

WEEKLY SCHEDULED CLASSES

All programs are for members only unless otherwise stated.

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BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

All closings, or class changes are shown in calendar on opposite page. Note: All members are required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". Please bring your own water as water fountains remain out of service. All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time..

Mon	9:00-4:00	Certified Choices Counselor (60 min. appointments 3rd Mon. of each month)
	9:30-10:30	Aerobics Class A
	10:45-11:45	Zumba Gold
	12:00-1:00	Tap Dancing
Tues	8:45-9:45	Fit & Flex A Class
	10:00-11:00	Fit & Flex B Class
	10:00-11:00	Ask the Attorney (15-minute one-time appointments) - 2nd Tuesday of the month
	11:30-12:30	Chair Yoga
	12:30-2:00	My Story Writing Group (1st and 3rd Tues)
	1:00-2:00	Ask the Financial Advisor (15-minute one-time appointments) - 2nd Tuesday of the month
	1:00-3:00	Game Day
	1:30-4:00	Table Tennis
Wed	9:30-10:30	Aerobics B
	9:30-11:30	Quilting
	10:00-11:00	Garden Club
	10:00-11:00	Great Courses - 2nd Wednesday of the month
	10:30-11:30	Tango Lessons
	11:00	Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women)
	1:00-2:00	Page Turners (2nd Wed)
	3:00	Senior Services Commission Meeting (Check Town website & calendar for dates)
Thurs	8:45-9:45	Yoga
	10:00-11:00	Weight Strengthen/Tone
	12:00-3:00	Mah Jong
	12:45-3:00	Bingo
	1:30-4:00	Table Tennis
	11:00-11:30	Blood Pressure Screening - 2nd Thursday of the month
Fri	9:30-10:30	Muscle Tone
	11:30-12:30	Tai Chi

Would you like to be notified when your favorite class has a last minute unscheduled cancellation? You can request to be placed on a call list for each class offered letting you know the class has been canceled. Stop by the desk or call the office to sign up.

All programs are for Southbury Senior Center members only unless otherwise stated.

SUPPORT OUR ADVERTISERS!

All closings, special programs or class changes are shown in calendar below

APRIL 2023 PROGRAMS

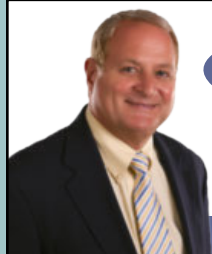
MON	TUE	WED	THU	FRI
03	04	05	06	07
<i>Card Crafting 10am (limit 12 members)</i>	<i>Let's Do Lunch! 12pm (limit 30 members)</i> <i>My Story Writing Group 12:30pm</i> <i>Senior Learning Network 2pm</i>	<i>Garden Club 10am</i> <i>Stroke Prevention 1pm</i>	<i>Flower Arranging 11:15am (limit 15 members)</i>	Closed Call for Trips at 4:30pm
10	11	12	13	
<i>Center Creations with Wendy 10am (limit 15 members)</i>	<i>Ask the Attorney 10am</i> <i>Ask Financial Advisor 1pm</i> <i>Ask the Realtor 2:15pm</i> <i>Senior Learning Network 2pm</i>	<i>Great Courses 10am</i> <i>Garden Club 10am</i> <i>Page Turners 1pm</i> <i>Hairdresser 11am</i>	<i>Medicare 11:30am</i> <i>Blood Pressure Screening 11am</i>	14
17	18	19	20	21
<i>Choices - call for an appointment</i> <i>Crafting with Sarah 10am (pre-registration required)</i>	<i>Coffee with the First Selectman 11:15</i> <i>My Story Writing Group 12:30pm</i> <i>Senior Learning Network 2pm</i>	<i>Garden Club 10am</i> <i>Senior Services Commission Meeting 3pm</i>	<i>Afternoon Tea with Andrea 1pm (limit 11 members)</i>	
24	25	26	27	28
<i>Creative Flair 11am (limit 12 members)</i>	<i>Senior Learning Network 2pm</i> <i>Dance 2pm</i>	<i>Garden Club 10am</i>		



This calendar only shows programs offered over and above those that are regularly scheduled, as well as any class or program cancellations.



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