

AVON SENIOR CENTER

635 WEST AVON ROAD
AVON, CONNECTICUT 06001
860.675.4355



Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary



AUGUST 2019

See our newsletter online at: <http://www.avonct.gov>



Senior Center Coordinator's Message

Hello Senior Center Friends! I hope you are enjoying the summer. We are here!

There is a lot going on at the Senior Center this month! We have Silver Sneakers Chair Aerobics and Water Aerobics! We have AMP— Aging Mastery Program which is an evidence-based program from NCOA— National Council on Aging. We have trips and groups and classes! Come check it all out.

Chef Mitch is going to do another Cooking Demo this month! We're just trying to pick a day and time, so stayed tuned. Chef Mitch is a Chef of All Seasons and he has been making our meals once a month and then he's doing a Cooking Demo and we get to taste the food!

If you ever need to get in out of the heat, please come on in to the Senior Center. We have air conditioning and cold water to stay hydrated! Plus, there's always something to do.

Thank you for coming to the Senior Center and making it a focal point for older adults. We are here for you and all of our programs are for you! See you soon.

Sincerely,
Jennifer Bennett, LMSW

Thursday, August 1, 2019 "Thinking Thursdays"
Complete the puzzles, answer the riddles & think outside the box! Thursdays during lunch! Thursday is the day to "think" and work your brain muscles by completing the challenges!

Thursday, August 1, 2019 from 9:15-10:15 a.m. "TJQMBB"

Thursday, August 1, 2019 from 10:30-11:30 a.m.
"Silver Sneakers Chair Aerobics"

Silver Sneakers Chair Aerobics is a chair work out for people 65 and older paid through your health insurance. This class works on balance, posture, cardio and strength, helps keep you active to live on your own longer! All you need to bring is two free weights to class, everything else is supplied. If you're not sure you have silver sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the silver sneakers program. If you do not have the program, you may still participate by paying three dollars per class at the door. Make sure you get your silver sneakers number, which is 16 digits and starts with 2300 from your insurance carrier and bring it with you. Hope to see you in class!

Thursday, August 1, 2019 from 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"

Friday, August 2, 2019 from 8:30-9:30 a.m.
"Silver Sneakers Water Aerobics"

Silver Sneakers Water Aerobics is a fun, shallow-water exercise class to increase movement. Suitable for all skill levels. The pool provides many benefits when used for aerobic exercise and resistance training. Please wear appropriate bathing suit attire. Have fun and socialize with others! If you're not sure you have silver sneakers, please call the 800-number on the back of your insurance card and ask them if your plan covers the silver sneakers program. If you do not have the program, you may still participate by paying three dollars per class at the door. Make sure you get your silver sneakers number, which is 16 digits and starts with 2300 from your insurance carrier and bring it with you. Hope to see you in class!

Friday, August 2, 2019 at 1:00 p.m. "Pocket Billiards"
Please join us for free pocket billiards learning sessions! Richard Duncan, is a local pool player who wants to give back to adults and the Senior Center. Please call the Senior Center at 860-675-4355 to sign up.

Friday, August 2, 2019 at 1:00 p.m. "Adult Coloring"
We have the supplies, you just bring yourself and a smile. This is a fun, creative, imaginative, inventive, inspiring, amusing and inspirational program. Please call the Senior Center at 860-675-4355 to sign up.



AUGUST EVENTS 2019

Jennifer Bennett, LMSW Avon Senior Center Coordinator
Elizabeth Shaffer, Administrative Secretary
860-675-4355

Tuesday, August 6, 2019

"Thankful Tuesdays!"

Bring a smile, share your thoughts & think positive! Tuesdays during lunch! Inspirational, uplifting, motivating and encouraging ideas, feelings and words.

Tuesday, August 6, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure or Blood Sugar Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

Tuesday, August 6, 2019 at 12:00 p.m.

"BBQ Lunch"

****CRT IS NOT SERVING MEAL TODAY** !!!AVON SENIOR CENTER IS PROVIDING MEAL!!!** BBQ Chicken Breast, Collard Greens, Polenta- All gluten-free. Meal prepared by Chef Mitch- Chef of All Seasons.

Wednesday, August 7, 2019 from 8:30-9:30 a.m.

