

Monday			Tuesday			Wednesday			Thursday			Friday				
<i>August 2025</i>						During <u>Shutdown</u> , staff will be onsite and available by phone at <u>860-647-3211</u>			Available Daily: <i>8:30 AM —4:15 PM</i> Billiards Double 6 Dominoes Computer Room			9:00 am	Walking Group	01		
												9:30 am	Ceramics			
												10:00 am	Bingo			
												10:00 am	Strength & Flex			
												11:00 am	Light & Lively			
12:00 pm	Lunch	12:30 pm	Setback	12:30 pm	Advanced Tai Chi	12:45 pm	Cribbage	1:30 pm	Beginner Tai Chi							
Foot Care — By Appointment																
9:00 am	Walking Group	04	9:00 am	Senior Advisory	05	8:30 am	Friendship Circle	06	9:00 am	Samba	07	9:00 am	Walking Group	08		
9:30 am	Women’s Group		10:00 am	Senior Circle		9:00 am	Walking Group		9:30 am	Scrabble		10:00 am	Bingo			
10:00 am	Board Game Group		10:00 am	Chess Club		9:15 am	Stronger Seniors		10:00 am	Senior Circle		10:00 am	Strength & Flex			
10:00 am	Strength & Flex		10:00 am	Beginner Line Dancing		9:30 am	Blood Pressure Drop-in		10:00 am	Cardio Drumming		11:00 am	Light & Lively			
10:45 am	Men’s Group		10:00 am	Advanced Line Dancing		10/11:00 am	Strength & Flex		12:00 pm	Lunch		12:00 pm	Lunch			
11:00 am	Light & Lively		11:00 am	Lunch		12:00 pm	Lunch		12:30 pm	Chair Volleyball		12:30 pm	Setback			
12:00 pm	Lunch		12:00 pm	Mahjong		12:30 pm	Body Sculpt		12:30 pm	Duplicate Bridge		12:30 pm	Advanced Tai Chi			
12:30 pm	Body Sculpt		12:30 pm	Movie: Now You See Me		12:30 pm	Social Bridge		1:00 pm	Hand & Foot		12:45 pm	Cribbage			
12:30 pm	Pinochle/Samba		1:00 pm	Watercolor & Oil		12:45 pm	Mexican Train Dominoes		1:00 pm	Quilting		1:30 pm	Beginner Tai Chi			
1:00 pm	Music Circle		1:00 pm	Advanced Tai Chi		1:20 pm	Light & Lively		2:30 pm	Zumba Gold		Foot Care — By Appointment				
1:20 pm	Light & Lively		1:30 pm	Beginner Tai Chi		2:20/3:20 pm	Yoga									
2:20/3:20 pm	Yoga		2:30 pm													
		11			12			13			14			15		
SENIOR			CENTER			CLOSED			FOR			SHUTDOWN				