

October 2022 Calendar of Events

Programs Subject To Change

Visit & Bookmark <https://www.greenwichct.gov/199/Senior-Center> for up-to-date information.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda L. 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	4 9:00 Fit After 50 w/Wendy Rosa 9:55 Tech Time w/GCDS 10:00 Advanced Art w/Lorraine G. 10:45 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch - Pasta Vera 1:00 Floor Yoga w/Jeannie Labate 1:00 Intermediate Art w/Lorraine G. 2:00 Walk the Distance/Grass Island	5 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 - Art Studio	6 9:15 Meditation with Megan 10:00 Sip & Socialize 10:00 Knitting Knotch 10:30 MEDICARE 101: THE BASICS 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	7 9:45 Cardio Strength w/Linda L 10:00 Watercolor Painting w/Lorraine 10:30 Chair Yoga w/Jeannie Labate 10:30 Tai Chi w/Bill Wrenn
10 SENIOR CENTER CLOSED FOR COLUMBUS DAY	11 9:00 Fit After 50 w/Wendy Rosa 9:55 Tech Time w/GCDS 10:00 Advanced Art w/Lorraine G. 10:45 Tai Chi with Bill Wrenn 10:45 NO Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch - Plaza Resaurant 1:00 Floor Yoga w/Jeannie Labate 1:00 Intermediate Art w/Lorraine G. 2:00 Walk the Distance/Grass Island	12 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 - Art Studio	13 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	14 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 11:30 TANGO ARGENTINA w/GALLETO & GUZMAN
17 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda L. 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 2:30 Short Stories w/Carroll Stenson	18 9:00 Fit After 50 w/Wendy Rosa 9:55 Tech Time w/GCDS 10:00 Advanced Art w/Lorraine G. 10:45 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch-Fairfield Pizza & the Gracenotes 1:00 Intermediate Art w/Lorraine G. 1:00 Floor Yoga w/Jeannie Labate 2:00 Walk the Distance/Grass Island	19 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	20 9:15 Meditation with Megan Young 10:00 Sip & Socialize 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	21 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
24 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	25 9:00 Fit After 50 w/Wendy Rosa 9:55 Tech Time w/GCDS 10:45 Advanced Art w/Lorraine G. 10:45 Tai Chi with Bill Wrenn 10:45 Arthritis Mobility Exercise 11:45 Chair Yoga w/Jeannie 12:00 Grab & Go Lunch - Castlevew Deli 1:00 Intermediate Art w/Lorraine G. 1:00 Floor Yoga w/Jeannie Labate 2:00 Walk the Distance/Grass Island	26 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	27 9:15 Meditation with Megan Young 10:00 Sip & Socialize 10:30 Zumba with Wendy 11:15 Mat Strength and Flexibility 12:15 Walk the Distance/Cos Cob 12:00 Grab & Go Lunch - Kelly's SL 12:15 Walk the Distance/Cos Cob 1:30 Tai Chi with Bill Wrenn	28 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
31 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda L. 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	OCTOBER IS MEDICARE ENROLLMENT MONTH !! Join us on Thursday October 6th 10:30 am for a free cup of coffee and informative presentation about Medicare basics including what each part covers, your options, and when you can enroll.	Green = On-site Black = On Zoom Blue = Outdoors Red = Hybrid (Live & On Zoom)	Registration <u>REQUIRED</u> for all classes. Call: Lynn Mason: 203-862-6721 or Deana Salerno: 203-862-6700	To Join any zoom: www. zoom.us Click: 'Join Meeting' Meeting ID: 3032051305 To join by phone: 929-205-6099 When prompted, enter 3032051305