"Silver Sneakers Water Aerobics"

Wednesday, August 7, 2019 at 10:00-11:30 a.m.

"Aging Mastery Program"

Getting Connecticut AMP®ed! The Connecticut Healthy Living Collective is participating in the statewide initiative to implement the Aging Mastery Program®. The Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. Aging Mastery Program is a fun and engaging education and behavior change incentive program for aging well. The Connecticut Healthy Living Collective has been selected to partner with the National Council on Aging to bring AMP to scale in an initiative funded in part by the Anthem Foundation. Avon Senior Center is one of the sites that was chosen to partner with the Connecticut Healthy Living Collective to implement the Aging Mastery Program®. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. AMP incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools to achieve measurable improvements.

Wednesday, August 7, 2019 from 1-3 p.m. "Crafty Crew"

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects and if you do not have a project, we do and we can help! We do have donations of yarn and you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

Thursday, August 8, 2019

"Thinking Thursdays"

Thursday, August 8, 2019 from 10:30-11:30 a.m.

"Silver Sneakers Chair Aerobics"

Thursday, August 8, 2019 from 3:00-4:00 p.m.

"Silver Sneakers Chair Aerobics"

Thursday, August 8, 2019 from 6:30-8:00 p.m.

"Mindfulness for Skeptics"

This session, led by Amanda Votto of [Copper Beech Institute](#), will discuss how we are affected by stressors, clarify what mindfulness is and explore the benefits, learn about the science and application of mindfulness and experience multiple approaches to practice mindful pausing. Copper Beech Institute teaches mindfulness practice and contemplative wisdom to inspire purposeful living, awaken our full potential for compassionate action, and encourage a healing shift in how we relate to one another and our interconnected world. We build communities of practice and offer people of all backgrounds transformative learning opportunities on and off our campus, on-line, and through outreach among vulnerable communities. The Avon Free Public Library and Avon Senior Center have received an "All of Us Research Program Community Engagement Award" from the National Network of Libraries of Medicine. The \$12,500 award is designated for a year-long series to explore 10 key concepts in mental health and wellness, including programs for the public and sessions for Town of Avon employees. The series will offer individual speakers, virtual reality demonstrations, panel discussions, and add new books and resources to the library's circulating collection. This program will be held at the Avon Senior Center.

Friday, August 9, 2019 from 8:30-9:30 a.m.

"Silver Sneakers Water Aerobics"

Friday, August 9, 2019 at 1:00 p.m.

"Pocket Billiards"

Friday, August 9, 2019 at 1:00 p.m.

"Adult Coloring"

Monday, August 12, 2019 from 9:15-10:15 a.m. "TJQMBB"

Monday, August 12, 2019

"Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 2nd Monday of every month for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

Monday, August 12, 2019 from 11:30-1:30

"Free Blood Pressure/Blood Sugar Screening"

Monday, August 12, 2019 from 3:00-4:00 p.m.

"Silver Sneakers Chair Aerobics"

Tuesday, August 13, 2019

"Thankful Tuesdays!"

Tuesday, August 13, 2019

"Birthday Cake to Celebrate Birthdays!"

Brookdale Farmington (formerly The Gables) will be here with a delicious cake to celebrate the Birthdays! We will all get to enjoy cake in commemoration of the people who celebrate a birthday this month.

Wednesday, August 14, 2019 from 8:30-9:30 a.m.

"Silver Sneakers Water Aerobics"

Wednesday, August 14, 2019 at 10:00-11:30 a.m.

"Aging Mastery Program"

Wednesday, August 14, 2019 from 1-3 p.m. "Crafty Crew"



AUGUST EVENTS 2019

Thursday, August 15, 2019

"Thinking Thursdays"

Thursday, August 15, 2019 from 10:30-11:30 a.m.
"Silver Sneakers Chair Aerobics"

Thursday, August 15, 2019 from 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"

Thursday, August 15, 2019 from 9:15-10:15 a.m. "TJQMBB"

Friday, August 16, 2019 from 8:30-9:30 a.m.
"Silver Sneakers Water Aerobics"

Friday, August 16, 2019 at 1:00 p.m. "Pocket Billiards"
Friday, August 16, 2019 at 1:00 p.m. "Adult Coloring"

Monday, August 19, 2019 from 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"

Tuesday, August 20, 2019 "Thankful Tuesdays!"

