

# January 2020



## 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

## WEEKDAYS ONGOING ACTIVITIES

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

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|--|--|--|--|
| For ongoing programs see charts on the right.  |   | 1<br><b>CLOSED</b><br>   | 2<br>11:45 Lunch <b>RM</b><br>12:15 NO Indoor Walking <b>CA</b><br>2:30 Tai Ji Quan C-3 <b>E</b><br>3:30 Tai Ji Quan C-2 <b>E</b>  | 3<br>11:00 What's Your Story <b>RM</b><br>11:45 Lunch <b>SA</b><br>12:00 1:1 Comp. Assist <b>CA</b><br><b>C</b>  | 4  |
| 6<br>10:00 Hatha Yoga <b>RM</b><br>10:30 Low Impact Dance <b>AB/AA</b><br>11:45 Lunch <b>E</b><br>1:30 Tai Chi Intro <b>CA</b><br>2:30 Tai Ji Quan C 3 <b>CB</b><br>3:30 Tai Ji Quan C 2 <b>E</b>  | 7<br>12:00 New Year's Luncheon <b>RM</b><br>1:00 Stretchcize <b>E</b><br>3:30 WTML-Computer Basics<br>5:30 Scrabble Club <b>AB</b>  | 8<br>9:00 Wellness Clinic <b>RM</b><br>11:00 Powerful Aging <b>HR</b><br>11:45 Lunch <b>E</b><br>12:15 Lunch & Learn <b>CA</b>   | 9<br>9:00 Italian Intermediate <b>RM</b><br>10:00 Italian Advanced <b>AC</b><br>10:15 Intermediate Line Dance <b>E</b><br>11:45 Lunch<br>2:30 Tai Ji Quan C-3 <b>E</b><br>3:30 Tai Ji Quan C-2 <b>E</b><br>6:00 Tai Chi <b>CB</b><br>6:00 Trivia Night <b>AB</b>   | 10<br>10:00 Hatha Yoga <b>RM</b><br>11:00 Powerful Aging <b>AA/AB</b><br>11:45 Lunch <b>E</b><br>12:00 1:1 Comp. Assist <b>CA</b><br><b>C</b>                        | 11<br>9:30 Watercolor Class <b>RM</b><br><b>AC</b>                                   |
| 13<br>10:00 Hatha Yoga <b>RM</b><br>10:30 Low Impact Dance <b>AB/AA</b><br>11:45 Lunch <b>E</b><br>1:30 Tai Chi Intro <b>CA</b><br>2:30 Tai Ji Quan C 3 <b>CB</b><br>3:30 Tai Ji Quan C 2 <b>E</b>   | 14<br>10:00 Hearing Screening <b>RM</b><br>11:45 Lunch <b>HR</b><br>12:30 Bio energetic healing w/ Rainbow Reiki <b>CA</b><br>1:00 Stretchcize <b>CB</b><br>4:30 River Quilters <b>E</b><br><b>AB</b>         | 15<br>9:00 Wellness Clinic <b>RM</b><br>10:30 <i>Storyteller's Cottage</i><br><i>"Murder She Wrote Tea"</i><br>11:00 Powerful Aging <b>HR</b><br>11:45 Lunch <b>E</b><br>2:00 Bereavement Support <b>CA</b><br><b>SA</b> | 16<br>8:40 Foot Clinic <b>RM</b><br>9:00 Italian Intermediate <b>HR</b><br>10:00 Italian Advanced <b>AC</b><br>10:15 Intermediate Line Dance <b>E</b><br>11:30 <i>Playhouse on Park</i><br>11:45 Lunch<br>12:15 NO Indoor Walking<br>12:30 AARP Smart Driver <b>CB</b><br>2:30 Tai Ji Quan C-3 <b>E</b><br>3:30 Tai Ji Quan C-2 <b>E</b><br>6:00 Tai Chi <b>CB</b> | 17<br>10:00 Hatha Yoga <b>RM</b><br>11:00 Powerful Aging <b>AA/AB</b><br>11:45 Lunch <b>E</b><br>12:00 1:1 Comp. Assist <b>CA</b><br><b>C</b>                        | 18   |
| 20<br><b>CLOSED</b><br>   | 21<br>10:30 <i>Seasons Restaurant - Avon</i> <b>RM</b><br>11:45 Lunch <b>CA</b><br>1:00 Stretchcize <b>E</b><br>3:15 Techy Teens <b>AB</b><br>5:30 Scrabble Club <b>AB</b>                                    | 22<br>9:00 Wellness Clinic <b>RM</b><br>11:00 Powerful Aging <b>HR</b><br>11:45 Lunch <b>E</b><br>12:15 Lunch & Learn <b>CA</b>  | 23<br>9:00 Italian Intermediate <b>RM</b><br>10:00 Italian Advanced <b>AC</b><br>10:15 Intermediate Line Dance <b>E</b><br>10:30 <i>New Britain Museum</i><br>11:45 Lunch<br>2:30 Tai Ji Quan C-3 <b>E</b><br>3:30 Tai Ji Quan C-2 <b>E</b><br>6:00 Trivia Night <b>AB</b><br>6:00 Tai Chi <b>CB</b>   | 24<br>10:00 LOW VISION Group <b>RM</b><br>10:00 Hatha Yoga <b>AA/AB</b><br>11:00 Powerful Aging <b>E</b><br>11:45 Lunch <b>CA</b><br>12:00 1:1 Comp. Assist <b>C</b> | 25<br>9:30 Watercolor Class <b>RM</b><br>12:00 The BIG Sing <b>AC</b><br><b>CACB</b> |
| 27<br>8:40 Foot Clinic <b>RM</b><br>10:00 Hatha Yoga <b>HR</b><br>10:30 Low Impact Dance <b>AB/AA</b><br>11:45 Lunch <b>E</b><br>12:30 <i>Barynya Russian Dance &amp; Music @Gideon Welles</i> <b>CA</b><br>1:30 Tai Chi Intro <b>CB</b><br>2:30 Tai Ji Quan C 3 <b>E</b><br>3:30 Tai Ji Quan C 2 <b>E</b> | 28<br>8:40 Foot Clinic <b>RM</b><br>11:45 Lunch <b>HR</b><br>12:15 NO Indoor Walking <b>CA</b><br>12:30 <i>The Life of Bob Steele</i> <b>CB</b><br>1:00 Stretchcize <b>E</b><br>4:30 River Quilters <b>AB</b> | 29<br>9:00 Wellness Clinic <b>RM</b><br>10:30 <i>Pez Center Trip—Orange</i> <b>HR</b><br>11:00 Powerful Aging <b>E</b><br>11:45 Lunch <b>CA</b>  | 30<br>9:00 Italian Intermediate <b>RM</b><br>10:00 Italian Advanced <b>AC</b><br>10:15 Intermediate Line Dance <b>E</b><br>11:45 Lunch<br>2:30 Tai Ji Quan C-3 <b>E</b><br>3:30 Tai Ji Quan C-2 <b>E</b><br>6:00 Tai Chi <b>CB</b>   | 31<br>10:00 Hatha Yoga <b>RM</b><br>11:00 Powerful Aging <b>AA/AB</b><br>11:45 Lunch <b>E</b><br>12:00 1:1 Comp. Assist <b>CA</b><br><b>C</b>                        |  |

