



November 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>The expertise of a full healthcare system that makes house calls.</p>  <p>Learn how Waveny's expertise and trusted care will come to you by calling Waveny Home Healthcare at 203.594.5249 or visiting waveny.org.</p> <p>Waveny LifeCare Network Leading Fuller Lives</p>		<p>9:00 Social Stitchers 1</p> <p>9:30 Tai Chi—Balance</p> <p>10:00 Bocce</p> <p>10:00 Bridge Play</p> <p>11:00 Strength & Stretch</p> <p>12:30 Poker</p> <p>12:30 Shopping Trip</p> <p>12:30 Pickleball</p> <p>12:30 Hand & Foot</p> <p>2:00 Pilates—Demo</p>	<p>10:30 Mark Albertson 2</p> <p>10:30 Bereavement Group</p> <p>10:30 Arthritis Exercise</p> <p>12:30 Bingo</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p> <p>1:00 Chess Club</p> <p>5:30 BINGO - Doors Open</p> <p>6:30 BINGO - Play Begins</p>	<p>3</p> <p>8:30 Pickleball</p> <p>9:30 Retired Men's Club</p> <p>10:00 Intro Internet</p> <p>10:00 Canasta</p> <p>10:30 Bible Class</p> <p>10:30 Enhanced Fitness</p> <p>11:30 Five Crown Cards</p> <p>12:30 Pickleball</p> <p>1:00 Square Dance</p> <p>1:00 Essentrics</p> <p>1:30 International Folk Dance</p>
<p>8:30 Pickleball 6</p> <p>10:00 Walking Club</p> <p>10:00 Android Tablet</p> <p>10:00 Sewing Ladies</p> <p>11:00 Mindful Meditation</p> <p>11:00 Enhanced Fitness</p> <p>12:00 Bridge Play</p> <p>12:30 Hand & Foot</p> <p>12:30 Poker</p> <p>12:30 Rummikub</p> <p>2:00 Five Crown Cards</p>	<p>9:00 Yoga 7</p> <p>9:30 Art Studio</p> <p>9:30 Quilting</p> <p>10:00 Microsoft OneNote</p> <p>9:30 Enhanced Fitness</p> <p>10:30 Beginning Spanish</p> <p>11:30 Brain Games</p> <p>12:30 Pickleball</p> <p>12:30 Bridge Play</p> <p>12:30 Advanced Spanish</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p>	<p>9:00 Social Stitchers 8</p> <p>9:30 Tai Chi—Balance</p> <p>9:30 Apple—Photo Organizing</p> <p>10:00 Bocce</p> <p>10:00 Bridge Play</p> <p>11:00 Strength & Stretch</p> <p>12:30 Poker</p> <p>12:30 Shopping Trip</p> <p>12:30 Pickleball</p> <p>12:30 Hand & Foot</p> <p>2:00 Pilates</p> <p>2:00 Readers Choice</p>	<p>9:00 Veteran's Breakfast 9</p> <p>10:00 Blood Pressure</p> <p>10:00 Microsoft OneNote</p> <p>10:30 Caregivers Support</p> <p>10:30 Arthritis Exercise</p> <p>12:30 Bingo</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p> <p>1:00 Chess Club</p> <p>5:30 BINGO - Doors Open</p> <p>6:30 BINGO - Play Begins</p>	<p>TRIP BARNUM MUSEUM 10</p> <p>8:30 Pickleball</p> <p>9:30 Retired Men's Club</p> <p>10:00 Canasta</p> <p>10:00 Beads</p> <p>10:30 Bible Class</p> <p>10:30 Enhanced Fitness</p> <p>11:30 Five Crown Cards</p> <p>12:30 Pickleball</p> <p>1:00 Essentrics</p> <p>1:30 International Folk Dance</p>
