

September 2022 Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Green = On-site Black = On Zoom Blue = Outdoors Red = Hybrid (Live & On Zoom)</p>	<p>To Join any zoom: www. zoom.us Click: 'Join Meeting' Meeting ID: 3032051305</p> <p>To join by phone: 929-205-6099 When prompted, enter 3032051305</p>	<p>Registration REQUIRED for all classes. Call: Lynn Mason: 203-862-6721 or Deana Salerno: 203-862-6700</p>	<p>1 9:15 Meditation with Megan 10:00 Sip & Socialize 10:00 Knitting Knotch 10:30 Zumba with Wendy 11:15 Mat Strength and Flexibility 12:00 Grab & Go Lunch - Panda Pav 12:15 Walk the Distance/Cos Cob 1:30 Tai Chi with Bill Wrenn</p>	<p>2 9:45 Cardio Strength w/Linda L 10:00 Watercolor Painting w/Lorraine 10:00 Water Aerobics 10:30 Chair Yoga w/Jeannie Labate 10:30 Tai Chi w/Bill Wrenn</p>
<p>5</p> <p>SENIOR CENTER CLOSED FOR LABOR DAY</p>	<p>6 9:00 Fit After 50 w/Wendy Rosa 9:15 Meditation with Megan 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 NO Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch - Fairfield Pizza 1:00 Floor Yoga w/Jeannie Labate 1:00 Intermediate Art w/Lorraine G. 2:00 Walk the Distance/Grass Island</p>	<p>7 10:00 It's a Matter of Balance 10:45 Range of Movement/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance/Cos Cob 1:15 Chair Yoga w/Linda 1:30 Italian Class 2:30 Short Stories/Carroll Stenson</p>	<p>8 9:15 Meditation with Megan 10:00 Sip & Socialize 10:00 Knitting Knotch 10:30 Zumba with Wendy 11:15 Mat Strength and Flexibility 12:00 Grab & Go Lunch - Mumbai T 12:15 Walk the Distance/Cos Cob 1:30 Tai Chi with Bill Wrenn</p>	<p>9 9:00 Mondays in Motion on Friday 9:45 Cardio Strength w/Linda L 10:00 Watercolor Painting w/Lorraine 10:30 Chair Yoga w/Jeannie 10:30 Tai Chi w/Bill Wrenn</p>
<p>12 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda Lombardo 11:00 Trip to Wegman's 11:30 Trivia w/Lynn 12:45 Stay on Your Feet w/Wendy R (Preventing Falls) 1:30 Zumba with Wendy Rosa</p>	<p>13 9:00 Fit After 50 w/Wendy Rosa 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch - Kelly's SL 1:00 Intermediate Art w/Lorraine G. 1:00 Floor Yoga w/Jeannie Labate 2:00 Walk the Distance/Grass Island</p>	<p>14 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement/Wendy 10:00 Mahjong 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</p>	<p>15 9:15 Meditation with Megan Young 10:00 A Cup of Joe with Joe: "Emergency Preparation" - What You Need to Know" 10:00 Knitting Knotch 10:00 Zumba w/Wendy 11:15 Mat Strength and Flexibility 12:00 Grab & Go Lunch - Pasta Vera 12:15 Walk the Distance/Cos Cob 1:30 Tai Chi with Bill Wrenn</p>	<p>16 9:45 Cardio Strength w/Linda L 10:00 Watercolor Painting w/Lorraine 10:30 Chair Yoga w/Jeannie 10:30 Tai Chi w/Bill Wrenn</p>
<p>19 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda Lombardo 11:30 Trivia w/Lynn 12:45 Stay on your Feet w/Wendy R (Preventing Falls) 1:30 Zumba with Wendy Rosa 2:30 Short Stories w/Carroll Stenson</p>	<p>20 9:00 Fit After 50 w/Wendy Rosa 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch - Plaza Rest 1:00 Intermediate Art w/Lorraine G. 1:00 Floor Yoga w/Jeannie Labate 2:00 Walk the Distance/Grass Island</p>	<p>21 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement/Wendy 10:00 Mahjong 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</p>	<p>22 9:15 Meditation with Megan Young 10:30 Zumba with Wendy 11:15 Mat Strength and Flexibility NOON - 3:00 pm FALL FLING - Gr. Point 12:15 Walk the Distance/Cos Cob SENIOR CENTER CLOSED</p>	<p>23 9:45 Cardio Strength w/Linda L 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeannie Labate 10:30 Tai Chi w/Bill Wrenn</p>
<p>26 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda Lombardo 11:30 Trivia w/Lynn 12:45 Stay on your Feet w/Wendy R (Preventing Falls) 1:30 Zumba with Wendy Rosa</p>	<p>27 9:00 Fit After 50 w/Wendy Rosa 10:00 Advanced Art w/Lorraine G. 10:30 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch - Castlevew 1:00 Floor Yoga w/Jeannie Labate 1:00 Intermediate Art w/Lorraine G. 2:00 Walk the Distance/Grass Island</p>	<p>28 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement/Wendy 10:00 Mahjong 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</p>	<p>29 9:15 Meditation with Megan Young 10:00 Sip & Socialize 10:00 Knitting Knotch 10:30 Zumba with Wendy 11:15 Mat Strength and Flexibility 12:00 Grab & Go Lunch - Pasta Vera 12:15 Walk the Distance 1:30 Tai Chi with Bill Wrenn</p>	<p>30 9:45 Cardio Strength w/Linda L 10:00 Watercolor Painting 10:30 Chair Yoga w/Jeannie Labate 10:30 Tai Chi w/Bill Wrenn</p>