

October

2017

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm FRAUD Bingo! 	3 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 10:30 am Aging Mastery 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 2:00 pm Open Wii Bowling 	4 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	5 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	6 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 12:15 pm Birthday Club BINGO Your Point of View 
9 CLOSED 	10 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 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 2:00 pm Open Wii Bowling	11 9:00 am Walking Club 10:00 am Line Dancing 10:00 am FLU CLINIC  11:15 am Strength Training 12 noon Lunch 1:00 pm Gadgets & Things 1:00 pm Coloring Circle, Poker 1:30 pm Chorus	12 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	13 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Spooktacular Dance Your Point of View  
16 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lunch & Learn  Start the Conversation: Advanced Planning	17 9:00 am Art Class, Tai Chi  10:00 am Knit & Crochet 10:30 am Aging Mastery Program 12 noon Lunch 1:00 pm Physical Therapy 1:00 pm Aerobics, Mah Jongg 2:00 pm Open Wii Bowling	18 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	19 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	20 9:00 am Walking Club 10:00 am Zumba Gold 10:30 am Medicare 2018 12 noon Lunch 12:45 pm Movie: FENCES Your Point of View
23 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	24 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 10:30 am Aging Mastery Program 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk 2:00 pm Open Wii Bowling	25 Happy Feet -Dr. Gosnay 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	26 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	27 Craft/Bake Sale  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.
30 9:00 am Quilt, Walking Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Boroughs of NYC	31 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 10:30 am Aging Mastery Program 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 2:00 pm Open Wii Bowling	 Treats for the Mind Gadgets & Things, 10/11 Lunch & Learn, 10/16 Benefits of Physical Therapy, 10/17 Medicare 2018, 10/20 Boroughs of NYC, 10/30	 Thrilling FUN! Fraud BINGO, 10/2 BINGO, 10/6 Spooktacular Dance, 10/13 	 ENTER AT YOUR OWN RISK!! Birthday Club, 10/6 Flu Shot Clinic, 10/11 Afternoon Movie: FENCES, 10/20



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<p><u>Grateful</u> Birthday Club, 11/3 BINGO, 11/3 Honoring our Veterans, 11/9 Beauty & the Beast, 11/17</p>	<p><u>Gather</u> Everything you wanted to know about Hearing Loss but were afraid to ask! 11/6 Caregiving Around the Clock, 11/8</p>	<p>1 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>2 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 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 12:15 pm Birthday Club BINGO 1:15 pm Your Point of View</p> 
<p>6 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Hearing Talk Bridge, Pinochle</p> 	<p>7 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 10:30 am Aging Mastery Program 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 2:00 pm Open Wii Bowling</p> 	<p>8 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Caregiving Talk 1:00 pm Coloring Circle, Poker 1:30 pm Chorus</p> 	<p>9 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 12:45 pm Honoring our Veterans 1:00 pm Chair Yoga, Exercise Video</p>	<p>10</p> 
<p>13 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle</p> 	<p>14 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 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 2:00 pm Open Wii Bowling</p> 	<p>15 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>16 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>17 10:00 am Zumba Gold 12 noon Lunch 12:45 pm Movie: <i>Beauty & the Beast</i> 1:15 pm Your Point of View</p> 
<p>20 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle</p> 	<p>21 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 10:30 am Aging Mastery Program 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 2:00 pm Open Wii Bowling</p> 	<p>22 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>23</p>  <p>We are closed today</p>	<p>24</p>  
<p>27 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>28 9:00 am Art Class, Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg, Sports Talk 2:00 pm Open Wii Bowling</p> 	<p>29 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>30 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>Fall Festival \$15 per ticket Sunday, November 12, 2017 The Amber Room Colonnade 11:00 am to 3:00 pm</p> 