

The Elmwood Extra

A Publication of the Department of Elderly Services

December 2025 / January 2026



Department of Elderly Services

**Roberto L. Alves, Mayor
City of Danbury**

**Susan M. Tomanio, MSW, LCSW
Director of Elderly Services**

Elmwood Hall Danbury Senior Center

(Wellness, Lifelong Learning,
Leisure Time Programs)

Municipal Agent's Office for the Elderly

(Resource, Referral, Benefits, Rent Rebate)

10 Elmwood Place, Danbury, CT 06810

203-797-4686

www.danburyseniors.org

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Message From The Director



The spirit of the season is upon us and we look forward to spreading good cheer! As we move into the new year, we want to remind you that we can provide you with resources and answers to many questions from how to get help at home, to

energy assistance, to home maintenance repairs and much more. I hope that you find something of interest in this newsletter and encourage you, when the weather is good, to get out and socialize with friends and family. Wishing you all a blessed holiday season and a healthy new year!

Meet our Staff

Municipal Agent

for the Elderly

Tamires DaSilva, BSW



Elderly Services

Program Coordinator

Matt Austin



Elderly Services Clerk

(Grant Funded)

Joyce Kuhn

Joanne Norrito



Administrative

Assistants

Edie Thomas

Linda Rinaldi



Van Drivers

Pam Makin



WHAT'S HAPPENING AT ELMWOOD HALL?

SPECIAL EVENTS

Financial Literacy Workshop on Thursday, December 4th from 1:30pm-2:30pm. Join Habitat for Humanity and Newtown Savings Bank for a financial literacy workshop. During this financial education class, we cover topics such as budgeting, credit cards and credit reports, debt and loans, saving, investing, planning for the future and emergency situations.

Senior Show & Tell - Holiday Edition on Monday, December 8th from 1:00pm - 2:00pm. "Show & Tell" was always fun as a kid – it will be fun as an adult too! Bring in something important to you, to show and tell us a story about it! This time around we would love for you to bring holiday related items and stories. Possibilities include decorations from your childhood holidays, the best holiday present you ever got or maybe a recipe from a memorable holiday to share! Come with an object to tell a story or just come and listen. Either way this will be a fascinating afternoon.

Annual Holiday Party - Wednesday, December 10th, 1:00pm-3:00pm. Dance to your favorite music from Stevie D Entertainment, enjoy a hot chocolate bar, sing holiday songs and enter our ugly sweater contest. Holiday refreshments will be served. Raffle prizes! Sign up required. Space is limited.

'Password' Screening & Talk on

Thursday, December 11th from 1:00pm - 3:00pm. Our very own program coordinator Matt Austin will be appearing on the Holiday Episode of the new version of the classic game show 'Password' airing this holiday on NBC! Join us for a screening of his episode as well as a Q&A session about his experience on the show. We may even have a chance to play some Holiday themed Password games!



Coffee & Conversation: Guidance for Growing Older, Your Way on Wednesday, December 17th from 10:00am - 11:00am. Getting older often brings up new questions—but you don't have to navigate them alone. Join RVNA for a relaxed, judgment-free chat over coffee with a seasoned geriatric care manager and social worker who understands the real-life challenges of aging. Whether you're curious about resources, planning ahead, or simply want to talk things through, this is your space to ask questions, gain support, and feel genuinely heard.

SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP AND ARE SUBJECT TO CHANGE

Holiday Paint & Sip (and Sing!) on Monday, December 22nd from 1:00pm - 3:00pm. Like painting? Karaoke? Non-alcoholic holiday beverages? One of those? All three of those? Come to the Holiday Paint & Sip (& Sing!)- Come paint your own Nutcracker while enjoying holiday beverages and belt out some holiday tunes with karaoke. No pressure to sing if you just want to paint and have a good time. This event is limited to 15 people. \$3 per person to cover material costs due at sign up.



AARP Safe Driver Course on Wednesday, January 14th from 9:00am-1:00pm (Snow Date - January 21st). Refresh your driving skills and you may save on your car insurance (please verify your discount with your insurance carrier). In this four-hour course you will learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. This course is \$20 for AARP Members and \$25 for Non-Members. Payment accepted via check made out to AARP. Sign up required. Sign up closes January 8th. Open to CT Residents ONLY.

