


December 2019

ROOM KEY

AA Activity Room A
 AB Activity Room B
 C Computer Room
 E. Exercise Room

CA Community Room A
 CB Community Room B
 CF Conference Room
 WS Workshop Room
 AC Arts & Craft Room

SA Special Activity Room
 B Billiards Room
 HR Health Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10:00 Hatha Yoga RM 10:30 Low Impact Dance AB/AA 11:45 Lunch E 1:30 Tai Chi Intro CA 2:30 Tai Ji Quan C 3 CB 3:30 Tai Ji Quan C 2 E	3 9:30 Registration RM 9:30 AARP Board Mtg CA 11:45 Lunch CB 1:00 Stretcherize CA E	4 9:00 Wellness Clinic RM 11:00 Powerful Aging HR 11:45 Lunch E 2:00 Bereavement Support CA SA	5 9:00 Italian Intermediate RM 10:00 Italian Advanced AC 10:00 <i>Westfield Meriden Mall</i> AC 10:15 Intermediate Line Dance E 11:45 Lunch CA 11:45 Beginners Line Dance E 12:15 Lunch & Learn E 2:30 Tai Ji Quan C-3 E 3:30 Tai Ji Quan C-2 E 6:00 Tai Chi CB 6:00 Trivia AB	6 10:00 Hatha Yoga RM 11:00 Powerful Aging AA/AB C 11:45 Lunch CA 12:00 1:1 Comp. Assist C	7 9:30 Watercolor Class RM AC
9 10:00 Hatha Yoga RM 10:30 Low Impact Dance AB/AA 11:30 <i>Knights of Columbus</i> E 11:45 Lunch CA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	10 10:00 <i>Beneski Museum - MA</i> RM 11:45 Lunch CA 1:00 Stretcherize E 4:30 Quilts of Valor group AB	11 9:00 Wellness Clinic RM 10:30 <i>Griswold Inn & Shopping</i> HR 11:00 Powerful Aging E 11:45 Lunch CA 12:15 Lunch & Learn CA	12 9:00 Italian Intermediate RM 10:00 Italian Advanced AC 10:15 Intermediate Line Dance E 12:00 <i>Jingle Bell Special Luncheon</i> CACB 11:45 Beginners Line Dance E 2:30 Tai Ji Quan C-3 E 3:30 Tai Ji Quan C-2 E 6:00 Tai Chi CB 6:00 <i>Holiday Lights Tour</i>	13 10:00 Hatha Yoga RM 11:00 Powerful Aging AA/AB E 11:00 What's Your Story SA 11:30 <i>"Christmas Presence" @ Nelson Hall-Cheshire</i> 11:45 Lunch CA 12:00 1:1 Comp. Assist C	14 9:30 Watercolor Class RM AC
16 10:00 Hatha Yoga RM 11:45 Lunch AB/AA CA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	17 11:45 Lunch RM CA 12:15 Lunch & Learn CA 1:00 Stretcherize E 3:15 Techy Teens AB 6:00 Evening Computer Help C 6:00 <i>Holiday Lights Tour</i>	18 9:00 Wellness Clinic RM HR 11:00 Powerful Aging E 11:45 Lunch AAAB 12:15 NO INDOOR WALKING 2:00 Bereavement Support CF	19 9:30 Friendship Circle RM CA 10:30 <i>Holiday Brunch</i> CACB 2:30 Tai Ji Quan C-3 E 3:30 Tai Ji Quan C-2 E 6:00 Trivia	20 10:00 LOW VISION GRP RM SA 10:00 Hatha Yoga AA/AB 11:00 Powerful Aging E 11:45 Lunch CA 12:00 1:1 Comp. Assist C	21 9:30 Open Art Studio RM 12:00 The BIG Sing
23 11:45 Lunch RM CA 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	24 11:45 Lunch RM CA 1:00 Stretcherize E	25  CLOSED CHRISTMAS DAY	26 11:45 Lunch RM 2:30 Tai Ji Quan C-3 E 3:30 Tai Ji Quan C-2 E	27 11:45 Lunch RM CA 12:00 1:1 Comp. Assist C	28 9:30 Open Art Studio RM
30 11:45 Lunch RM CA 2:30 Tai Ji Quan C 3 E 3:30 Tai Ji Quan C 2 E	31 11:45 Lunch RM CA 1:00 Stretcherize E				

WEEKDAYS ONGOING ACTIVITIES

BILLIARDS - CO-ED	Saturdays 9:00 am - Noon Mondays 1:00 pm - 3:00 pm Tuesdays & Thursdays 9:00 am - 8:00 pm
BINGO	Fridays 12:45 pm - 3:00 pm
BOOK & AUTHOR DISCUSSION GROUP	Third Thursday of each month 10:30 am
BRIDGE	Wednesdays 1:00 - 3:30 pm
CANASTA	Tuesdays 12:30 - 2:30 pm
CERAMICS	Wednesdays 1:30 - 3:30 pm
CHESS	Second and Fourth Tuesdays 1:00 - 3:00 pm
CREATIVE CRAFTERS	Mondays & Thursdays 1:00 - 3:30 pm
CRIBBAGE	Mondays 12:45 - 3:00 pm
CURRENT ISSUES	First and Third Fridays each month 10:00 am
DUPLICATE BRIDGE	Mondays 1:00 - 4:00 pm
FRIENDSHIP CIRCLE	Tuesdays, Wednesdays & Thursdays 9:30 am - 12:30 pm
INDOOR WALKING (unless indicated on Calendar)	Monday, Tuesday, Wednesday & Thursday 12:15 - 1 pm
KNIT/CROCHET GROUP	Mondays 9:30 - 11:30 am
MAC, SMART & IPAD ASST.	Thursdays 1:30 pm - 3:00 pm by appt. only
MAHJONGG AFTERNOON	Wednesdays 1:00 - 3:00 pm
MEN'S POOL	Monday, Wednesday & Friday 9:00 am -
MOVIE	Mondays 1:00 pm - 3:00 pm
OUTDOOR WALKING	Thursdays 8:30 am - 9:30 am
PINOCHLE	Tuesdays 1:00 - 3:00 pm
RUMMIKUB	Tuesdays 10:00 - Noon
SETBACK	Thursdays 10:00 - Noon
Wii BOWLING	Thursdays 1:00 - 4:00 pm

EVENINGS & WEEKEND ONGOING ACTIVITIES

TUESDAYS	
PICKLEBALL	5:30 pm - 8:00 pm
LIFELONG LEARNING	5:30 pm - 7:30 pm
SETBACK	6:00 pm - 8:00 pm
OPEN COMPUTER	5:30 pm - 8:00 pm
THURSDAYS	
MAHJONGG	5:30 pm - 8:00 pm
OPEN COMPUTER	5:30 pm - 8:00 pm
MOVIE	5:30 pm - 7:30 pm
COLORING FOR STRESS RELIEF	5:30 pm - 7:00 pm
SATURDAYS	
CO-ED BILLIARDS	9:00 am - Noon
OPEN ART STUDIO	9:30 am - 11:30 am (see calendar)
MOVIE	Noon
OPEN COMPUTER	9:00 am - 3:00 pm
CROKINOLE	12:30 pm - 2:30 pm
DANCE PRACTICE	9:00 am - 10:30 am