

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 3rd Mon. of each month) 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 2:15-3:15 1:00-3:00 1:30-4:00	Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments) - 2nd Tuesday of the month Chair Yoga My Story Writing Group (1st and 3rd Tues) Ask the Financial Advisor (15-minute one-time appointments) - 2nd Tuesday of the month Ask the Realtor (15-minute one time appointments) - 2nd Tuesday of the month 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 - 2nd Wednesday of the month 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 11:00-11:30 11:00-11:45 12:00-3:00 12:45-3:00 1:30-4:00	Yoga Weight Strengthen/Tone Blood Pressure Screening - 2nd Thursday of the month Let's Take A Walk Mah Jong Bingo Table Tennis
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.

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

MAY 2023 PROGRAMS

MON	TUE	WED	THU	FRI
01	02	03	04	05
Mason Jar Lid Bird Feeder 10am	My Story Writing Group 12:30pm Senior Learning Network 2pm	Garden Club 10am	Let's Take A Walk begins again 11-11:45am	Line Dancing Begins! 10:30am Call for Trips at 4:30pm
08	09	10	11	12
Center Creations with Wendy 10am (limit 15 members)	Let's Do Lunch! 12pm (limit 30 members) Massage 1-3 Senior Learning Network 2pm	Great Courses 10am Garden Club 10am Hairdresser 11am Page Turners 1pm	Blood Pressure Screening 11am Let's Take A Walk 11-11:45am Healthy Chats with Heidi 11:30am	
15	16	17	18	19
Medicare Choices - call for an appointment *No Tap Class *	*No Fit & Flex A or B* My Story Writing Group 12:30pm Massage 1-3 Senior Learning Network 2pm	Garden Club 10am Southbury Shells 10am (limit 15 members) Senior Services Commission Meeting 3pm	*No Weight Strengthen & Tone* *No Yoga* Let's Take A Walk 11-11:45am	
22	23	24	25	26
Creative Flair with Bethel Health Care 11am -(Limit 12 members)	Memorial Day Picnic 12:30pm-1:30pm No Programming	Garden Club 10am Music of the 50's & 60's 1pm	Let's Do Lunch! 12pm (limit 30 members) Let's Take A Walk 11-11:45am	
29	30	31		
Closed Memorial Day 		Garden Club 10am		

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