

SENIOR CALENDARS

Stamford Senior Center

Stamford Government Center, 888 Washington Blvd.

Monday
10 a.m.-noon: Art with Ann, senior forum "Elderhostel-Up to Date" with Julian Reilman

10:30 a.m.-noon: Pinochle
11 a.m.-noon: Yoga with Miriam

12:30-4 p.m.: Canasta
1:30-2:30 p.m.: Line Dancing with Tina
2 p.m.: Movie "Apocalypse Now"

6:45 p.m. Boomer Club
Tuesday
9:30-11:30 a.m.: Blood pressure

10-11 a.m.: Beginners' tai chi
10:30 a.m.: Putting & Pitching with Emil

11 a.m.-noon: Intermediate tai chi
12:15-4 p.m.: Duplicate bridge
12:30 p.m.: Open bridge

1 p.m.: Computer class "Google" (\$22 for two classes)
Wednesday
10 a.m.-noon: Current events and issues with Frieda Reilman

10 a.m.-1 p.m.: Duplicate bridge
1:30-2:30 p.m.: Aerobics with Tamara

3 p.m.: Movie "Yentil"
Thursday
10 a.m.-noon: Art with Ray

10:30 a.m.-noon: Needlework with Ardemis
10:30 a.m.: Pilates
1:30 p.m.: Exercise with Miriam

1-1:45 p.m.: Faster
1:45-2:30 p.m.: Moderate
Friday
10-11:30 a.m.: Russians Practice English Group I, Wii games

10 a.m.-noon: Art with Ann
11:30 a.m.-1 p.m.: Russians Practice English Group II

Noon-1 p.m.: Bring your lunch and learn: "A New Look at Chiropractic Procedures". Iced tea and cookies gratis.

1:30-2:30 p.m.: Exercise with Miriam
The Over-Sixty Club

Sponsored by Senior Services of Stamford, 945 Summer St., second floor
Monday
Noon: Knit or crochet a baby blanket or lap robe

12:30 p.m.: Beginner line dancing
Tuesday
1 p.m.: Intermediate and advanced line dancing

Wednesday
10:30 a.m.: Computer basics
Noon: Attain your goal exercise class with Miriam

12:45 p.m.: Lunch, Hospice Program, Craft Day
Thursday
1 p.m.: Intermediate and advanced line dancing

Norwalk Senior Center

11 Allen Road.
Monday
10 a.m.: Christmas tree shop, Quicken, sewing ladies, take care aerobics, Wii virtual bowling

11:30 a.m.: Italian
12:30 p.m.: Bridge, poker
Tuesday
9 a.m.: Yoga
9:30 a.m.: Art studio, quilting

10:30 a.m.: Chair aerobics, beads, Members Counsel
12:30 p.m.: Bridge
1 p.m.: Kings in Corner, tap dancing

1:30 p.m.: Intermediate Spanish
Wednesday
10 a.m.: Bocce, bridge play, computers for seniors

10:30 a.m.: Women's Club lunch
11 a.m.: Strength and stretch
12:30 p.m.: Mah Jongg, bridge, poker, pinochle, shopping trip

1 p.m.: Juggle therapy
Thursday
9 a.m.: Tai chi
10 a.m.: Quicken, blood pressure

10:30 a.m.: PACE arthritis exercise, line dancing, You & Your Hearing
12:30 p.m.: Mah jongg, bingo

1 p.m.: Chess club, Life & Laughter
Friday
9 a.m.: Pilates
9:30 a.m.: Retired Men's Club

10 a.m.: Wii virtual bowling
10:30 a.m.: Aerobics, coffee talk

12:30 a.m. Friday at the movies
Norwalk Senior Center South

92 Cedar St.
Monday
10 a.m.: Exercise-Cardio
11 a.m.: Dominoes, ESL I
1 p.m.: Shoprite, social hour

Tuesday
10 a.m.: Coffee talk, trip to IKEA
11 a.m.: Aerobics, bilingual bingo

12:30 p.m.: Wii game
1 p.m.: Social hour
Wednesday
10 a.m.: Maintain your brain Part 2: Ana Nelson Alzheimer's Ass.

11 a.m.: ESL Conversation, Wii game
1 p.m.: Bingo
Thursday
10 a.m.: Chair aerobics, dominos

11 a.m.: ESL II, Bigelow tea: health benefits
1 p.m.: Movie
Friday

10 a.m.: ESL I, dominoes
11 a.m.: Exercise-toning and stretch

Darien Senior Center

30 Edgerton St.
Monday
Bridge and Pinochle
9:15 a.m.: Walk around the gym

9:30 a.m.: Quilting with Sandy, stained glass with Rose Warren & George Spisito

10 a.m.: Exercise with Kinsey, blood pressure
11 a.m.: Discussion group, Darts, ballet class (\$4)

12:45 p.m.: Byron Matthews "Oldie Movie"
1:30 p.m.: Bingo
Tuesday
Bridge and Pinochle

9:30 a.m.: Knitting and Needlepoint with Doris
10 a.m.: Low-impact exercise with Winifred, writing class, walk-in computer class

11 a.m.: Tai Chi (\$4)
12:45 p.m.: Movie
1 p.m.: Italian conversation with Tony

Please see CALENDARS on A12

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