Matt's Monthly Media Mashup - Join Program Coordinator Matt Austin at 11am on the fourth Friday of every month, starting in January, as he takes a journey down the weird and wonderful rabbit hole of classic media. From long lost 70's variety shows to musical one hit wonders and everything in between! Come take a stroll down memory lane as Matt takes a deep dive into the history surrounding some of media's most unusual moments.

Pet Health and Wellness Veterinary Clinic for Cats and Dogs on Friday, January 30th from 10:00am-1:00pm. For seniors age 60 plus and Veterans of any age who own a dog or cat. This is a health and wellness checkup for your pet. A cost of \$40 (cash or check only) includes a health and wellness check, heartworm testing (for dogs). Rabies and Distemper vaccinations, basic deworming. Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee. Please call the Senior Center (203-797-4686) for an appointment to reserve your spot. Registration closes on Friday, January 23rd. This event is provided by Dr. Nicole Sabo of Veterinary Care Everywhere. Transportation is available for seniors or Veterans who are residents of Danbury and have no other means of attending this event.

WHAT'S GOING ON AT ELMWOOD HALL?



Wonderful crowd for our monthly Trivia. Join us on the 2nd Friday of every month for some fun. Prizes for the winning team! Sponsored by Highbridge Healthcare.



Program Coordinator Matt Austin gives an insightful presentation on the life of Fred Rogers. Join Matt in the new year for the new Matt's Monthly Media Mashup. A interactive presentation featuring weird and wonderful media from the past.



HOLIDAY RAFFLE

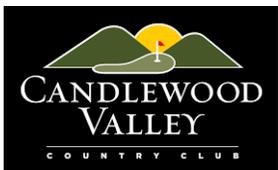
Our annual Holiday raffle will take place at the Elmwood Hall Holiday Party on December 10th.

Raffle Tickets will be available to purchase in our Sugar Hollow Cafe starting December 1st. They will also still be on sale at the party. The cost will be \$5 for 10 tickets.

Raffle is open to all members and winners need not be present at the holiday party to win. Winners will be notified.

Raffle tickets do not guarantee entry to the holiday party. YOU MUST SIGN UP FOR THE PARTY SEPARATELY. Space is limited.

Here are just some of the wonderful sponsors of this year's items.



...and so many more!!

EVERYDAY OFFERINGS

HEALTH AND WELLNESS

Light Breakfast Program - Served Monday through Friday from 8:30am-10:00am. Breakfast items include whole grain toast and pastry along with coffee and tea. Supported in partnership with CT Foodshare. Free.

Walking Club - Mondays and Fridays 9:00am. This group, led by volunteer Paul, will meet at the Senior Center and will enjoy walking adventures around downtown Danbury. Inclement weather cancels. During the winter months, the club will walk at the Danbury Fair Mall. Beginning in April, they will be back at the Senior Center walking in downtown Danbury.

Movers and Shapers - Mondays at 11:15am. Low impact aerobics, strength training and stretching. Taught by Coleen Krempel. The fee is \$2 per class.

Senior Nutrition Lunch Program - Served on Mondays, Wednesdays and Fridays at noon. This is a hot, nutritionally balanced meal served at the Senior Center. You must sign up for lunch by the previous Wednesday before 11:00am in order to have lunch the following week. PLEASE NOTE: NO WALK-INS. Meals provided in partnership with CW Resources. Suggested donation of \$3.

Blood Pressure Screening - The 3rd Monday of each month at 10:15am. Your blood pressure is your most important number! Thank you to Bethel Health Care for sponsoring our monthly blood pressure screening. No appointment is necessary.

Chair Yoga - Tuesdays at 10:00am. Focusing on relaxation, breathing, and gentle postures, yoga for older adults can ease suffering caused by many ailments including arthritis, chronic pain, and heart disease. Taught by Beverly Leighton. The fee is \$2 per class.

Tai Chi - Mondays at 9:30am. This class is proven to help reduce stress and improve concentration, balance, strength, and flexibility. Taught by Susan Bradley. The fee is \$2 per class.

Pickleball - Thursdays at the War Memorial. From 10am-12pm. Please bring: your own Pickleball paddle, water for proper hydration, appropriate attire (clothes you can move in and court sneakers) & willingness to learn and have fun! Beginners welcome!

Strength Training - Wednesdays at 11:15am. This class helps you stay strong and maintain your muscles. One to three pound dumbbells suggested. Taught by Coleen Krempel. The fee is \$2 per class.



Line Up and Dance - *Wednesdays at 1:00pm.* Come practice your steps and get some exercise at the same time. This is a fun class that gets you moving. Led by Kevin Burland. There is no fee for this class.

