



# January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy New Year</b> <b>1</b></p>  <p><b>Senior Center Closed</b></p>	<p><b>2</b></p> <p>9:00 Yoga 9:30 Art Studio 9:30 Quilting 9:30 Enhanced Fitness 10:30 Beginning Spanish 12:30 Pickleball 12:30 Bridge Play 12:30 Advanced Spanish 12:30 Mah Jongg 1:00 Kings in Corner</p>	<p><b>3</b></p> <p>9:00 Social Stitchers 9:30 Tai Chi—Balance <b>9:30 Womens Club Mtg.</b> 10:00 Bridge Play 11:00 Strength &amp; Stretch 12:30 Poker 12:30 Shopping Trip 12:30 Pickleball 12:30 Hand &amp; Foot</p>	<p><b>4</b></p> <p><b>10:00 Preparing Online Estate</b> 10:30 Bereavement Group 10:30 Arthritis Exercise 12:30 Bingo 12:30 Mah Jongg 1:00 Kings in Corner 1:00 Chess Club <b>5:30 BINGO - Doors Open</b> <b>6:30 BINGO - Play Begins</b></p>	<p><b>5</b></p> <p>8:30 Pickleball 9:30 Retired Men's Club 10:00 Canasta 10:30 Bible Class 10:30 Enhanced Fitness 11:30 Five Crown Cards 12:30 Pickleball 1:00 Essentrics</p>
<p><b>8</b></p> <p>8:30 Pickleball 10:00 Sewing Ladies 10:00 Christmas Tree Shop <b>10:30 Talk on Long Wharf</b> 11:00 Enhanced Fitness 12:00 Bridge Play 12:30 Hand &amp; Foot 12:30 Poker 12:30 Rummikub 2:00 Five Crown Cards</p>	<p><b>9</b></p> <p>9:00 Yoga 9:30 Art Studio –DEMO 9:30 Quilting 9:30 Enhanced Fitness 10:30 Beginning Spanish <b>11:30 Brain Games</b> 12:30 Pickleball 12:30 Bridge Play 12:30 Advanced Spanish 12:30 Mah Jongg 1:00 Kings in Corner</p>	<p><b>10</b></p> <p>9:00 Social Stitchers 9:30 Tai Chi—Balance 10:00 Bridge Play 11:00 Strength &amp; Stretch <b>11:30 LUNCH &amp; LEARN</b> 12:30 Poker 12:30 Shopping Trip 12:30 Pickleball 12:30 Hand &amp; Foot <b>2:00 Readers Choice</b></p>	<p><b>11</b></p> <p><b>10:00 Blood Pressure</b> 10:30 Caregivers Support 10:30 Arthritis Exercise 12:30 Bingo 12:30 Mah Jongg 1:00 Kings in Corner 1:00 Chess Club <b>5:30 BINGO - Doors Open</b> <b>6:30 BINGO - Play Begins</b></p>	<p><b>12</b></p> <p>8:30 Pickleball 9:30 Retired Men's Club 10:00 Canasta 10:00 Beads 10:30 Bible Class 10:30 Enhanced Fitness 11:30 Five Crown Cards 12:30 Pickleball <b>1:00 Essentrics</b></p>
<p><b>15</b></p> <p><b>Martin Luther King Day</b></p>  <p><b>Senior Center Closed</b></p>	<p><b>16</b></p> <p>9:00 Yoga 9:30 Art Studio 9:30 Quilting 9:30 Enhanced Fitness 10:30 Beginning Spanish <b>11:00 Bruce Museum</b> 12:30 Pickleball 12:30 Bridge Play 12:30 Advanced Spanish 12:30 Mah Jongg 1:00 Kings in Corner</p>	<p><b>17</b></p> <p>9:00 Social Stitchers 9:30 Tai Chi—Balance 10:00 Bridge Play <b>11:00 Womens Club Meeting</b> 11:00 Strength &amp; Stretch <b>11:30 LUNCH &amp; LEARN</b> 12:30 Poker 12:30 Shopping Trip 