Wednesday, August 21, 2019 from 8:30-9:30 a.m.
"Silver Sneakers Water Aerobics"

Wednesday, August 21, 2019 at 10:00-11:30 a.m.
"Aging Mastery Program"

Wednesday, August 21, 2019 from 1-3 p.m. "Crafty Crew"
Thursday, August 22, 2019 "Thinking Thursdays"

Thursday, August 22, 2019 from 10:30-11:30 a.m.
"Silver Sneakers Chair Aerobics"
Thursday, August 22, 2019 from 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"

Thursday, August 22, 2019 from 6:30-8:00 p.m.
"Woodstock: A 50th Anniversary Celebration"

Woodstock turns 50! Join us for a 50th anniversary celebration of the Woodstock Music Festival presented by musician, author, photographer and radio host Craig Harris. Enjoy rare recordings, archival video, live music, and great stories! This program is for teens and adults. This program will be held at the Library and is co-sponsored by the Senior Center. No registration required. Find your fringe, layer on your love beads, and have fun! *"The Woodstock Music and Art Festival will surely go down in history as a mass event of great and positive significance in the life of the country ... That this many young people could assemble so peaceably and with such good humor in a mile-square area ... speaks volumes about their dedication to the ideal of respect for the dignity of the individual ... In a nation beset with a crescendo of violence, this is a vibrantly hopeful sign. If violence is infectious, so, happily, is nonviolence."*

— Michael Lang, The Road to Woodstock

TRIPS

Tangers Outlet and Foxwoods Casino, Thursday, August 22
\$34.00 per person

Blossoms and Butterflies, Deerfield, MA, Tuesday, Sept. 3
\$110.00 per person

Clinton Outlets and Hammonasset Beach, Thursday, September 5
\$15.00 per person

Vine to Wine in Vermont, October 1
\$101.00 per person

For information, please call the senior center at 860-675-4355.



Friday, August 23, 2019 from 8:30-9:30 a.m.
"Silver Sneakers Water Aerobics"

Friday, August 23, 2019 at 1:00 p.m. "Pocket Billiards"
Friday, August 23, 2019 at 1:00 p.m. "Adult Coloring"

Monday, August 26, 2019 from 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"

Tuesday, August 27, 2019 "Thankful Tuesdays!"
Tuesday, August 27, 2019 DRESS DOWN DAY!!!!

Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

Wednesday, August 28, 2019 from 8:30-9:30 a.m.
"Silver Sneakers Water Aerobics"

Wednesday, August 28, 2019 at 10:00-11:30 a.m.
"Aging Mastery Program"

Wednesday, August 28, 2019 from 1-3 p.m. "Crafty Crew"
Thursday, August 29, 2019 "Thinking Thursdays"

Thursday, August 29, 2019 from 10:30-11:30 a.m.
"Silver Sneakers Chair Aerobics"
Thursday, August 1, 2019 from 3:00-4:00 p.m.
"Silver Sneakers Chair Aerobics"

Friday, August 30, 2019 from 8:30-9:30 a.m.
"Silver Sneakers Water Aerobics"

Friday, August 30, 2019 at 1:00 p.m. "Pocket Billiards"
Friday, August 30, 2019 at 1:00 p.m. "Adult Coloring"



SUMMER CLASSES

Aging Mastery Program

Wednesdays, 10:00-11:30 a.m. - Senior Center
August 7—October 16 (no fee)

Tai Chi for Seniors

Wednesdays, 3:30-4:30 p.m. - Senior Center
June 26 - August 28 \$61.00 (\$54.90 Senior)

Zumba Gold Low Impact

Mondays, 6:00-7:00 p.m. - Countryside Park
June 24 - August 26 \$66.00 (\$59.40 Senior)

Chair Yoga

Fridays, 10:00-11:00 p.m. - Senior Center
June 21 - August 23 \$67.00 (\$60.30 Senior)

Silver Sneakers Chair Aerobics

Mondays and Thursdays, 3:00-4:00 p.m. - Senior Center and
Thursdays, 10:30-11:30 p.m. - Senior Center
Starting July 18—ongoing
\$3.00 per class (drop in) or free with Silver Sneakers

Silver Sneakers Water Aerobics

Wednesdays and Fridays, 8:30-9:30 a.m.
Sycamore Hills Pool
Starting July 12—ongoing
\$3.00 per class (drop in) or free with Silver Sneakers

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

Bridge Players Wanted

Bridge group meets Tuesday & Thursday from 12:30-3:00 p.m. Level of play is advanced intermediate. Please call Avon Senior Center at 860-675-4355 to sign up, or stop by on Tuesday or Thursday afternoon.



