

# February 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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For ongoing programs see charts on the right.

<p><b>3</b> RM 9:00 AARP Tax Aide C 10:00 Hatha Yoga AA/AB 10:30 Low Impact Dance E 11:45 Lunch CA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 3:30 Tai Ji Quan C 2</p>	<p><b>4</b> RM 9:00 Open Computer C 9:30 <b>Registration</b> CA 11:45 Lunch CA 1:00 Stretcherize E 3:30 WTML-Computer Internet 6:00 Open Computer C 5:30 Scrabble Club WS</p>	<p><b>5</b> RM 9:00 AARP Tax Aide C 9:00 Wellness Clinic HR 11:00 Powerful Aging E 11:45 Lunch CA 2:00 Bereavement Support SA</p>	<p><b>6</b> RM 9:00 AARP Tax Aide C 9:00 Italian Intermediate AC 9:30 <b>Registration</b> (Snow date) CA 10:00 Italian Advanced AC 10:15 Intermediate Line Dance E 11:45 Lunch CA 2:30 Tai Ji Quan C-3 E 3:30 Tai Ji Quan C-2 E</p>	<p><b>7</b> RM 10:00 Hatha Yoga AA/AB 11:00 What's your Story SA 11:45 Lunch CA 12:00 1:1 Comp. Assist C</p>	<p><b>8</b> RM 9:30 Watercolor Class AC</p>
<p><b>10</b> RM 9:00 AARP Tax Aide C 10:00 Hatha Yoga AA/AB 10:30 Low Impact Dance E 11:45 Lunch CA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 3:30 Tai Ji Quan C 2</p>	<p><b>11</b> RM 11:45 Lunch 12:15 <b>NO</b> Indoor Walking 12:30 Lunch &amp; Learn 1:00 Stretcherize E 4:30 River Quilters 5:30 Scrabble Club</p>	<p><b>12</b> RM 9:00 AARP Tax Aide C 9:00 Wellness Clinic HR 10:00 <i>Westfarms Mall Trip</i> CB 11:00 Powerful Aging E 11:45 Lunch AB WS</p>	<p><b>13</b> RM 9:00 AARP Tax Aide C 9:00 Italian Intermediate AC 10:00 Italian Advanced AC 10:15 Intermediate Line Dance E 12:00 <b>Valentine Luncheon</b> CACB 12:15 <b>NO</b> Indoor Walking 2:30 Tai Ji Quan C-3 E 3:30 Tai Ji Quan C-2 E 3:30 Riverfront Poets AA 6:00 Tai Chi CB</p>	<p><b>14</b> RM 10:00 Hatha Yoga AA/AB 11:45 Lunch CA 12:00 1:1 Comp. Assist C</p>	<p><b>15</b> RM See Chart</p>
<p><b>17</b> <b>CLOSED FOR PRESIDENTS' DAY</b></p>	<p><b>18</b> RM 11:45 Lunch 1:00 Stretcherize E 3:15 Techy Teens 5:30 Scrabble Club</p>	<p><b>19</b> RM 9:00 AARP Tax Aide C 9:00 Wellness Clinic HR 10:45 <i>Elizabeth Restaurant</i> AB 11:00 Powerful Aging E 11:45 Lunch CA 12:30 Lunch &amp; Learn 2:00 Bereavement Support SA</p>	<p><b>20</b> RM 8:40 Foot Clinic HR 8:30 <b>AARP Smart Driver</b> CB 9:00 AARP Tax Aide C 9:00 Italian Intermediate AC 10:00 <i>Flower &amp; Garden Show</i> CA 10:00 Italian Advanced AC 10:15 Intermediate Line Dance E 11:45 Lunch CA 12:15 <b>NO</b> Indoor Walking 2:30 Tai Ji Quan C-3 E 3:30 Tai Ji Quan C-2 E</p>	<p><b>21</b> RM 10:00 Hatha Yoga AA/AB 11:45 Lunch CA 12:00 1:1 Comp. Assist C</p>	<p><b>22</b> RM 9:30 Watercolor Class AC 10:30 <i>UCONN Game Trip</i></p>
<p><b>24</b> RM 8:40 Foot Clinic HR 9:00 AARP Tax Aide C 10:00 Hatha Yoga AA/AB 10:30 Low Impact Dance E 11:45 Birthday Lunch CA 1:30 Tai Chi Intro CB 2:30 Tai Ji Quan C 3 3:30 Tai Ji Quan C 2</p>	<p><b>25</b> RM 8:40 Foot Clinic HR 11:45 Lunch 1:00 Stretcherize E 4:30 River Quilters 5:30 Scrabble Club</p>	<p><b>26</b> RM 9:00 AARP Tax Aide C 9:00 Wellness Clinic HR 11:00 Powerful Aging E 11:45 Lunch AB 12:15 Lunch &amp; Learn WS</p>	<p><b>27</b> RM 9:00 AARP Tax Aide C 9:00 Italian Intermediate AC 10:00 Italian Advanced AC 10:15 Intermediate Line Dance E 11:45 Lunch CA 2:30 Tai Ji Quan C-3 3:30 Tai Ji Quan C-2 6:00 Tai Chi</p>	<p><b>28</b> RM 10:00 Hatha Yoga AA/AB 10:00 LOW VISION GRP SA 11:45 Lunch CA 12:00 1:1 Comp. Assist C</p>	<p><b>29</b> RM 12:00 Big Sing CA/CB</p>

