














2017

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
|  <p>Bingo, 6/2 Author Talk, 6/9 Tarrywile Hike, 6/16 Timeless Trivia, 6/16 Danbury Library OTM, 6/21 Movie: War Horse, 6/28</p> |  <p>Fraud/Scams Talk, 6/5 Christine's Critters, 6/6 Mental Health Forum, 6/13 Honey Bees, 6/15 Choosing a Caregiver, 6/19 Eat Smart, Live Strong, 6/21</p> | <p>Elmwood's FINEST</p>  <p>June 14 at 1:30 pm</p> | <p>1</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>2</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Bingo 1:15 pm Your Point of View</p>  |
| <p>5</p> <p>9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Fraud/Scams Talk</p>  | <p>6</p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Christine's Critters 1:00 pm Aerobics, Mah Jongg,</p>  | <p>7</p> <p>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</p> | <p>8</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>9</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Author Talk 1:15 pm Your Point of View</p> |
| <p>12</p> <p>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</p>  | <p>13</p> <p>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 Mental Health Forum 1:00 pm Aerobics, Mah Jongg Sports Talk</p> | <p>14</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 1:30 pm Chorus Concert</p> | <p>15</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 Honey Bees, Chair Yoga</p>  | <p>16</p> <p>9:00 am Walking Club 10:00 am Hike at Tarrywile 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View</p> |
| <p>19</p> <p>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 Choosing a Caregiver</p>  | <p>20</p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 1:00 pm WWI Podcast</p>  | <p>21</p> <p>9:00 am Happy Feet (Dr. Gosnay) 9:00 am Walking Club 9:30 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:00 am Danbury Library OTM 11:15 am Strength Training 12 noon Lunch 1:00 pm Eat Smart, Live Strong 1:00 pm Coloring Circle, Poker</p> | <p>22</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>23</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View</p>  |
| <p>26</p> <p>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 Veteran's Wall Project 1:00 pm Lions Low Vision</p> | <p>27</p> <p>9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk 1:00 pm WWI Podcast</p> | <p>28</p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie: War Horse 1:00 pm Coloring Circle, Poker</p> | <p>29</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>30</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> |

JULY

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 3 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle  | 4  | 5 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 | 6 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 | 7 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View  |
| 10 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  | 11 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 1:00 pm WWI Podcast | 12 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Coloring Circle, Poker  | 13 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 | 14 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm DANCE 1:15 pm Your Point of View  |
| 17 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Summer Safety  | 18 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 1:00 pm WWI Podcast  | 19 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 Eat Smart, Live Strong 1:00 pm Coloring Circle, Poker | 20 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:00 am Danbury Library OTM 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga | 21 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View  |
| 24 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 Veteran's Wall Project 1:00 pm Lions Low Vision | 25 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk 1:00 pm WWI Podcast | 26 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie: Just Like Heaven 1:00 pm Coloring Circle, Poker | 27 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 | 28 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 |
| 31 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle |  July 14 at 1:00 pm | July 17 at 1:00 pm Presented by Hancock Hall / Filosa  |  NUTRITION EDUCATION for OLDER ADULTS July 19 at 1:00 pm | Afternoon Movie  July 26 at 12:45 pm |