<p>8:30 Pickleball 13</p> <p>10:00 iPad Overview</p> <p>10:00 Christmas Tree Shop</p> <p>10:00 Sewing Ladies</p> <p>11:00 Mindful Meditation</p> <p>11:00 Enhanced Fitness</p> <p>12:00 Bridge Play</p> <p>12:30 Hand & Foot</p> <p>12:30 Poker</p> <p>12:30 Rummikub</p> <p>2:00 Five Crown Cards</p>	<p>TRIP AQUA TURF 14</p> <p>9:00 Yoga</p> <p>9:30 Art Studio</p> <p>9:30 Quilting</p> <p>9:30 Enhanced Fitness</p> <p>10:00 Email Basics</p> <p>10:30 Beginning Spanish</p> <p>12:30 Pickleball</p> <p>12:30 Bridge Play</p> <p>12:30 Advanced Spanish</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p>	<p>9:00 Social Stitchers 15</p> <p>9:30 Tai Chi—Balance</p> <p>10:00 Free Legal Services</p> <p>10:00 iPad Overview</p> <p>10:00 Bocce</p> <p>10:00 Bridge Play</p> <p>11:00 Woman's Club Lunch</p> <p>11:00 Strength & Stretch</p> <p>11:45 Music @ St. Paul's</p> <p>12:30 Shopping Trip</p> <p>12:30 Pickleball</p> <p>12:30 Hand & Foot</p> <p>1:00 Video Concert</p> <p>2:00 Pilates</p>	<p>10:30 Bereavement Group 16</p> <p>10:30 Arthritis Exercise</p> <p>11:00 Keep on Smiling!</p> <p>12:30 Bingo</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p> <p>1:00 Chess Club</p> <p>5:30 BINGO - Doors Open</p> <p>6:30 BINGO - Play Begins</p>	<p>8:30 Pickleball 17</p> <p>9:00 AARP Smart Driver</p> <p>9:30 Retired Men's Club</p> <p>10:00 Email Basics</p> <p>10:00 Canasta</p> <p>10:30 Bible Class</p> <p>10:30 Enhanced Fitness</p> <p>11:30 Five Crown Cards</p> <p>12:30 Pickleball</p> <p>1:00 Movie @ NSC</p> <p>1:00 Essentrics</p> <p>1:30 International Folk Dance</p>
<p>TRIP AQUA TURF 20</p> <p>8:30 Pickleball</p> <p>10:00 Google</p> <p>10:00 Sewing Ladies</p> <p>11:00 Mindful Meditation</p> <p>11:00 Enhanced Fitness</p> <p>12:00 Bridge Play</p> <p>12:30 Hand & Foot</p> <p>12:30 Poker</p> <p>12:30 Rummikub</p> <p>2:00 Five Crown Cards</p>	<p>9:00 Yoga 21</p> <p>9:30 Art Studio</p> <p>9:30 Quilting</p> <p>9:30 Enhanced Fitness</p> <p>10:00 Google</p> <p>10:30 Beg. Spanish</p> <p>10:30 Happiness Club</p> <p>12:30 Pickleball</p> <p>12:30 Bridge Play</p> <p>12:30 Adv. Spanish</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p>	<p>9:00 Social Stitchers 22</p> <p>9:30 Tai Chi—Balance</p> <p>10:00 Bocce</p> <p>10:00 Bridge Play</p> <p>11:00 Strength & Stretch</p> <p>12:30 Poker</p> <p>12:30 Shopping Trip</p> <p>12:30 Pickleball</p> <p>12:30 Hand & Foot</p> <p>2:00 Pilates</p>	<p>23 24</p> <h2>Happy Thanksgiving!</h2>  <h3>Senior Center Closed</h3>	
<p>8:30 Pickleball 27</p> <p>10:00 Sewing Ladies</p> <p>11:00 Mindful Meditation</p> <p>11:00 Enhanced Fitness</p> <p>12:00 Bridge Play</p> <p>12:30 Wal-Mart</p> <p>12:30 Hand & Foot</p> <p>12:30 Poker</p> <p>12:30 Rummikub</p> <p>2:00 Five Crown Cards</p>	<p>9:00 Yoga 28</p> <p>9:30 Art Studio</p> <p>9:30 Quilting</p> <p>9:30 Enhanced Fitness</p> <p>10:00 Thrift Shop</p> <p>10:30 Beg. Spanish</p> <p>12:30 Pickleball</p> <p>12:30 Bridge Play</p> <p>12:30 Adv. Spanish</p> <p>12:30 Veterans' Affairs</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p>	<p>9:00 Social Stitchers 29</p> <p>9:30 Tai Chi—Balance</p> <p>10:00 Bocce</p> <p>10:00 Bridge Play</p> <p>11:00 Strength & Stretch</p> <p>12:30 Poker</p> <p>12:30 Shopping Trip</p> <p>12:30 Pickleball</p> <p>12:30 Hand & Foot</p> <p>2:00 Pilates</p>	<p>TRIP RAGS 30</p> <p>10:30 Family Feud</p> <p>10:30 Arthritis Exercise</p> <p>12:30 Bingo</p> <p>12:30 Mah Jongg</p> <p>1:00 Kings in Corner</p> <p>1:00 Chess Club</p> <p>5:30 BINGO - Doors Open</p> <p>6:30 BINGO - Play Begins</p>	