

November 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>GREEN = ON SITE ITALICS = ZOOM ONLY BLUE = OFF SITE RED = HYBRID (Live/Zoom)</p> <p>Register: www.myactivecenter.com, call 203-862-6700 (main number), or 203-862-6720 (administrator) Senior Center Website: www.greenwichct.gov</p>	<p>GRATITUDE TREE!</p> <p>Help decorate our gratitude tree all month! Choose a colorful leaf, write what you are thankful for and hang it on our tree!</p> 	<p>1 10:00 Mahjong 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 11:30 Blood Pressure Clinic 12:30 Cardio Strength with Linda 1:15 Chair Yoga with Linda 1:15 Walk the Distance @ Cos Cob Park 1:30 Italian Class with Luciana</p> 	<p>2 9:15 <i>Meditation with Megan</i> 10:30 Tai Chi with Bill or Sue 1:00 Knitting Knotch 3:00 NIA Dance with Kristin</p> <p>*NO MAT STRENGTH TODAY! *NO WALK THE DISTANCE TODAY!</p>	<p>3 9:45 Cardio Strength with Linda 10:00 Watercolor Class with Lorraine 10:30 Tai Chi with Bill or Sue 11:30 TANGO with Dardo & Alonso</p> <p>11:00am - Port Chester Shopping Center Trip</p>
<p>6 9:15 <i>Meditation with Megan</i> *9:45am Cardio Strength with Linda (from 11/10) 10:30 Mondays in Motion with Linda 1:00 Knitting 101 with Judith 2:30 <i>Short Stories</i></p> <p>*NO STAY ON YOUR FEET CLASS TODAY! *NO ZUMBA TODAY!</p>	<p>7 9:55 Tech Time 1:1 10:00 Advanced Art with Lorraine 10:45 Arthritis Mobility with Tamara 11:00 Tai Chi with Bill or Sue 1:00 Intermediate Art with Lorraine 1:00 <i>Floor Yoga with Jeannie</i></p> <p>*NO FIT AFTER 50 TODAY! *NO WALK THE DISTANCE TODAY!</p>	<p>8 10:00 Mahjong 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 11:30 Community Listening Focus Group 12:30 Cardio Strength with Linda 1:15 Chair Yoga with Linda 1:15 Walk the Distance @ Cos Cob Park 1:30 Italian Class with Luciana</p>	<p>9 9:15 <i>Meditation with Megan</i> *10:00 Watercolor Class with Lorraine 10:30 Tai Chi with Bill or Sue 11:15 Mat Strength & Flexibility with Wendy 11:30am Computer Hacking: Beware of Scammers Presentation 12:15 Walk the Distance @ Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance with Kristin</p>	<p>10 We are closed in observance of</p> 
<p>13 9:15 <i>Meditation with Megan</i> 10:30 Mondays in Motion with Linda 12:45 Stay on your Feet with Wendy 1:00 Knitting 101 with Judith 1:30 Zumba LIVE with Wendy</p>	<p>14 9:00 Fit after 50 with Wendy 9:55 Tech Time 1:1 10:00 Advanced Art with Lorraine 10:45 Arthritis Mobility with Tamara 11:00 Tai Chi with Bill or Sue **11:15 Mat Strength and Flexibility with Wendy 1:00 <i>Floor Yoga with Jeannie</i> 1:00 Intermediate Art with Lorraine 2:00 Walk the Distance @ Grass Island</p>	<p>15 10:00 Mahjong 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 11:00am - Walmart Shopping Trip 12:30 Cardio Strength with Linda 1:15 Chair Yoga with Linda 1:15 Walk the Distance @ Cos Cob Park 1:30 Italian Class with Luciana</p>	<p>16 9:15 <i>Meditation with Megan</i></p> <p>11:00am - Senior Center Thanksgiving Lunch</p> <p>*ALL REGULARLY SCHEDULED ACTIVITIES AFTER 10AM ARE CANCELLED TODAY!</p>	<p>17 9:45 Cardio Strength with Linda 10:00 Watercolor Class with Lorraine 10:30 Tai Chi with Bill or Sue 11:30 TANGO with Dardo & Alonso</p> <p>Q: Where do turkeys go to dance? ... A: The Butter Ball!</p> 
<p>20 9:15 <i>Meditation with Megan</i> *9:45am Cardio Strength with Linda (from 11/24) 10:30 Mondays in Motion with Linda 12:45 Stay on your Feet with Wendy 1:00 Knitting 101 with Judith 1:30 Zumba LIVE with Wendy 2:30 <i>Short Stories</i></p>	<p>21 9:00 Fit after 50 with Wendy 10:00 Advanced Art with Lorraine 10:45 Arthritis Mobility with Tamara 11:00 Tai Chi with Bill or Sue 1:00 Intermediate Art with Lorraine 1:00 <i>Floor Yoga with Jeannie</i> 2:00 Walk the Distance @ Grass Island</p> <p>*NO TECH TIME TODAY!</p>	<p>22 10:00 Mahjong 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 11:30 Blood Pressure Clinic 12:30 Cardio Strength with Linda 1:15 Chair Yoga with Linda 1:15 Walk the Distance @ Cos Cob Park</p>  <p>*NO ITALIAN CLASS TODAY!</p>	<p>23 We are closed!</p> 	<p>24 We are closed!</p> 
<p>27 9:15 <i>Meditation with Megan</i> 10:30 Mondays in Motion with Linda 12:45 Stay on your Feet with Wendy 1:00 Knitting 101 with Judith 1:30 Zumba LIVE with Wendy</p>	<p>28 9:00 Fit after 50 with Wendy 9:55 Tech Time 1:1 10:00 Advanced Art with Lorraine 10:45 Arthritis Mobility with Tamara 11:00 Tai Chi with Bill or Sue 1:00 <i>Floor Yoga with Jeannie</i> 1:00 Intermediate Art with Lorraine 2:00 Walk the Distance @ Grass Island</p>	<p>29 10:00 Mahjong 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 11:00am Wegman's Shopping Trip 12:30 Cardio Strength with Linda 1:15 Chair Yoga with Linda 1:15 Walk the Distance @ Cos Cob Park 1:30 Italian Class with Luciana</p>	<p>30 9:15 <i>Meditation with Megan</i> 10:30 Tai Chi with Bill or Sue 11:15 Mat Strength & Flexibility with Wendy 12:15 Walk the Distance @ Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin</p>	