12:30 Pickleball 12:30 Hand &amp; Foot</p>	<p><b>18</b></p> <p><b>10:30 Mark Albertson</b> 10:30 Bereavement Group 10:30 Arthritis Exercise <b>11:00 Dental Education</b> 12:30 Bingo 12:30 Mah Jongg 1:00 Kings in Corner 1:00 Chess Club <b>1:15 Young Marx –TRIP</b> <b>5:30 BINGO - Doors Open</b> <b>6:30 BINGO - Play Begins</b></p>	<p><b>19</b></p> <p>8:30 Pickleball 9:30 Retired Men's Club 10:00 Canasta 10:30 Bible Class 10:30 Enhanced Fitness 11:30 Five Crown Cards <b>11:30 LUNCH &amp; LEARN</b> 12:30 Pickleball <b>1:00 Essentrics</b></p>
<p><b>22</b></p> <p>8:30 Pickleball 10:00 Sewing Ladies 11:00 Enhanced Fitness 12:00 Bridge Play 12:30 Wal-Mart 12:30 Hand &amp; Foot 12:30 Poker 12:30 Rummikub 2:00 Five Crown Cards</p>	<p><b>23</b></p> <p>9:00 Yoga 9:30 Art Studio 9:30 Quilting 9:30 Enhanced Fitness <b>10:00 Chair Yoga</b> 10:30 Beg. Spanish 12:30 Pickleball 12:30 Bridge Play 12:30 Adv. Spanish 12:30 Mah Jongg <b>1:00 Movie @ NSC</b> 1:00 Kings in Corner</p>	<p><b>24</b></p> <p><b>TRIP MOHEGAN SUN</b> 9:00 Social Stitchers 9:30 Tai Chi—Balance <b>10:00 Arts &amp; Crafts Show</b> 10:00 Bridge Play 11:00 Strength &amp; Stretch 12:30 Poker 12:30 Shopping Trip 12:30 Pickleball 12:30 Hand &amp; Foot</p>	<p><b>25</b></p> <p><b>TRIP MOHEGAN SUN</b> <b>10:00 Blood Pressure</b> 10:30 Caregivers Support 10:30 Arthritis Exercise 12:30 Bingo 12:30 Mah Jongg 1:00 Kings in Corner 1:00 Chess Club <b>5:30 BINGO - Doors Open</b> <b>6:30 BINGO - Play Begins</b></p>	<p><b>26</b></p> <p>8:30 Pickleball 9:30 Retired Men's Club 10:00 Canasta 10:00 Beads 10:30 Bible Class 10:30 Enhanced Fitness 11:30 Five Crown Cards 12:30 Pickleball <b>1:00 Essentrics</b></p>
<p><b>29</b></p> <p>8:30 Pickleball 10:00 Sewing Ladies 11:00 Enhanced Fitness 12:00 Bridge Play 12:30 Hand &amp; Foot 12:30 Poker 12:30 Rummikub 2:00 Five Crown Cards</p>	<p><b>30</b></p> <p>9:00 Yoga 9:30 Art Studio 9:30 Quilting 9:30 Enhanced Fitness <b>10:00 Chair Yoga</b> 10:00 Thrift Shop 10:30 Beg. Spanish <b>11:30 LUNCH &amp; LEARN</b> 12:30 Pickleball 12:30 Bridge Play 12:30 Adv. Spanish 12:30 Mah Jongg 1:00 Kings in Corner</p>	<p><b>31</b></p> <p>9:00 Social Stitchers 9:30 Tai Chi—Balance 10:00 Bridge Play 11:00 Strength &amp; Stretch 12:30 Poker 12:30 Shopping Trip 12:30 Pickleball 12:30 Hand &amp; Foot</p>	<p><b>The expertise of a full healthcare system that makes house calls.</b></p>  <p>Learn how Waveny's expertise and trusted care will come to you by calling <b>Waveny Home Healthcare</b> at 203.594.5249 or visiting <a href="http://waveny.org">waveny.org</a>.</p> <p><b>Waveny LifeCare Network</b> Leading Fuller Lives</p>	