

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 requested and 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
	12:30-1:30	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	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)	
Thur	8:45-9:45	Yoga
	10:00-11:00	Weight Strengthen/Tone
	12:45-3:00	Bingo
	1:30-4:00	Table Tennis
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.

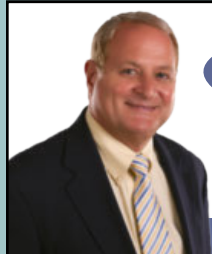
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SUPPORT OUR ADVERTISERS!

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

FEBRUARY 2023 PROGRAMS

MON	TUE	WED	THU	FRI
		01	02	03
06	07	08	09	10
	<p><i>Heart Health 11am</i></p> <p><i>My Story Writing Group 12:30pm</i></p> <p><i>Senior Learning Network 2pm</i></p>	<p><i>Great Courses 10am</i></p> <p><i>Tech Talk 10am-12pm</i></p> <p><i>Page Turners 1pm</i></p> <p><i>Hairdresser 11am</i></p>		<p><i>Call for Trips at 4:30pm</i></p> <p><i>Specify which trip you are calling about and who you are calling for. Only 2 Member reservations per call.</i></p>
13	14	15	16	17
	<p><i>Ask the Attorney 10am</i></p> <p><i>Ask Financial Advisor 1pm</i></p> <p><i>Makeup for Mature Women 1pm</i></p> <p><i>Senior Learning Network 2pm</i></p>	<p><i>Tech Talk 10am-12pm</i></p>		
20	21	22	23	24
Closed	<p><i>My Story Writing Group 12:30pm</i></p> <p><i>Senior Learning Network 2pm</i></p>		<p><i>CT Flower Show Trip 8:45am - 3:30pm</i></p>	
27	28			
<p><i>Creative Flair 11am</i></p>	<p><i>Morning Classes Canceled</i></p> <p><i>Jose Paulos 12pm</i></p> <p><i>Senior Learning Network 2pm</i></p>			
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