

August 2022 Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:15 No Meditation w/Megan Young 10:00 Water Aerobics - Byram Pool 10:30 Mondays in Motion w/Linda Lombardo 11:30 Trivia w/Lynn 1:30 Zumba with Wendy Rosa 2:30 Short Stories w/Carroll Stenson	2 9:00 Fit After 50 w/Wendy Rosa 10:00 Water Aerobics @ Byram Pool 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeanne 1:00 Floor Yoga w/Jeanne Labate 1:00 Intermediate Art w/Lorraine G. 1:45 Walk the Distance/Grass Island	3 10:00 Mahjong 10:00 Water Aerobics - Byram Pool 10:55 Balance & Strength -Byram 12:30 Cardio Strength w/Linda 1:15 Walk the Distance/Cos Cob 1:15 Chair Yoga w/Linda 1:30 Italian Class - Art Studio	4 9:15 No Meditation with Megan 10:00 Sip & Socialize 10:00 Knitting Knotch 10:30 Zumba with Wendy 11:15 Stretch w/Wendy 12:15 Walk the Distance/Cos Cob 1:30 Tai Chi with Bill Wrenn	5 9:45 Cardio Strength w/Linda L 10:00 Water Aerobics - Byram Pool 10:00 Watercolor Painting w/Lorraine 10:30 Chair Yoga w/Jeanne Labate 10:30 Tai Chi w/Bill Wrenn
8 9:15 No Meditation w/Megan Young 10:00 Water Aerobics - Byram Pool 10:30 Mondays in Motion w/Linda Lombardo 11:30 No Trivia 1:30 Zumba with Wendy Rosa 2:30 No Master Gardening	9 9:00 Fit After 50 w/Wendy Rosa 10:00 Water Aerobics @ Byram Pool 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeanne 1:00 Floor Yoga w/Jeanne Labate 1:00 Intermediate Art w/Lorraine G. 1:45 Walk the Distance/Grass Island	10 10:00 Mahjong 10:00 Water Aerobics - Byram Pool 10:55 Balance & Strength -Byram 12:30 Cardio Strength w/Linda 1:15 Walk the Distance/Cos Cob 1:15 Chair Yoga w/Linda 1:30 Italian Class - Art Studio	11 9:15 No Meditation with Megan 10:00 Sip & Socialize 10:00 Knitting Knotch 10:30 Zumba with Wendy 11:15 Stretch w/Wendy 12:15 Walk the Distance/Cos Cob 1:30 Tai Chi with Bill Wrenn	12 9:45 Cardio Strength w/Linda L 10:00 Water Aerobics - Byram Pool 10:00 Watercolor Painting w/Lorraine 10:30 Chair Yoga w/Jeanne 10:30 Tai Chi w/Bill Wrenn
15 9:15 Meditation w/Megan Young 10:00 Water Aerobics - Byram Pool 10:30 Mondays in Motion w/Linda Lombardo 11:30 Trivia w/Lynn 1:30 Zumba with Wendy Rosa 2:30 Short Stories w/Carroll Stenson	16 9:00 Fit After 50 w/Wendy Rosa 10:00 Water Aerobics @ Byram Pool 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeanne 1:00 Intermediate Art w/Lorraine G. 1:00 Floor Yoga w/Jeanne Labate 1:45 Walk the Distance/Grass Island	17 10:00 Mahjong 10:00 Water Aerobics - Byram Pool 10:55 Balance & Strength - Byram 12:30 Cardio Strength w/Linda 1:15 Walk the Distance/Cos Cob 1:15 Chair Yoga w/Linda 1:30 Italian Class - Art Studio	18 9:15 Meditation with Megan Young 10:00 Sip & Socialize 10:00 Knitting Knotch 10:00 Zumba w/Wendy 11:00 Legends Memory Book 11:15 Stretch w/Wendy 12:15 Walk the Distance w/Wendy at Cos Cob 1:30 Tai Chi with Bill Wrenn	19 9:45 Cardio Strength w/Linda L 10:00 Water Aerobics - Byram Pool 10:00 Watercolor Painting w/Lorraine 10:30 Chair Yoga w/Jeanne 10:30 Tai Chi w/Bill Wrenn
22 9:15 Meditation w/Megan Young 10:00 Water Aerobics - Byram Pool 10:30 Mondays in Motion w/Linda Lombardo 11:30 Trivia w/Lynn 1:30 Zumba with Wendy Rosa 2:30 Master Gardening w/Megan: Weed/Pest Identification	23 9:00 Fit After 50 w/Wendy Rosa 10:00 Water Aerobics @ Byram Pool 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeanne 1:00 Intermediate Art w/Lorraine G. 1:00 Floor Yoga w/Jeanne Labate 1:45 Walk the Distance/Grass Island	24 10:00 Mahjong 10:00 Water Aerobics - Byram Pool 10:55 Balance & Strength -Byram 12:30 Cardio Strength w/Linda 1:15 Walk the Distance/Cos Cob 1:15 Chair Yoga w/Linda 1:30 Italian Class - Art Studio	25 9:15 Meditation with Megan Young 10:00 Sip & Socialize 10:00 Knitting Knotch 10:30 Zumba with Wendy 11:15 Stretch w/Wendy 12:15 Walk the Distance w/Wendy at Cos Cob 1:30 Tai Chi with Bill Wrenn	26 9:45 Cardio Strength w/Linda L 10:00 Water Aerobics - Byram Pool 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeanne Labate 10:30 Tai Chi w/Bill Wrenn
29 9:15 Meditation w/Megan Young 10:00 Water Aerobics - Byram Pool 10:30 Mondays in Motion w/Linda Lombardo 11:30 Trivia w/Lynn 1:30 Zumba with Wendy Rosa 2:30 Short Stories w/Carroll Stenson	30 9:00 Fit After 50 w/Wendy Rosa 10:00 Water Aerobics @ Byram Pool 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeanne 1:00 Floor Yoga w/Jeanne Labate 1:00 Intermediate Art w/Lorraine G. 1:45 Walk the Distance/Grass Island	31 10:00 Mahjong 10:00 Water Aerobics - Byram Pool 10:55 Balance & Strength -Byram 12:30 Cardio Strength w/Linda 1:15 Walk the Distance/Cos Cob 1:15 Chair Yoga w/Linda 1:30 Italian Class - Art Studio	To Join any zoom: www. zoom.us Click: 'Join Meeting' Meeting ID: 3032051305 To join by phone: 929-205-6099 When prompted, enter 3032051305	
				Green = On-site Black = On Zoom Blue = Outdoors Registration REQUIRED for all classes. Call: Lynn Mason: 203-862-6721 or Deana Salerno: 203-862-6700