## WEEKDAYS ONGOING ACTIVITIES

BILLIARDS - CO-ED	B	Mondays 1 pm - 3 pm Tuesdays & Thursdays 9 am - 4:30 pm
BINGO	CB	Fridays 12:45 pm - 3 pm
BOOK & AUTHOR DISCUSSION GROUP	CF	Third Thursday of each month 10:30 am February <i>"A Good American Family"</i> by Maraniss
BRIDGE	AB	Wednesdays 1 pm - 3:30 pm
CANASTA	AB	Tuesdays 12:30 - 2:30 pm
CERAMICS	AC	Wednesdays 1:30 - 3:30 pm
CHESS	AC	Second and Fourth Tuesdays 1 pm - 3 pm
CREATIVE CRAFTERS	AC	Mondays & Thursdays 1 pm - 3:30 pm
CRIBBAGE	WS	Mondays 12:45 pm - 3 pm
CURRENT ISSUES	CF	First and Third Fridays each month 10 am
DUPLICATE BRIDGE	AA/AB	Mondays 1 pm - 4 pm
FRIENDSHIP CIRCLE	SA	Tuesdays, Wednesdays & Thursdays 9:30 am - 12:30 pm
INDOOR WALKING	CB	Monday, Tuesday, Wednesday & Thursday Check Calendar 12:15 pm - 1 pm
KNIT/CROCHET GROUP	AC	Mondays 9:30 am - 11:30 am
MAC, SMART & IPAD	CF	Thursdays 1:30 pm - 3 pm by appt. only
MAHJONGG AFTERNOON	AA	Wednesdays 1 pm - 3 pm
MEN'S POOL	B	Monday, Wednesday & Friday 9 am - Noon
MOVIE	SA	Mondays 1 pm - 3 pm
OUTDOOR WALKING		Thursdays 8:30 am - 9:30 am
PINOCHLE	AA	Tuesdays 1 pm - 3 pm
RUMMIKUB	AA	Tuesdays 10 am - Noon
SETBACK	AA/AB	Thursdays 10 am - Noon
Wii BOWLING	AA/AB	Thursdays 1 pm - 4 pm

## EVENING & WEEKEND PROGRAMS & ACTIVITIES

TUESDAYS		
PICKLEBALL	CA/CB	5:30 pm - 8:00 pm
BILLIARDS for all ages	B	5:30 pm - 8:00 pm
LIFELONG LEARNING	SA	5:30 pm - 7:30 pm
SETBACK	AA	6:00 pm - 8:00 pm
OPEN COMPUTER	C	5:30 pm - 8:00 pm
THURSDAYS		
MAHJONGG	AB	5:30 pm - 8:00 pm
OPEN COMPUTER	C	5:30 pm - 8:00 pm
BILLIARDS for all ages	B	5:30 pm - 8:00 pm
MOVIE	SA	5:30 pm - 7:30 pm
COLORING FOR STRESS RELIEF	AC	5:30 pm - 7:00 pm
TRIVIA NIGHT (2nd & 4th)	AB	6:00 pm - 7:30 pm
SATURDAYS		
CO-ED BILLIARDS	B	9:00 am - Noon
OPEN ART STUDIO	AC	9:30 am - 11:30 am
MOVIE	SA	Noon
OPEN COMPUTER	C	9:00 am - 3:00 pm
CROKINOLE	CAFE	12:30 pm - 2:30 pm
SCRABBLE All Ages	WS	1:30 pm - 3:00 pm
DANCE PRACTICE	E	9:00 am - 10:30 am