p> <p>10:00 Setback <span style="float: right;">AB/AA</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>1:00 Stretcherize <span style="float: right;">E</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>1:30 Mac, iPad, Smart phone 1:1 Assistance <span style="float: right;">CF</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p> <p>5:30 Billiards for All Ages <span style="float: right;">B</span></p>	<p>27</p> <p>9:00 Men's Billiards <span style="float: right;">RM B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:00 1:1 Comp. Assist <span style="float: right;">C</span></p> <p>12:45 Bingo <span style="float: right;">CB</span></p>	<p>28</p> <p>9:00 Pickleball <span style="float: right;">RM AP</span></p> <p>9:00 Dance Practice <span style="float: right;">E</span></p> <p>9:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>9:00 Open Computer <span style="float: right;">C</span></p> <p>9:30 Open Art Studio <span style="float: right;">AC</span></p> <p>12:00 Movie <span style="float: right;">SA</span></p>												
<p>30</p> <p>8:40 Foot Clinic <span style="float: right;">RM HR</span></p> <p>9:00 Men's Billiards <span style="float: right;">B</span></p> <p>9:30 Knit &amp; Crochet <span style="float: right;">AC</span></p> <p>11:45 Lunch <span style="float: right;">CA</span></p> <p>12:15 Indoor Walking <span style="float: right;">CB</span></p> <p>12:45 Cribbage <span style="float: right;">WS</span></p> <p>1:00 Duplicate Bridge <span style="float: right;">AB/AA</span></p> <p>1:00 Co-ed Billiards <span style="float: right;">B</span></p> <p>1:00 Creative Crafters <span style="float: right;">AC</span></p> <p>1:00 Movie <span style="float: right;">SA</span></p> <p>2:30 Tai Ji Quan <span style="float: right;">E</span></p>	<p><b>ROOM KEY</b></p> <table style="width: 100%; border: none;"> <tr> <td>AA Activity Room A</td> <td>CF Conference Room</td> </tr> <tr> <td>AB Activity Room B</td> <td>WS Workshop Room</td> </tr> <tr> <td>C Computer Room</td> <td>AC Arts &amp; Craft Room</td> </tr> <tr> <td>E Exercise Room</td> <td>SA Special Activity Room</td> </tr> <tr> <td>CB Community Rm B</td> <td>B Billiards Room</td> </tr> <tr> <td>CA Community Rm A</td> <td>HR Health Room</td> </tr> </table> <p>OFFSITE AP Addison Park</p> <p>Movie information on page 12</p> <p style="text-align: right;"><b>Programs in bold and with * continue through the month.</b></p>					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
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