Gentle Flow Yoga - *Thursdays at 10:30am.* Instructor Beverly Leighton has been practicing and teaching yoga for seventeen years. This class will be modified based on an individual's personal needs, but please know that it does involve getting down and up from the floor. The cost for the class is \$2 and a yoga mat is needed.

Zumba Gold - *Fridays at 10:00am.* Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Taught by Coleen Krempel. The fee is \$2 per class.



LEISURE TIME ACTIVITIES

Bridge Club - *Mondays at 1:00pm.* A trick-taking game played with a deck of 52 cards and a group of four, bridge has been one of the most popular card games since the 1930's.

Elmwood Hall Quilting and Sewing Society - *Mondays at 9:00am.* The Elmwood Hall Quilting and Sewing Society makes quilts for pleasure and to donate to charity. They also work on individual sewing projects for both beginners and advanced sewers. Donations of fabric are welcomed and accepted. Led by quilting and sewing instructor Alison Rogers. All levels of quilters and sewers are welcome.

Page Turners Book Club - *Bi-monthly on the first Monday of the month at 1:00pm.* Read interesting books and share in lively discussion. Books read will be made available at the Danbury Library. Next meeting date: December 1st. **December Book - Atmosphere by Taylor Jenkins Reid. February Book - James by Percival Everett.**

Movie Club Matinees - *Monthly on third Monday of each month at 12:45pm. December 15th (National Lampoon's Christmas Vacation).* No movie in January. Snacks will be served. A \$1 donation is appreciated.

National Lampoon's Christmas Vacation - Comedy - PG-13
Come enjoy this 1989 Christmas Classic on the big screen! As the holidays approach, Clark Griswold (Chevy Chase) wants to have a perfect family Christmas, so he pesters his wife, Ellen (Beverly D'Angelo), and children, as he tries to make sure everything is in line, including the tree and house decorations. However, things go awry quickly.

Attention Movie Club Attendees! - Some of the movies are rated "R" by the Motion Picture Association and may contain language or scenes that some find offensive. Please use your own judgment as to whether the movie is right for you.

Kindness Rock Painting - *Third Tuesday of every month at 1:00pm.* Join staff members Joanne and Susan for rock painting. Paint one for yourself and / or one for our Kindness Rock Garden. All supplies provided. Beginners welcome.

Multimedia Art Instruction - *Tuesdays at 10:00am.* A mixed media class taught with work varying from miniatures to murals, portraits, still life, and landscapes. Beginners to advanced artists are welcome. Taught by Adele Moros. The fee is \$2 per class. Please bring your own art supplies.

Mah Jongg - *Tuesdays at 1:00pm.* Mah Jongg is a tile game that is similar to the card game rummy, mah jongg is a game of skill, strategy, and calculation that involves a certain degree of chance.

Sports Talk - *First and third Tuesdays of every months at 1:00pm.* Join other members in the Sugar Hollow Cafe to talk about current sports, reminisce about the old days and engage in great conversation.

Library On-the-Move and One-on-One Tech Support - *on Wednesday January 14th from 11:00am-1:00pm (no December due to holiday party).* The Danbury Library will be on site at the Senior Center so you can renew a library card, check out books or check out iPads. If you want a certain book, call Darlene at the Library ahead of time at 203-797-4513, and she will bring it for you. The Library will also offer 1-on-1 tech support on this same day, helping with iPhones, tablets, and smart phones. Please call to set up an appointment for an individual session with one of the Danbury Library's Tech Support staff.

Crossword Puzzle Club - *Third Wednesday of every month, 10:00am-11:00am.* Come do a crossword puzzle with friends! Join Amanda Gilbertie as she leads us through a New York Times Crossword puzzle each month. Giving tips and tricks as we go along.

Wii Bowling - *on Wednesdays at 1:00pm.* Wii Sports Bowling. Come alone or with friends to Wii bowl. Wii Bowling is similar to real-life bowling. The player attempts to knock down 10 pins with a ball. The player has 10 attempts with 2 bowls in each frame. It's fun and easy to play.



Knit and Crochet Club - *Thursdays 10:00am.* Knit, crochet, make something for a local charity, share patterns, yarn, conversation and support each other when trying something new.

Hat City Wood Carvers- *Thursdays 12:30pm.* Open to all woodcarvers – beginners to masters. Members work on their own projects led by one of their more experienced members. Tools are available for new carvers to use. Wood for projects is provided by the club at a reasonable price.