CRT Lunch at the Avon Senior Center

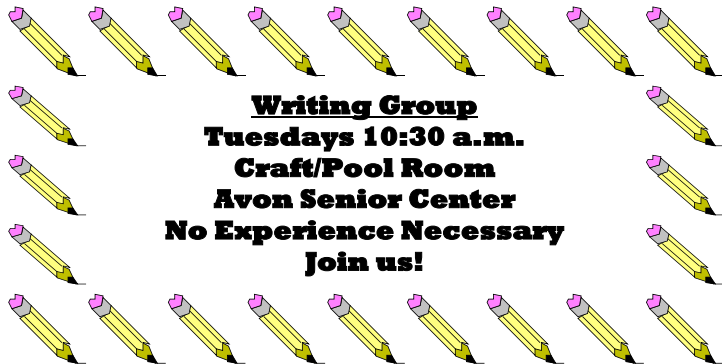
Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the Senior Center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$9.89 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See menu below:

TUESDAY		THURSDAY	
		1	Orange Juice Turkey Divan w/ Broccoli Baked Potato Whole Wheat Bread Fruit Cocktail
6	NO CRT LUNCH Avon Senior Center Summer Lunch Free & Open to the public	8	Grape Juice Potato Crumbed Fish Tartar Sauce Lyonnais Potatoes Caribbean Blend Veggies Oatnut Bread Tapioca Pudding w/ Topping
13	Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Pineapple Tidbits	15	Orange Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Frosted Cake
20	Salisbury Steak w/ Vegetable Gravy Boiled Potatoes Caribbean Vegetables Wheat Dinner Roll Applesauce	22	Pot Roast w/ Gravy Oven Roasted Potatoes Brussel Sprouts Dinner Roll Peaches & Pears
27	Grape Juice Tuna Salad on Multi-Grain Bun Sliced Tomato Shredded Lettuce Sweet Potato Wedges Pineapple Tidbits	29	Apple Juice Garden Salad Greens Cherry Tomatoes, Cucumbers, Onions, Grilled Chicken Strips, Cheddar Cheese, Ranch Dressing Wheat Roll Fresh Orange

Mah Jongg—Mondays at 10:00 a.m.—Beginners & Intermediate
Bridge – Tues. & Thurs. at 12:30 p.m.—Intermediate
Card Group -Tuesdays at 1:00 p.m.
Scrabble – Tuesdays at 1:00 p.m.
Knitting—Wednesdays at 1:00 p.m.
Setback – Wednesdays & Fridays at 1:00 p.m.

Knitting with Gratitude

Avon Senior Center is "Knitting with Gratitude" & donating blankets to people & animals in need. If you are interested in joining this effort, please stop by the senior center for supplies and instructions, or give us a call.

**Writing Group****Tuesdays 10:30 a.m.****Craft/Pool Room****Avon Senior Center****No Experience Necessary****Join us!****Card Group**

During July & August the 3-13 card group will meet on Monday & Tuesday at 1 p.m. New players always welcome & the game is easy to learn.



Mah Jongg group looking for new players. Beginners welcome. Meets Mondays at 10:00 a.m. For more information please call the senior center at 860-675-4355.

**"Crafty Crew"**

Join us on Wednesday afternoons as we get together to knit, craft, do handwork and get to know each other. Please feel free to bring your own projects & if you do not have a project, we do and we can help! We do have donations of yarn & you can bring your own! We are so excited to have this new group. See you there! Please call the Senior Center at 860-675-4355 to sign up.

Vine to Wine in Vermont Trip

Tuesday, October 1, 2019 Cost \$101 per person

Honora Winery & Vineyards, Vermont Distillers & Grafton Village Cheese Company

Tour Includes: Roundtrip Motor-coach, Tours of Distinction Tour Director, Visit to the Grafton Village Cheese Company, Liqueur Tasting & Tour, Lunch, Tour & Tasting at Honora, All Taxes & Gratuities (including Driver & Tour Director) Please call the Senior Center to sign up at 860-675-4355.

