


WEEKLY SCHEDULED CLASSES

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 Monday 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 12:30-3:00 1:00-3:00 1:30-4:00 2:15-3:15	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 appts) - (2nd Tuesday of the month) Swedish Massage - (Check calendar for dates) Game Day Table Tennis Ask the Realtor (15-minute appointments) - (2nd Tuesday of the month)
Wed	9:30-10:30 9:30-11:30 10:00-11:00 10:00-11:00 10:30-11:30 10:30-12:00 1:00-2:30 1:00-2:00 3:00	Aerobics B Quilting Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Hooks and Needles 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 11:45-2:45 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Blood Pressure Screening - (2nd Thursday of the month) Let's Take A Walk Mahjong Bingo Table Tennis
Fri	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi

SEPTEMBER 2023 PROGRAM CALENDAR

MON	TUE	WED	THU	FRI
				01
<p>Stop in for a cup of coffee in the Lounge! We make a pot on Tuesday and Thursday mornings for you to enjoy.</p>				<p>Call for September Programs</p>
04	05	06	07	08
<p>Closed for Labor Day</p>	<p><i>Blood Drive 8:30-2:30</i></p> <p><i>Massage 12:30-3:30</i></p>			<p>Call for the Aqua Turf Trip after 4:30pm</p>
11	12	13	14	15
<p><i>Armchair Travel 10am</i></p>	<p><i>Massage 12:30-3:30</i></p>	<p><i>Tech Help 10-12</i></p> <p><i>Great Courses 10am</i></p> <p><i>Page Turners 1pm</i></p>	<p>End of Summer Picnic</p> <p>No Programs</p>	
18	19	20	21	22
<p><i>Medicare Choices - call for an appointment</i></p>	<p><i>Care Giver Session #3</i></p> <p><i>Massage 12:30-3:30</i></p>	<p><i>Southbury Shells 10am</i></p> <p><i>Disaster Preparedness Lunch & Learn 12pm</i></p> <p><i>Commission Meeting 3pm</i></p>	<p><i>Blood Pressure Screening 11am</i></p> <p><i>Healthy Chats 11:30am</i></p>	
25	26	27	28	29
<p><i>Creative Flair 11am</i></p>	<p><i>Care Giver Session #4</i></p> <p><i>Massage 12:30-3:30</i></p>	<p><i>Tech Help 10-12</i></p> <p><i>What is a Trust 1pm</i></p>		<p>Line Dancing CANCELED</p>