

APRIL 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	RM	Tuesday	RM	Wednesday	RM	Thursday	RM	Friday	RM	Saturday
				1 9:00 AARP Tax Aide 9:00 Wellness Clinic 11:45 Lunch 2:00 Bereavement Support	C HR CA SA	2 9:00 AARP Tax Aide 9:00 Italian Intermediate 10:00 AARP Board Mtg 10:00 Italian Advanced 11:45 Lunch 1:00 Stretchcize 2:30 Tai Ji Quan C-3 5:30 Documentaries	C AC CB AC CA E E SA	3 11:00 What's your Story 11:45 Lunch 12:00 1:1 Comp. Assist	SA CA C	4 9:30 Watercolor Class AC
6 9:00 AARP Tax Aide 10:00 Hatha Yoga 11:45 Lunch 2:30 Tai Ji Quan C 3	C AAAB CA E	7 9:30 Registration 11:45 Lunch 12:15 Lunch & Learn 12:00 AARP General Mtg 12:15 NO Indoor Walking 1:00 Stretchcize 5:30 Scrabble Night	CA CA CB E WS	8 9:00 AARP Tax Aide 9:00 Wellness Clinic 11:00 Powerful Aging 11:00 Lunch NO PROGRAMS IN THE AFTERNOON	C HR E AAAB	9 9:00 AARP Tax Aide 9:00 Italian Intermediate 10:00 Italian Advanced 10:30 Inter. Line .Dance 11:45 Lunch 1:00 Stretchcize 2:30 Tai Ji Quan C-3 6:00 Tai Chi	C AC AC E CA E E CB	10 CLOSED GOOD FRIDAY		11
13 9:00 AARP Tax Aide 10:00 Hatha Yoga 10:00 Better Breakfast 10:30 Low Impact Dance 11:45 Lunch 1:30 Tai Chi Intro 2:30 Tai Ji Quan C 3	C AAAB SA E CA CB E	14 11:45 Lunch 12:15 NO Indoor Walking 12:30 History for Fun 1:00 Stretchcize 5:30 Scrabble Night	CA CB E WS	15 9:00 AARP Tax Aide 9:00 Wellness Clinic 10:00 Matter of Balance 11:00 Powerful Aging 11:45 Lunch 2:00 Bereavement Support	C HR AC E CA SA	16 8:30 AARP Smart Driver 9:00 Italian Intermediate 10:00 Italian Advanced 10:30 Inter. Line .Dance 10:30 Book Discussion 11:45 Lunch 1:00 Stretchcize 2:30 Tai Ji Quan C-3 6:00 Tai Chi	CB AC AC E CF CA E E CB	17 10:00 Hatha Yoga 11:00 Powerful Aging 11:00 <i>On the Rocks Restaurant at Hopyard</i> 11:45 Lunch 12:00 1:1 Comp. Assist	AAAB E CA C	18 9:30 Watercolor Class AC
20 10:00 Hatha Yoga 10:30 Low Impact Dance 11:45 Lunch 12:15 Lunch & Learn 1:30 Tai Chi Intro 2:30 Tai Ji Quan C 3	AAAB E CA CB E	21 11:00 Lunch 12:15 NO Indoor Walking 1:00 Stretchcize 5:30 Scrabble Night	AAAB CB E WS	22 9:00 Wellness Clinic 9:15 <i>Gold Coast Trip</i> 10:00 Matter of Balance 11:00 Powerful Aging 11:45 Lunch	HR AC E CA	23 8:40 Foot Clinic 9:00 Italian Intermediate 9:30 <i>The Shoppes/Middlebury</i> 10:00 Italian Advanced 10:30 Inter. Line .Dance 11:45 Lunch 1:00 Stretchcize 2:30 Tai Ji Quan C-3 6:00 Tai Chi	HR AC AC E CA E E E	24 10:00 Low Vision Group 10:00 Hatha Yoga 11:00 Powerful Aging 11:45 Lunch 12:00 1:1 Comp. Assist	SA AAAB E CA C	25 12:00 Big Sing CACB
27 8:40 Foot Clinic 10:00 Hatha Yoga 10:30 Low Impact Dance 11:45 Lunch 12:15 Lunch & Learn 1:30 Tai Chi Intro 2:30 Tai Ji Quan C 3	HR AAAB E CA CA CB E	28 8:40 Foot Clinic 11:45 Lunch 12:15 Indoor Walking 1:00 Stretchcize 3:30 Techy Teens 5:30 Scrabble Night 5:30 Major League Baseball in Gilded Age CT	CA CB E AB WS SA	29 9:00 Wellness Clinic 9:15 <i>Yard Goats Game</i> 10:00 Matter of Balance 11:00 Powerful Aging 11:45 Lunch	HR AC E CA	30 9:00 Italian Intermediate 10:00 Italian Advanced 10:00 <i>Elizabeth Park & River-Waterfront Restaurant</i> 10:30 Inter. Line .Dance 11:45 Lunch 1:00 Stretchcize 2:30 Tai Ji Quan C-3 6:00 Tai Chi	AC AC E CA E E CB			

WEEKDAYS ONGOING ACTIVITIES		
BILLIARDS – CO-ED	B	Mondays 1 pm – 4:30 pm Tuesdays & Thursdays 9 am – 4:30 pm
BINGO	CB	Fridays 1 pm – 3 pm
BOOK & AUTHOR DISCUSSION GROUP	CF	Third Thursday of each month 10:30 am
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 1 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 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 - 1 pm
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	AAAB	Thursdays 10 am - Noon
Wii BOWLING	AAAB	Thursdays 1 pm – 4 pm

EVENING & WEEKEND PROGRAMS & ACTIVITIES		
TUESDAYS		
PICKLEBALL	CA/CB	5:30 pm - 8:00 pm
BILLIARDS for all ages	B	4:30 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	4:30 pm - 8:00 pm
DOCUMENTARIES & MORE	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 - 3 pm
OPEN ART STUDIO	AC	9:30 am - 11:30 am
MOVIE	SA	Noon - 3 pm
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