










# AUGUST 2017

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Afternoon at the Movies: Gifted</b></p>  <p><b>August 18 at 12:45 pm</b></p>	<p><b>1</b></p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Mah Jongg</p> 	<p><b>2</b></p> <p>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</p>	<p><b>3</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>4</b></p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View</p> 
<p><b>7</b></p> <p>9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle</p> 	<p><b>8</b></p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Mah Jongg Sports Talk</p>	<p><b>9</b></p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker</p>	<p><b>10</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>11</b></p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm DANCE</b> 1:15 pm Your Point of View</p>
<p><b>14</b></p> <p>9:00 am Quilt, Walking Club <b>11:00 am Danbury Library OTM</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Veteran's Wall Project</p>	<p><b>15</b></p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Mah Jongg</p> 	<p><b>16</b></p> <p>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 <b>1:00 pm Eat Smart, Live Strong</b> 1:00 pm Coloring Circle, Poker</p>	<p><b>17</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 <b>1:00 pm Fruit Carving</b> 1:00 pm Chair Yoga</p>	<p><b>18</b></p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>12:45 pm Movie: Gifted</b> 1:15 pm Your Point of View</p> 
<p><b>21</b></p> <p>9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle</p> 	<p><b>22</b></p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Mah Jongg Sports Talk</p>	<p><b>23</b></p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker</p>	<p><b>24</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>25</b></p> <p>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</p>
<p><b>28</b></p> <p>9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lions Low Vision 1:00 pm Veteran's Wall Project</p>	<p><b>29</b></p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Mah Jongg</p> 	<p><b>30</b></p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker</p>	<p><b>31</b></p> <p>10:00 am Knit/Crochet 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>August EVENTS</b></p> <p>Beat the Heat Summer Dance, 8/11 Danbury Library on the move, 8/14 Afternoon Movie, 8/15 Eat Smart, Live Strong, 8/16 Fruit Carving, 8/17</p>



# September



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Falls Prevention Series</b> 9/12 – Benefits of Tai Chi 9/19 – Balance Testing 9/26 – Home Safety & Home Modifications	<b>Afternoon at the Movies</b>  <b>September 15 at 12:45 pm</b>	Dr. Varano presents...  <i>Ask the Doctor Anything!</i> 9/18 at 1:00 pm	 <b>Eat Smart, Live Strong, 9/20</b> <b>Flu Clinic, 9/27</b>	<b>1</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>BINGO</b> 1:15 pm Your Point of View
<b>4</b> 	<b>5</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 	<b>6</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>7</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>8</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>End of Summer Dance</b> 1:15 pm Your Point of View 
<b>11</b> 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Veteran's Wall Project 	<b>12</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet <b>10:30 am Benefits of Tai Chi</b> 10:30 am Aging Mastery Program 11:00 am Mayor's Advisory Grp. 12 noon Lunch 1:00 pm C.O.A. Mtg., @ City Hall 1:00 pm Aerobics, Mah Jongg, Sports Talk	<b>13</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>14</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>15</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>12:45 pm Movie: Hidden Figures</b> 1:15 pm Your Point of View 
<b>18</b> 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch <b>1:00 pm Dr. Varano</b> 1:00 pm Bridge, Pinochle 	<b>19</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 10:30 am Aging Mastery Program <b>11:00 am Danbury Library OTM</b> 12 noon Lunch <b>1:00 pm Balance Testing</b> 1:00 pm Aerobics, Mah Jongg	<b>20</b> 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 <b>1:00 pm Eat Smart, Live Strong</b> 1:00 pm Coloring Circle, Poker 1:30 pm Chorus	<b>21</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>22</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 
<b>25</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 1:00 pm Veteran's Wall Project	<b>26</b> 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 10:30 am Aging Mastery Program 12 noon Lunch <b>1:00 pm Home Safety &amp; Home Modifications</b> 1:00 pm Aerobics, Mah Jongg, Sports Talk	<b>27</b> 9:00 am Walking Club 10:00 am Line Dancing 10:00 am <b>Flu Clinic</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker 1:30 pm Chorus	<b>28</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>29</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