






















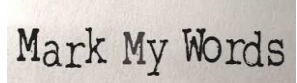


# 2017

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>BINGO</b> Timeless Trivia</p> 	<p><b>What happens when I can't do it myself?</b> April 10 at 1:00 pm With Elder Law Attorney <b>Alyson Marcucio</b></p> 	 <p>Lunch and Learn Sponsored by <i>Bethel Health Care</i> April 18 at 1:00 pm</p> <p>The Differences between OT and PT</p>	<p><b>YMCA Diabetes Prevention Program</b> Information Mtg &amp; Biometric Screening April 20 at 10:00 am</p> <p><b>Spring Nature Series:</b> Earthworms &amp; Soil April 20 at 1:00 pm</p>	<div style="border: 1px solid red; padding: 5px; text-align: center; color: red; font-weight: bold;"> <b>RESCHEDULED</b> NEW DATE ANNOUNCED         </div> <p>Art Gottlieb: <b>April 21</b> <i>Underground Railroad</i> Dr. Varano: <b>April 28</b> <i>All Pain is NOT Created Equal</i></p>
<p><b>3</b></p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle</p> 	<p><b>4</b></p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg</p> 	<p><b>5</b></p> <p>8:45 am AARP Drive Smart Class 9:30 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS</p>	<p><b>6</b></p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>7</b></p> <p>10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Bingo</b> 1:15 pm Your Point of View</p> 
<p><b>10</b></p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch <b>1:00 pm Elder Law Attorney</b> 1:00 pm Bridge, Pinochle</p> 	<p><b>11</b></p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 11:00 am Mayor's Advisory Grp. 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk</p>	<p><b>12</b></p> <p>9:00 am Happy Feet (Dr. Gosnay) 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS</p> 	<p><b>13</b></p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<div style="background-color: #ADD8E6; padding: 20px; text-align: center;"> <p>Closed on <b>GOOD FRIDAY</b></p> </div>
<p><b>17</b></p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle</p> 	<p><b>18</b></p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg <b>1:00 pm Lunch &amp; Learn</b></p> 	<p><b>19</b></p> <p>9:30 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS</p>	<p><b>20</b></p> <p>10:00 am <b>YMCA Diabetes Meeting</b> Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga <b>1:00 pm Earthworms and Soil Talk</b></p>	<p><b>21</b></p> <p>10:00 am Zumba Gold <b>10:30 am Underground Railroad</b> 12 noon Lunch <b>1:00 pm Timeless Trivia</b> 1:15 pm Your Point of View</p> 
<p><b>24</b></p> <p>9:00 am Quilt Club 10:00 am SNAP Assistance 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lions Low Vision</p>	<p><b>25</b></p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk</p>	<p><b>26</b></p> <p>10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS</p> 	<p><b>27</b></p> <p>10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>28</b></p> <p>10:00 am Zumba Gold <b>11:00 am Dr. Varano</b> 12 noon Lunch 1:15 pm Your Point of View 2:30 pm Page Turner's Book Cl.</p>



# 2017 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	<b>2</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 	<b>3</b> 8:45 am AARP Drive Smart Class 9:00 am Walking Club 9:30 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS	<b>4</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	<b>5</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Bingo</b> 1:15 pm Your Point of View 
<b>8</b> 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lunch and Learn 	<b>9</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp. 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk	<b>10</b> 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS	<b>11</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm <b>Memories of the Great War</b> Chair Yoga	<b>12</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Timeless Trivia</b> 1:15 pm Your Point of View 
<b>15</b> 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Brain Food</b> 1:00 pm Bridge, Pinochle 	<b>16</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 11:00 am Danbury Library OTM 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 	<b>17</b> 9:00 am Happy Feet (Dr. Gosnay) 9:00 am Walking Club 9:30 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS	<b>18</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga <b>1:00 pm Gardening Tips</b>	<b>19</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Mark My Words</b> 1:15 pm Your Point of View 
<b>22</b> 9:00 am Quilt, Walking Club 10:00 am SNAP Assistance 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lions Low Vision	<b>23</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Mah Jongg, Sports Talk 1:00 pm <b>The Ambassadors</b>	<b>24</b> 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS	<b>25</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	<b>26</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 2:30 pm Page Turner's Book Cl
<b>29</b> 	<b>30</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg,	<b>31</b> 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm CHORUS	 <b>BINGO, 5/5</b> <b>Timeless Trivia, 5/12</b> <b>Mark My Words, 5/19</b>	<b>Special Programs!</b> <b>Your Life, Your Legacy</b> <b>Memories of the Great War</b> <b>Brain Food</b> <b>Gardening Tips</b> <b>The Ambassadors Perform</b>