BINGO - *Fridays, December 5th & January 9th.* 1:00pm. \$3 entry and one card. \$1 extra card.

- Policy for Bingo Sign Up
- Sign up opens on the Monday after the last Bingo at 8:30am
- Bingo is always the first Friday of the month, unless a Holiday or other closing causes a conflict
- You may call or sign up in person
- You may sign up for yourself and no more than 4 other people
- 70 people, no waitlist
- No walk-ins allowed

Line Dance and Social Party - *Third Friday of Every Month.* Dances start at 1:00pm. Join DJ Kevin Burland of Old Man Rhythm. Line Dance to your favorite music of today and yesterday. Even if you don't dance this is a great opportunity to come to the Senior Center to socialize and see friends. Refreshments served. \$3 donation suggested.

Trivia - *Second Friday of Every Month from 1:00pm-2:30pm.* Monthly trivia is back! Join Matt Austin on the second Friday of every month for an afternoon of trivia! Grab a team and test your knowledge on music, history, Pop Culture and more! Sponsored by Highbridge Healthcare.

Lending Library of Puzzles and Books - Did you know we have a small lending library of books and puzzles? Located in the conference room and lounge of the Senior Center, members are welcome to take home books and puzzles and return them on the honor system.

TRIPS WITH AARP

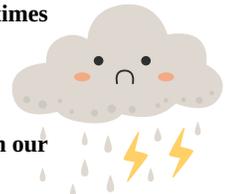
We've partnered with AARP Danbury Chapter #1067 to offer trips to our members. Please contact JoAnn Farrell at 203-746-4084 for more info, payment info and to register for these trips. Please note that the Bus will leave from the Police Athletic Building, 30 Hayestown Rd., Danbury, CT, **NOT** the senior center.

DEC. 9TH, 2025 - HOLIDAY CLASSICS @ AQUA TURF

\$127 - Includes bus, lunch & show

INCLEMENT WEATHER POLICY

Elmwood Hall Danbury Senior Center closes at times during inclement weather or other unexpected occurrences. Therefore, we no longer follow the Danbury Schools closing schedule.



A message regarding our closing status will be on our answering machine, will be noted on our Facebook page, our website www.danburyseniors.org and announced on WLAD 800am and TV Channel 3 WFSB and Channel 8.

BENEFITS & SUPPORT

Municipal Agent for the Elderly/Senior Support Services
We are available for appointments at the Elmwood Hall Senior Center
or via phone or email. Information and referral available to
Danbury residents, Caregivers, Family Members, and the Greater Community

~ Senior Housing ~ Elderly Nutrition (Congregate Meals/Meals on Wheels/SNAP/Farm Market Cards and Gift Certificates) ~ Medicare Home Care Options ~ Legal Aid ~

State Elderly and Disabled Rent Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room or living in cooperative housing, or a mobile home may be eligible for this program. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. The program begins on April 1 and ends on September 30th. New applicants must call to make an appointment to review eligibility. Please call Tamires DaSilva, Municipal Agent, at the Danbury Senior Center 203-797-4686 or email t.dasilva@danbury-ct.gov with questions, to ask about eligibility and to apply. Walk-ins will not be accepted. Applications must be completed with all required documents otherwise they will be returned.

BENEFITS & SUPPORT

State of Connecticut Farmers' Market Nutrition Card Program

The Farmers Market Cards are available to persons 60 years of age or older who qualify for the program from July-September each year. The cards may be used at the Danbury Farmers Market, which is located at the Downtown Danbury Green. Cards will be distributed in person at the Danbury Senior Center and at the farmer's market starting early July. One card is available per person. You must be a Danbury resident. Please call the Senior Center for more information.



Medicare

Western CT Area Agency on Aging (WCAAA)

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare and the options that supplement Medicare. The WCAAA can answer questions that you may have on Medicare, Medicare part D prescription drug plans, Medicare Advantage Plans, Medicare Savings Program, and Medicaid. The WCAAA can assist in filling out applications for different programs for which you may be eligible. For more information please call WCAAA at 1-800-994-9422 or 1-203-757-5449.



LIONS LOW VISION SERVICES

Danbury Lion's Club Low Vision Support Group

The Lion's Club Low Vision Support Group works in conjunction with the Lion's Club Low Vision Center on 235 Main Street, Danbury. The support group provides a place for seniors to come together for support, education, and social interactions. This support group meets on the fourth Monday of each month, except for January and February at the Danbury Senior Center. Transportation provided.