## EVENING & WEEKEND PROGRAMS & ACTIVITIES

| TUESDAYS                   |                    |
|----------------------------|--------------------|
| PICKLEBALL                 | 5:30 pm - 8 pm     |
| LIFELONG LEARNING          | 5:30 pm - 7:30 pm  |
| SETBACK                    | 6 pm - 8 pm        |
| OPEN COMPUTER              | 5:30 pm - 8 pm     |
| BILLIARDS For all Ages     | 5:30 pm - 8 pm     |
| THURSDAYS                  |                    |
| MAHJONGG                   | 5:30 pm - 8 pm     |
| OPEN COMPUTER              | 5:30 pm - 8 pm     |
| MOVIE                      | 5:30 pm - 7:30 pm  |
| COLORING FOR STRESS RELIEF | 5:30 pm - 7:00 pm  |
| BILLIARDS For all Ages     | 5:30 pm - 8 pm     |
| TRIVIA NIGHT (2nd & 4th)   | 6 pm—7:30 pm       |
| SATURDAYS                  |                    |
| CO-ED BILLIARDS            | 9 am - Noon        |
| OPEN ART STUDIO            | 9:30 am - 11:30 am |
| MOVIE                      | Noon               |
| OPEN COMPUTER              | 9 am - 3 pm        |
| CROKINOLE                  | 12:30 pm - 2:30 pm |
| DANCE PRACTICE             | 9 am - 10:30 am    |