

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2023

	<p>9:00 Making Memories ¹ 9:00 Golf League 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo <u>NO</u> AARP Mtg</p>	<p>9:00 Making Memories ² 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-3 Backus Stroke Survivors Program 1-2:30 Life Review Journaling</p>	<p>9:00 Exercise w/ Anne ³ 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 12:30 Holiday Fair Mtg. 1:00 Knit & Crochet</p>	<p>9:00 CDSMP (Chronic Disease Self-Management Program) Series ⁴ 10:00 Sit & Be Fit <u>NO</u> Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo</p>		
	<p>8:30 Garden Club ⁶ 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</p>	<p>9:00 Making Memories ⁷ 9:00 Golf League 9:45 Tai Chi 10:00 Inspired by Art 10:00 LTC Ombuds Mtg. 12:30 Pinochle 12:30 CHOICES Counseling 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>9:00 Making Memories ⁸ 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 Sewing Circle 2:30 CSC Staff Meeting</p>	<p>9:00 Exercise w/ Anne ⁹ 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip <u>NO</u> Yoga <u>NO</u> Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>9:00 CDSMP Series ¹⁰ 10:00 Sit & Be Fit 10:30 Choral Group 10:45 Blood Pressure Clinic <u>NO</u> Yoga 11:15 Chatham Health Education Series 1:30 Bingo</p>	<p>11 12</p>
<p>13</p>	<p>9:00 CoA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:30 Creamsicle Demo 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	<p>9:00 Making Memories ¹⁴ 9:00 Golf League 9:45 Tai Chi 11:00 "Go Nuts" Tropical Luncheon 12:30 Pinochle <u>NO</u> Bingo</p>	<p>7:45 Maine Lobster Trip Departs ¹⁵ 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1-2:30 Life Review Journaling</p>	<p>9:00 Exercise w/ Anne ¹⁶ 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>9:00 CDSMP Series ¹⁷ 10:00 Sit & Be Fit 10:30 Choral Group 10:30 Lunch Bunch to Lenny & Joes 11:00 Yoga 1:00 Tech Time w/ Harry 1:30 Bingo 2:00 Ham Radio Meeting</p>	 <p>18 19</p>
	<p>9:00 Making Memories ²⁰ 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	<p>9:00 Making Memories ²¹ 9:00 Golf League 9:45 Tai Chi 10:30 Book Club 11:15 Eating on a Budget 12:30 In the Know 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>9:00 Making Memories ²² 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming I 2:00 Cardio Drumming II 2:00 Sewing Circle</p>	<p>9:00 Exercise w/ Anne ²³ 9:45 Essex Steam Train Trip departs 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>9:00 CDSMP Series ²⁴ 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>25 26</p>
<p>27</p>	<p>9:00 Making Memories ²⁷ 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stitch & Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback</p>	<p>9:00 Making Memories ²⁸ 9:00 Golf League 9:45 Tai Chi 10:30 Seasonal Crafting 12:30 Pinochle 1:30 Bingo</p>	<p>9:00 Making Memories ²⁹ 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Snack & Learn Wellness Presentation 12:30 Shrink Plastic Jewelry</p>	<p>9:00 Exercise w/ Anne ³⁰ 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Sr. Benefits, by apt. 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>31</p> <p>Colchester Senior Center 95 Norwich Avenue Colchester, CT 06415</p>	

Key: Z = Zoom TH = Town Hall Hybrid Meeting