Getting Connecticut AMP®ed! The [Connecticut Healthy Living Collective](#) is participating in the statewide initiative to implement the Aging Mastery Program®. The [Aging Mastery Program®](#) (AMP) is a 10-week evidence-based program developed by the National Council on Aging. Aging Mastery Program is a fun and engaging education and behavior change incentive program for aging well.

The Connecticut Healthy Living Collective has been selected to partner with the National Council on Aging to bring AMP to scale in an initiative funded in part by the Anthem Foundation. Avon Senior Center is one of the sites that was chosen to partner with the [Connecticut Healthy Living Collective](#) to implement the Aging Mastery Program®. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. This program is free and open to the public! Come and join us! Classes start in August!

AMP incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools to achieve measurable improvements. Topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention & Community Engagement.

The Town of Avon Presents the

FALL Food Truck Festival and Carnival 2019

Food TRUCK

Celebrate the Town of Avon with Food, Rides, Games, Artisan Booths, and a Fireworks Display!

September 13-15

Friday 9/13 6:00 p.m.-10:00 p.m.	Saturday 9/14 11 a.m.-10:00 p.m. Fireworks at 9:00 p.m.	Sunday 9/15 11:00 a.m.-6:00 p.m.
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99 Thompson Rd, AVON


For details visit [AvonCT.gov](#)

Open Yale Courses Thursdays, 1:00 p.m.

Open Yale Courses provides open access to a selection of courses taught by distinguished teachers & scholars at Yale University. All lectures were recorded in the Yale College classroom. No course credit, degree, or certificate is available. This is free & open to the public.

Now showing: **The Civil War and Reconstruction Era, 1845-1877.** This course explores the causes, course, and consequences of the American Civil War, from the 1840s to 1877. No registration necessary; drop in any week to hear a lecture in this series.

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>2</div> <p>8:30 Water Aerobics 9:00 Wii Bowling 9:30 Billiards 10:00 Chair Yoga 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>5</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>6</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 11:00 Blood Pressure 12:00 Summer Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>7</div> <p>8:30 Water Aerobics 9:00 Wii Bowling 10:00 AMP 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi</p>	<div>8</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics 6:30 Mindfulness THINKING THURSDAYS</p>	<div>9</div> <p>8:30 Water Aerobics 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>12</div> <p>9:00 Wii Bowling 9:15 TJQMBB 10:00 Mah Jongg Foot Care 11:00 Blood Pressure 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>13</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>14</div> <p>8:30 Water Aerobics 9:00 Wii Bowling 10:00 AMP 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi</p>	<div>15</div> <p>9:00 Billiards 9:00 Wii Bowling 9:15 TJQMBB 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>16</div> <p>8:30 Water Aerobics 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>19</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>20</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS</p>	<div>21</div> <p>8:30 Water Aerobics 9:00 Wii Bowling 10:00 AMP 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi</p>	<div>22</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics 6:30 Woodstock: 50th Anny THINKING THURSDAYS</p>	<div>23</div> <p>8:30 Water Aerobics 9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 10:00 Chair Yoga 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>
<div>26</div> <p>9:00 Wii Bowling 10:00 Mah Jongg 1:00 Setback 3:00 Chair Aerobics 6:00 Zumba Gold- CSP</p>	<div>27</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Writing Group 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge & Cribbage 12:30 Discussion Group 1:00 Scrabble & Cards THANKFUL TUESDAYS DRESS DOWN DAY</p>	<div>28</div> <p>9:00 Wii Bowling 10:00 AMP 10:30 Shuffleboard 1:00 Setback 1:00 Billiards 1:00 Crafty Crew 3:30 Tai Chi</p>	<div>29</div> <p>9:00 Billiards 9:00 Wii Bowling 10:30 Chair Aerobics 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:00 Open Yale Courses 3:00 Chair Aerobics THINKING THURSDAYS</p>	<div>30</div> <p>9:00 Wii Bowling 9:30 Billiards 10:00 Ping Pong 1:00 Setback 1:00 Adult Coloring 1:00 Pocket Billiards</p>

RESERVED FOR SPONSORS

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