




December 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 Zoom Meeting ID: 3032051305</p>	<p>**Please note the Senior Center will be closed on Monday, December 25, 2023.**</p> <p>*December 26-December 29 the Senior Center will be closed for all in person activities and programs to all for a deep clean! There will be limited offsite and zoom activities. Please refer to each day for classes offered!</p>		<p>1 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 1:00pm Season of Light with Darby Cartun</p>
<p>4 9:15 Meditation with Megan 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 *2:15 Stretch and Relax with Wendy from 12/6 2:30 Short Stories</p> <p><i>**Stretch and Relax Class today is not hybrid, it is LIVE only for today!**</i></p>	<p>5 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 Floor Yoga with Jeannie 1:00 Intermediate Art with Lorraine 2:00 Walk the Distance @ Grass Island</p>	<p>6 10:00 Mahjong 10:00 Concert with Rebecca Carda Leigh and Central Middle School Choir followed by a coffee social 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 *NO BALANCE OR STRETCH & RELAX CLASS!</p> 	<p>7 9:15 Meditation with Megan 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 with Kristin</p>	<p>8 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>1:00pm Sing-Along with Leigh Henry Music (Holiday Songs and memorable favorites!)</p>
<p>11 9:15 Meditation with Megan *9:45 Cardio Strength with Linda (from 12/15) 10:30 Mondays in Motion with Linda 12:45 Stay on your Feet with Wendy 1:30 Zumba LIVE with Wendy</p>	<p>12 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 Floor Yoga with Jeannie 1:00 Intermediate Art with Lorraine 1:00pm Holiday Card Writing 2:00 Walk the Distance @ Grass Island</p>	<p>13 10:00 Mahjong 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 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>14 9:15 Meditation with Megan 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 with Kristin</p>	<p>15 10:00 Watercolor Class with Lorraine 11:30am-2:00pm Holiday Lunch</p>  <p>*CARDIO STRETCH WAS MOVED TO 12/11! *TAI CHI AND TANGO ARE CANCELLED!</p>
<p>18 9:15 Meditation with Megan * 9:45 Special Holiday Jingle Bell Class with Linda 10:30 Mondays in Motion with Linda 11:30-12:30 BINGO! 12:45 Stay on your Feet with Wendy 1:30 Zumba LIVE with Wendy 2:30 Short Stories</p>	<p>19 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 Floor Yoga with Jeannie 1:00 Intermediate Art with Lorraine 1:00pm Decorate a Gingerbread Person 2:00 Walk the Distance @ Grass Island *NO TECH TIME TODAY (12/19)!</p>	<p>20 10:00 Mahjong 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 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>21 9:15 Meditation with Megan 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 with Kristin</p>	<p>22 *9:00 Holiday Jingle Bell Class with Linda 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>25 Closed for Christmas</p> 	<p>26 *ALL ONSITE AND ZOOM ACTIVITIES ARE CANCELLED EXCEPT FOR: 1:00 Floor Yoga with Jeannie 2:00 Walk the Distance @ Grass Island</p>	<p>27 *ALL ONSITE ACTIVITES ARE CANCELLED. THE BELOW ACTIVITES ARE SCHEDULED FOR ZOOM ONLY OR ARE HELD OFFSITE: 10:00 It's a Matter of Balance with Wendy 10:45 Stretch and Relax with Wendy 1:15 Walk the Distance @ Cos Cob Park</p>	<p>28 *ALL ONSITE ACTIVITES ARE CANCELLED. THE BELOW ACTIVITES ARE SCHEDULED FOR ZOOM ONLY OR ARE HELD OFFSITE: 11:15 Mat Strength & Flexibility with Wendy 12:15 Walk the Distance @ Cos Cob Park</p>	<p>29 *ALL ONSITE ACTIVITES ARE CANCELLED TODAY! THERE ARE NO ZOOM OR OFFSITE CLASSES!</p>