

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 Monday 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	Swedish Massage - (Check calendar for dates)
	1:00-3:00	Game Day
	1:30-4:00	Table Tennis
	2:15-3:15	Ask the Realtor (15-minute appointments) - (2nd Tuesday of the month)
Wed	9:30-10:30	Aerobics B
	9:30-11:30	Quilting
	10:00-11:00	Garden Club (Seasonal)
	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
	11:00-11:30	Blood Pressure Screening - (2nd Thursday of the month)
	11:00-11:45	Let's Take A Walk
	11:45-2:45	Mahjong
	12:45-2:45	Bingo
	1:30-4:00	Table Tennis
Fri	9:30-10:30	Muscle Tone
	10:40-11:40	Line Dancing
	11:45-12:45	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.



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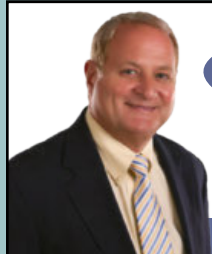
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All closings, special programs or class changes are shown in calendar below

AUGUST 2023 PROGRAMS

MON	TUE	WED	THU	FRI
	01 <i>Massage 12:30-3pm</i> <i>My Story Writing Group 12:30pm</i>	02 <i>Garden Club 10am</i>	03	04 Call for Trips at 4:30pm
07	08 CHAIR YOGA CANCELED <i>Massage 12:30-3pm</i> <i>Ask the Attorney 10am</i> <i>Ask the Financial Advisor 10am</i> <i>Ask the Realtor 1pm</i>	09 <i>Garden Club 10am</i> <i>Great Courses 10am</i> <i>Hairdresser 11am</i> <i>Page Turners 1pm</i>	10 YOGA CANCELED <i>Blood Pressure Screening 11am</i> <i>Healthy Chats 11:30am</i> <i>Let's Do Lunch 12pm</i>	11
14	15 ZUMBA GOLD CANCELED <i>Armchair Travel 10am</i> <i>Cannoli Decorating 2pm</i>	16 <i>Garden Club 10am</i> <i>White House Memories 1pm</i>	17 YOGA CANCELED <i>Tech Help 10am</i> <i>Let's Do Lunch 12pm</i> LET'S TAKE A WALK CANCELED	18
21	22 <i>Let's Do Lunch 12pm</i> <i>Care Giver Session #1 12:45pm</i> <i>Massage 12:30-3pm</i>	23 <i>Garden Club 10am</i> <i>Rock Cactus 10am</i>	24	25 LINE DANCING CANCELED
28	29 <i>Let's Do Lunch 12pm</i> <i>Care Giver Session #2 12:45pm</i>	30 <i>Southbury Shells 10am</i>	31	

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