

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

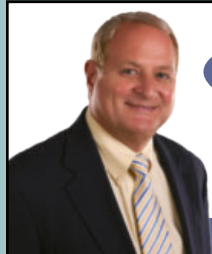
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All closings, special programs or class changes are shown in calendar below

# JULY 2023 PROGRAMS

MON	TUE	WED	THU	FRI
03	04	05	06	07
	<b>Closed</b> 	<i>Tech Help 10am</i>  <i>Garden Club 10am</i>	<i>Let's Do Lunch 12pm</i>	<b>Call for Trips at 4:30pm</b>
10	11	12	13	14
	<i>Massage 1-3pm</i> <i>Ask the Attorney 10am</i> <i>Ask the Financial Advisor 10am</i> <i>Ask the Realtor 1pm</i> <i>My Story Writing Group 12:30pm</i>	<i>Garden Club 10am</i>  <i>Great Courses 10am</i>  <i>Hairdresser 11am</i>  <i>Page Turners 1pm</i>	<i>Blood Pressure Screening 11am</i>  <i>Healthy Chats 11:30am</i>  <i>Let's Do Lunch 12pm</i>	
17	18	19	20	21
<i>Medicare Choices - call for an appointment</i>  <i>Center Creations 10am</i>	<i>Massage 1pm-3pm</i>	<i>Garden Club 10am</i>  <i>Tech Help 10am</i>  <i>Senior Services Commission Meeting 3pm</i>		
24	25	26	27	28
<i>Armchair Travel 10am</i>  <i>Creative Flair 11am</i>	<i>Coffee with the First Selectman 10am</i> <i>Let's Do Lunch 12pm</i> <i>Massage 1-3pm</i> <i>My Story Writing Group 12:30pm</i>	<i>Garden Club 10am</i>  <i>Southbury Shells 10am</i>		
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