

# November 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
<p><b>Green = On-site</b>  <b>Black = On Zoom</b>  <b>Blue = Outdoors</b>  <b>Red = Hybrid (Live &amp; On Zoom)</b></p>	<p><b>1</b> 9:00 <b>Fit After 50 w/Wendy Rosa</b>            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 <b>Grab &amp; Go Lunch - Fairfield Pizza</b>            1:00 Floor Yoga w/Jeannie Labate            1:00 Intermediate Art w/Lorraine G.            2:00 <b>Walk the Distance/Grass Island</b></p>	<p><b>2</b> 10:00 <b>It's a Matter of Balance</b>            10:45 <b>Range of Movement/Wendy</b>            10:00 Mahjong            12:30 Cardio Strength w/Linda            1:15 <b>Walk the Distance/Cos Cob</b>            1:15 Chair Yoga w/Linda            1:30 Italian Class - Art Studio</p>	<p><b>3</b> 9:15 Meditation with Megan            10:00 Knitting Knotch            10:30 Tai Chi w/Bill Wrenn            10:30 Zumba with Wendy            11:15 Mat Strength and Flexibility            12:00 <b>Grab &amp; Go Lunch - Pasta Vera</b>            12:15 <b>Walk the Distance/Cos Cob</b></p>	<p><b>4</b> 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            11:30 Learn to TANGO</p>
<p><b>7</b> 9:15 Meditation w/Megan Young            9:45 Cardio Strength            10:30 Mondays in Motion w/Linda L.            11:30 Trivia w/Lynn            12:45 <b>Stay on Your Feet w/Wendy R (Preventing Falls)</b>            1:30 Zumba with Wendy Rosa            2:30 Short Stories w/Carroll Stenson</p>	<p><b>8</b> 9:00 Fit After 50 w/Wendy Rosa            9:55 Tech Time w/GCDS            10:45 Arthritis Mobility Exercise            11:45 Chair Yoga w/Jeannie            12:00 <b>Grab &amp; Go Lunch - Mumbai Times</b>            1:00 Botanical Center - Dining Room</p>	<p><b>9</b> 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 Chair Yoga w/Linda            1:30 Italian Class - Art Studio</p>	<p><b>10</b> 9:15 Meditation with Megan            10:00 Knitting Knotch            10:30 Zumba with Wendy            10:30 Tai Chi w/Bill Wrenn            11:00 <b>Build Your Own Music History Book - Art Studio</b>            11:15 Mat Strength and Flexibility            12:00 <b>Grab &amp; Go Lunch - Panda Pav</b></p>	 <p><b>CLOSED FOR VETERANS DAY</b></p>
<p><b>14</b> 9:15 Meditation w/Megan Young            10:30 Mondays in Motion w/Linda L.            11:30 Trivia w/Lynn            12:45 <b>Stay on Your Feet w/Wendy R (Preventing Falls)</b>            1:30 Zumba with Wendy Rosa</p>	<p><b>15</b> 9:00 <b>Fit After 50 w/Wendy Rosa</b>            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 <b>Grab &amp; Go Lunch- Plaza Restaurant</b>            1:00 Intermediate Art w/Lorraine G.            1:00 Floor Yoga w/Jeannie Labate            1:15 When to Call 911            2:00 <b>Walk the Distance/Grass Island</b></p>	<p><b>16</b> 10:00 <b>It's a Matter of Balance w/Wendy</b>            10:45 <b>Range of Movement/Wendy</b>            10:00 Mahjong            12:30 Cardio Strength w/Linda            1:15 <b>Walk the Distance/Cos Cob</b>            1:15 Chair Yoga w/Linda            1:30 Italian Class - Art Studio</p>	<p><b>17</b> 9:15 Meditation with Megan            10:00 Knitting Knotch            10:30 Tai Chi w/Bill Wrenn            10:30 Zumba with Wendy            11:15 Mat Strength and Flexibility            11:30 <b>Thanksgiving Luncheon @SLS</b>            12:15 <b>Walk the Distance/Cos Cob</b></p>	<p><b>18</b> 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 Learn to TANGO</p>
<p><b>21</b> 9:15 Meditation w/Megan Young            9:45 Cardio Strength            10:30 Mondays in Motion w/Linda Lombardo            11:30 Trivia w/Lynn            12:45 <b>Stay on your Feet w/Wendy R (Preventing Falls)</b>            1:30 Zumba with Wendy Rosa</p>	<p><b>22</b> 9:00 <b>Fit After 50 w/Wendy Rosa</b>            9:55 <b>NO TECH TIME today and 11/29</b>            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            1:00 Intermediate Art w/Lorraine G.            1:00 Floor Yoga w/Jeannie Labate            2:00 <b>Walk the Distance/Grass Island</b></p>	<p><b>23</b> 10:00 <b>It's a Matter of Balance</b>            10:45 <b>Range of Movement/Wendy</b>            10:00 Mahjong            12:30 Cardio Strength w/Linda            1:15 <b>Walk the Distance/Cos Cob</b>            1:15 Chair Yoga w/Linda            1:30 Italian Class - Art Studio</p>	<p><b>24</b> <b>SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY</b></p>	<p><b>25</b> <b>SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY</b></p>
<p><b>28</b> 9:15 Meditation w/Megan Young            10:30 Mondays in Motion w/Linda L.            11:30 Trivia w/Lynn            12:45 <b>Stay on your Feet w/Wendy R (Preventing Falls)</b>            1:30 Zumba with Wendy Rosa</p>	<p><b>29</b> 9:00 <b>Fit After 50 w/Wendy Rosa</b>            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 <b>Grab &amp; Go Lunch - Castlevew Deli</b>            1:00 Intermediate Art w/Lorraine G.            1:00 Floor Yoga w/Jeannie Labate            1:15 <b>Presentation: Lucia Di Lammermoor</b>            2:00 <b>Walk the Distance/Grass Island</b></p>	<p><b>30</b> 10:00 <b>It's a Matter of Balance</b>            10:45 <b>Range of Movement/Wendy</b>            10:00 Mahjong            12:30 Cardio Strength w/Linda            1:15 <b>Walk the Distance/Cos Cob</b>            1:15 Chair Yoga w/Linda            1:30 Italian Class - Art Studio</p>	<p><b>Registration <u>REQUIRED</u> for all classes.</b>  <b>Call:</b>            Lynn Mason: 203-862-6721            or            Deana Salerno: 203-862-6700</p>	<p>To Join any zoom:            www. zoom.us            Click: 'Join Meeting'            Meeting ID: 3032051305            To join by phone: 929-205-6099            When prompted, enter 3032051305</p>