

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday

# June 2023

## Colchester Senior Center

				9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	10:00 Sit & Be Fit 10:30 Choral Group <b>NO</b> Yoga 1:30 Bingo	
	8:00 Garden Club 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	9:00 Making Memories 9:45 Tai Chi 10:30- 11:30 Summer Safety with Dementia 12:30 Pinochle 12:30 AARP Meeting – Papa Z’s 1:30 Bingo	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10-12 Sewing Circle 1:30 Cardio Drumming I 2:00 Cardio Drumming II	9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:15 Chatham Health Education Series 11:45 Blood Pressure Clinic 12:30 Ice Cream Truck 1:30 Bingo	
	9:00 Making Memories 9:00 CoA Meeting (TH) 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	9:00 Making Memories 9:45 Tai Chi 10:00 LTC Ombudsmen Meeting 11:15 Eating Healthy for Bone Health 12:30 Pinochle 12:30 Choices Counseling 1:30 Bingo 7:00 SCBC Meeting	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:00 Life Review Journaling 2:30 CSC Staff Meeting 4:00 -7:00 COA’s Aging in Place Vendor Fair at Cragin Library <small>Flag Day (US)</small>	9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	10:00 Sit & Be Fit 10:30 Choral Group <b>NO</b> Yoga 11:00 Anniversary Party 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Group	
	<b>CSC CLOSED for the Juneteenth Holiday</b>  <small>Juneteenth</small>	9:00 Father’s Day Breakfast 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Staff Longevity Celebration 12:30 Pinochle 1:30 Bingo	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:45 Fintastic Father’s Day Luncheon 1:30 Cardio Drumming I 2:00 Cardio Drumming II <small>Summer Begins</small>	9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet	10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo	6:45 AM Locks and Lunch Hudson River Cruise Departs
	9:00 Making Memories <b>NO</b> Exercise w/ Anne 10:00 Stitch & Fix <b>NO</b> Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	9:00 Making Memories 9:45 Tai Chi 10:00 Inspired by Art - Pollock 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting	9:00 Making Memories 9:00 Walking Group 9:45 AARP SmartDriverTEK 10:00 Adult Coloring 10:00 Sit & Be Fit 10:45 Dairy Month Presentation 12-4 AARP Driver Safety 1:00 Life Review Journaling	9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling, by appt. 12:30 Dominoes 1:00 Knit & Crochet 5:30 Pride Month Panel	10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch at the Lakeside Grill 1:30 Bingo	

Key: Z=Zoom TH = Town Hall Hybrid Meeting Room