














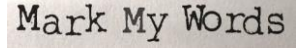








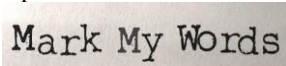







FEBRUARY 2017 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HISTORY</p> <p>Art Gottlieb Presents: Underground Railroad, Feb. 9</p> <p>Brigid Guertin Presents: Danbury In Love, Feb. 14</p>	<p>PRESENTATIONS</p> <p>♥ Not All Pain is Created Equal, Feb. 10</p> <p>♥ Then & Now Cookbook Info Meeting!, Feb. 17</p> <p>♥ Recognizing the signs of Depression! Feb. 27</p>	<p>1 9:30 am Yolanda's Hair Boutique</p> <p>10:00 am Line Dancing </p> <p>11:15 am Strength Training </p> <p>12 noon Lunch</p> <p>12:45 pm Afternoon at the Movies</p> <p>1:00 pm Coloring Circle, Poker</p> <p>1:30 pm Elmwood's FINEST</p>	<p>2 8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet</p> <p>Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p>3</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>1:00 pm BINGO</p> <p>1:15 pm Your Point of View</p> 
<p>6</p> <p>9:00 am Quilt Club</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Bridge, Pinochle</p> 	<p>7</p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Mah Jongg Set Back</p>	<p>8</p> <p>10:00 am Line Dancing </p> <p>11:15 am Strength Training </p> <p>12 noon Lunch</p> <p>12:45 pm Afternoon at the Movies</p> <p>1:00 pm Coloring Circle, Poker</p> <p>1:30 pm Elmwood's FINEST</p>	<p>9</p> <p>8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet</p> <p>Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Underground Railroad</p>	<p>10</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>1:00 pm Dr. Varano: Pain Talk</p> <p>1:15 pm Your Point of View</p> 
<p>13 CLOSED</p> <p>Lincoln's Birthday</p> 	<p>14</p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>11:00 am Danbury In Love</p> <p>12 noon Lunch</p> <p>1:00 pm Comm. On Aging/City Hall</p> <p>Aerobics, Mah Jongg, Sports Talk</p> <p>2:15 pm Set Back</p>	<p>15</p> <p>9:30 am Yolanda's Hair Boutique</p> <p>10:00 am Line Dancing </p> <p>11:15 am Strength Training </p> <p>12 noon Lunch</p> <p>12:45 pm Afternoon at the Movies</p> <p>1:00 pm Coloring Circle, Poker</p> <p>1:30 pm Elmwood's FINEST</p>	<p>16</p> <p>8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet</p> <p>Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p>17</p> <p>10:00 am Zumba Gold</p> <p>11:00 am Then & Now Cookbook</p> <p>12 noon Lunch</p> <p>1:00 pm Timeless Trivia</p> <p>1:15 pm Your Point of View</p>  
<p>20 CLOSED</p> <p>President's Day</p> <p>Washington's Birthday</p> 	<p>21</p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Mah Jongg Set Back</p>	<p>22</p> <p>10:00 am Line Dancing</p> <p>11:00 am Danbury Library OTM</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12:45 pm Afternoon at the Movies</p> <p>1:00 pm Coloring Circle, Poker </p> <p>1:30 pm Elmwood's FINEST</p>	<p>23</p> <p>8:30 am AARP Tax Prep</p> <p>10:00 am Knit/Crochet</p> <p>Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p>24</p> <p>12 noon Lunch</p> <p>1:00 pm Mark My Words</p> <p>1:15 pm Your Point of View</p> <p>2:30 pm Page Turner's Book Cl</p> 
<p>27</p> <p>9:00 am Quilt Club</p> <p>10:00 am SNAP</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12 noon Community Convo</p> <p>12:45 pm Depression Talk</p> <p>1:00 pm Bridge, Pinochle</p>	<p>28</p> <p>8:30 am AARP Tax Prep</p> <p>9:00 am Art Class, Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>11:00 am Mayor's Advisory Grp.</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Mah Jongg, Sports Talk</p> <p>2:15 pm Set Back</p>	<p>AARP Tax Prep Assistance</p> <p>AARP</p> <p>Feb. 2 through April 18</p> <p>Book your appointment!</p> <p>203-797-4686</p>	<p>Fantabulous FEBRUARY FUN</p> <p>BINGO, Feb. 3rd</p> <p>(National Wear RED day)</p> <p>Timeless Trivia, Feb. 10th</p> <p>Mark My Words, Feb. 24th</p>	<p>Afternoon at the Movies</p> <p>Feb. 1 – The Notebook</p> <p>Feb. 8 – The Family Stone</p> <p>Feb. 15 – My Favorite Year</p> <p>Feb. 22 – Phantom of the Opera</p> <p>All shows begin at 12:45 pm</p>



2017 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch & Learn sponsored by <i>Masonicare at Newtown</i> Topic: Home Adaptation & Fall Prevention - March 20</p> <p>Honey Bee Talk, March 16 Given by CT Agricultural Experiment Station</p>	<p>☘ Recognizing Diabetes, March 6</p> <p>☘ What is Rent Rebate? March 13</p> <p>☘ Spotlight of Color: Coloring Circle Showcase, March 29th</p> <p>☘ March Madness: CORNHOLE is back! Wednesdays at 1:00 pm</p>	<p>1</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 CORN HOLE 1:00 pm Coloring Circle, Poker 1:30 pm Elmwood's FINEST</p>	<p>2</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>3</p> <p>10:00 am Zumba Gold 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View</p> 
<p>6</p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Diabetes Talk 1:00 pm Bridge, Pinochle</p>	<p>7</p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg Set Back</p> 	<p>8</p> <p>10:00 am Line Dancing 11:15 am Strength Training  12 noon LUNCH 1:00 pm CORN HOLE 1:00 pm Coloring Circle, Poker 1:30 pm Elmwood's FINEST</p>	<p>9</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>10</p> <p>10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View</p> 
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<p>20</p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lunch & Learn</p> 	<p>21</p> <p>8:30 am AARP Tax Prep 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg Set Back</p> 	<p>22</p> <p>10:00 am Line Dancing  11:15 am Strength Training 12 noon Lunch 1:00 pm CORN HOLE 1:00 pm Coloring Circle, Poker 1:30 pm Elmwood's FINEST</p>	<p>23</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 Danbury Library OTM 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>24</p> <p>10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View</p> 
<p>27</p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lions Low Vision</p>	<p>28</p> <p>8:30 am AARP Tax Prep 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 2:15 pm Set Back</p>	<p>29</p> <p>10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker 2:00 pm Spotlight of Color</p> 	<p>30</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>31</p> <p>10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 2:30 pm Page Turner's Book Cl.</p> 