Aging in Place: Home Repairs for Low Income Seniors.

For residents who are 60 years or older and a homeowner who meet income level requirements. For a listing of approved repairs and their application process call 203-744-1341 or visit their website at www.housatonic Habitat.org

Connecticut Energy Assistance Program (CEAP)

Each year, the State of Connecticut and EVERSOURCE offer energy assistance to help homeowners and renters offset the cost of heating their homes. The assistance is for the primary source of heat, such as oil, natural gas, electricity, propane, kerosene, coal, wood, and wood pellets. Eligibility is based on income and you must provide documentation. For more information and to apply please contact the COMMUNITY ACTION AGENCY OF WESTERN CT at 203-748-5422 Ext. 3. EVERSOURCE offers various program, such as The New Start Program, Matching Payment Program, Winter Protection Plan, and Weatherization services. Contact EVERSOURCE Customer Service directly 1-800-286-2000 to see if you qualify.

City Dump Passes

The Danbury Tax Collector's office offers a booklet of free dump passes to any handicapped individual, Prisoner of War, or Disabled Veteran with valid proof once a fiscal year (July 1 through June 30). The booklet has twenty five \$3 "coupons" to be used at the transfer station on White St.



Van Transportation Program

Based on availability and scheduling, rides are provided to and from Elmwood Hall Danbury Senior Center for activities and programs. Van riders must have independent mobility. If you need assistance, aides and companions (greater than 18 years old) are welcome to ride with you free of charge, but you must indicate that there will be an additional passenger with you at time of scheduling. Suggested donation is \$1 per one way ride. Please call the Senior Center for more information. Due to high demand, not all rides can be accommodated. Thank you for your understanding.



Elmwood Extra

Department of Elderly Services
Elmwood Hall ~ Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810

Elmwood Hall Mission Statement

The Department of Elderly Services, part of the City of Danbury, seeks to increase the quality of life of Danbury area citizens who are age 60 or older by developing many comprehensive programs and resources and referral services specifically designed to enrich the general well-being of Danbury's more mature population.



Monday ¹ 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM BOOK CLUB</u>	Tuesday ² 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk	Wednesday ³ 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling	Thursday ⁴ 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving <u>1:00 PM FINANCIAL LITERACY WORKSHOP</u>	Friday ⁵ 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM BINGO</u>
8 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM SENIOR SHOW & TELL - HOLIDAY EDITION</u>	9 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	10 8:30 am Free Lite Breakfast  <u>1:00 PM ANNUAL HOLIDAY PARTY</u> <u>ALL OTHER PROGRAMS CANCELLED</u>	11 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving <u>1:00 PM 'PASSWORD' EVENT</u>	12 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM HOLIDAY TRIVIA</u>
15 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15 AM BLOOD PRESSURE</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 MOVIE CLUB: CHRISTMAS VACATION</u> 1:00 pm Bridge Club	16 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM KINDNESS ROCK PAINTING</u>	17 8:30 am Free Lite Breakfast <u>10:00 AM CROSSWORD PUZZLE CLUB</u> <u>10:00 AM COFFEE & CONVERSATION</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling	18 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving	19 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM DANCE & SOCIAL PARTY</u>
22 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM HOLIDAY PAINT & SIP (AND SING!)</u>	23 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	24 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling	25 	26 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch
29 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club	30 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	31 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling		



JANUARY

Monday	Tuesday	Wednesday	Thursday 1	Friday 2
				8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch
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12	13	14	15	16
8:30 am Free Lite Breakfast 9:00 am Walking Club 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club	8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	8:30 am Free Lite Breakfast <u>9:00 AM AARP SAFE DRIVER</u> <u>9:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT</u> <u>10:00AM CROSSWORD CLUB</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling	8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving	8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM DANCE & SOCIAL PARTY</u>
19	20	21	22	23
	8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM KINDNESS ROCK PAINTING</u>	8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling	8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving	8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold <u>11:00 AM MATT'S MONTHLY MEDIA MASHUP</u> 12 noon Lunch
26	27	28	29	30
8:30 am Free Lite Breakfast 9:00 am Walking Club 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club	8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	8:30 am Free Lite Breakfast <u>9:00 AM SCRIPT IN HAND: PLAZA SUITE</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving	8:30 am Free Lite Breakfast 9:00 am Walking Club <u>10:00AM PET WELLNESS CLINIC</u> 12 noon Lunch

