



March 2021 Programs (Virtual Unless Otherwise Noted)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Aerobics 9:30am The Doctor is In 7pm	2 Fit & Flex 10am Chair Yoga 11:30am Senior Learning Network 2pm AAA Driving Class 10am-2pm	3	4 Yoga 8:45am Cooking with Nick 10:30am	5	6
7	8 Aerobics 9:30am	9 Fit & Flex 10am Chair Yoga 11:30am AAA Driving Class 12pm-4pm Senior Learning Network 2pm	10 Great Courses 10am Ask the Financial Advisor 10am Grab & Go Lunch 11:30am	11 Yoga 8:45am Cooking with Nick 10:30am Senior Learning Network 2pm	12	13
14	15 Aerobics 9:30am Coffee with First Selectman 11:15am-12pm 	16 Fit & Flex 10am Chair Yoga 11:30am AAA Driving Class 10am-2pm Car Doctor AAA 2pm	17 Irish Cheer 1pm 	18 Yoga 8:45am Cooking with Nick 10:30am Senior Learning Network 2pm	19	20
21	22 Aerobics 9:30am	23 Fit & Flex 10am Chair Yoga 11:30am Senior Learning Network 2pm AAA Driving Class 12pm-4pm	24 Art With Wendy 10am-12pm Let's Get Baking with Kim 1pm	25 Yoga 8:45am Cooking with Nick 10:30am Senior Learning Network 2pm	26 State Wide Senior Center Program "Let the Shenanigans Begin" 1pm-2:30pm	27
28	29 Aerobics 9:30am	30 Fit & Flex 10am Chair Yoga 11:30am	31 "Tin in the Wind" AAA 2pm	Please note: All of our programs offered this month are being presented through Zoom or phone participation unless otherwise noted		