



Calendar of Events

Programs subject to change

Visit the Greenwich Senior Center Website for Up-to-Date Information and Changes

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>1 9:15 <i>Meditation</i> w/Megan 9:45 Cardio Strength w/Linda 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:30 <i>Short Stories</i> w/Carroll Stenson</p> | <p>2 9:00 Fit After 50 w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art w/Lorraine 10:45 <i>Arthritis Mobility</i> w/Tamara 11:00 Tai Chi w/Bill or Sue 1-2pm Ping Pong</p> <p>1:00 Intermediate Art w/Lorraine 1:00 <i>Floor Yoga</i> w/ Jeannie 2:00 <i>Walk the Distance</i> @ Grass Island</p> <p>Free Blood Pressure Screening 11:30am By Public Health Dept.</p> | <p>3 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 <i>Walk the Distance</i> – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana</p> | <p>4 9:15 <i>Meditation</i> w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 <i>Mat Strength & Flexibility</i> ZOOM 11:30 Trivia w/Jessica 12:15 <i>Walk the Distance</i> – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin</p> | <p>5 9:45 Cardio Strength w/Linda 10:00 <i>Watercolor Painting</i> w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:30 TANGO w/Dardo & Alonso</p> |
| <p>8 9:15 <i>Meditation</i> w/Megan 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:15 Card Games/ Penny Poker</p> | <p>9 9:00 Fit After 50 w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art w/Lorraine 10:45 <i>Arthritis Mobility</i> w/Tamara 11:00 Tai Chi w/Bill or Sue</p> <p>1:00 Intermediate Art w/Lorraine 1:00 <i>Floor Yoga</i> w/ Jeannie 2:00 <i>Walk the Distance</i> @ Grass Island</p> <p>Ping Pong 1-2 pm</p> | <p>10 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 <i>Walk the Distance</i> – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana</p> | <p>11 9:15 <i>Meditation</i> w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 <i>Mat Strength & Flexibility</i> ZOOM 11:30 Trivia w/Jessica 12:00 Grab-n-Go Lunch – Plaza Restaurant 12:15 <i>Walk the Distance</i> – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin</p> | <p>12 9:45 Cardio Strength w/Linda 10:00 <i>Watercolor Painting</i> w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:00 Shopping Trip – ShopRite Stamford 11:30 TANGO w/Dardo & Alonso 1:00 Mother's Day Music Celebration</p> |
| <p>15 9:15 <i>Meditation</i> w/Megan 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:15 Card Games/ Penny Poker 2:30 <i>Short Stories</i> w/Carroll Stenson</p> | <p>16 9:00 Fit After 50 w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art w/Lorraine 10:45 <i>Arthritis Mobility</i> w/Tamara 11:00 Tai Chi w/Bill or Sue</p> <p>1:00 Intermediate Art w/Lorraine 1:00 <i>Floor Yoga</i> w/ Jeannie 2:00 <i>Walk the Distance</i> @ Grass Island</p> <p>Ping Pong 1-2 pm</p> | <p>17 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 <i>Walk the Distance</i> – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana</p> | <p>18 9:15 <i>Meditation</i> w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 <i>Mat Strength & Flexibility</i> ZOOM 11:30 Trivia w/Jessica 12:15 <i>Walk the Distance</i> – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin</p> | <p>19 9:45 Cardio Strength w/Linda 10:00 <i>Watercolor Painting</i> w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:30 TANGO w/Dardo & Alonso</p> |
| <p>22 9:15 <i>Meditation</i> w/Megan 9:45 Cardio Strength w/Linda 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:15 Card Games/ Penny Poker</p> | <p>23 9:00 Fit After 50 w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art w/Lorraine 10:45 <i>Arthritis Mobility</i> w/Tamara 11:00 Tai Chi w/Bill or Sue</p> <p>1:00 Intermediate Art w/Lorraine 1:00 <i>Floor Yoga</i> w/ Jeannie 2:00 <i>Walk the Distance</i> @ Grass Island</p> <p>Ping Pong 1-2 pm</p> | <p>24 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 <i>Walk the Distance</i> – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana</p> | <p>25 9:15 <i>Meditation</i> w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 <i>Mat Strength & Flexibility</i> ZOOM 11:30 Trivia w/Jessica 12:00 Grab-n-Go Lunch – Pasta Vera 12:15 <i>Walk the Distance</i> – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin</p> | <p>26 9:45 Cardio Strength w/Linda 10:00 <i>Watercolor Painting</i> w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:00 Shopping Trip – <i>Christmas Tree Shop</i> 11:30 TANGO w/Dardo & Alonso</p> |
| <p>29 IN HONOR OF Memorial Day WE WILL BE CLOSED</p> | <p>30 9:00 Fit After 50 w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art w/Lorraine 10:45 <i>Arthritis Mobility</i> w/Tamara 11:00 Tai Chi w/Bill or Sue</p> <p>1:00 Intermediate Art w/Lorraine 1:00 <i>Floor Yoga</i> w/ Jeannie 2:00 <i>Walk the Distance</i> @ Grass Island</p> <p>Ping Pong 1-2 pm</p> | <p>31 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 <i>Walk the Distance</i> – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana</p> | <p>Free Blood Pressure Screening 11:30am Public Health Dept.</p> <p>GREEN = ON SITE ITALICS = ZOOM ONLY BLUE = OFF SITE RED = HYBRID (Live & Zoom)</p> | |
| | | | | <p>registration is REQUIRED for ALL classes CALL 203-862-6707 or stop in the Senior Center Office or Register online at MyActiveCenter ZOOM ID 3032051305</p> |