

WEEKLY SCHEDULED CLASSES

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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 water bottle - we now have a bottle filling station in the front lobby. 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 1:30-4:00 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) 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 11:45-2:45 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis
Fri	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi

MON	TUE	WED	THU	FRI
01				
Stop in for a cup of coffee in the Lounge! We make a pot on Tuesday and Thursday mornings for you to enjoy. 				Call for Trip at 4:30pm
04	05	06	07	08
Open Enrollment Medicare Choice Advent Wreath 10am	My Story Writing Group 12:30pm Massage 12:30-3:30. Senior Learning Network 2pm			
11	12	13	14	15
	Ask the Attorney, Ask the Financial Advisor, Ask the Realtor Senior Learning Network 2pm Massage 12:30-3:30		Epic Holiday Party No Programming	
18	19	20	21	22
Medicare Choices - call for an appointment Crafting with Dana 10am	Senior Learning Network 2pm Massage 12:30-3:30	Southbury Shells 10am	Senior Learning Network 2pm	
25	26	27	28	
Holiday Closed 			Lower Your Electric Bill 1:15pm Massage 12:30-3:30	

We offer each the following services as a One-Time 15 minute Consultation:

ASK THE ATTORNEY Second Tuesday of the Month 10:00am

ASK THE FINANCIAL ADVISOR Second Tuesday of the Month 1:00pm

New! ASK THE REALTOR Second Tuesday of the Month 2:15pm

