

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2021

## Colchester Senior Center

1  
 9:00 Walking Group  
 9:00 Making Memories  
 10:00 Adult Coloring  
 10:00 Sit & Be Fit  
 1:00 Hanukkah Party  
 1:30 Line Dancing

2  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 Wii Bowling  
 11:00 Yoga  
 10:30 Tree Trim Party & Christmas Carol Trivia  
 12:00 Chair Massage  
 12:30 Dominoes  
 1:00 Knit & Crochet

3  
 9:00-3:30 Open Enrollment By Appt.  
 10:00 Sit & Be Fit  
 10:30 Choral Group  
 11:00 Yoga  
 1:00-4:00 AARP Tax Aide Training  
 1:30 Bingo  
 8:00 AARP Movie "Far From Heaven" (Z)

4

5  
 9:00 Walking Group  
 9:00 Making Memories  
 10:00 Adult Coloring  
 10:00 Sit & Be Fit  
 11:30 Heart Healthy Eating  
 12:30 Reel Friends Movie Club "Old" (PG-13)  
 1:30 Line Dancing  
 2:30 CSC Staff Meeting  
 5:00 Medicare Savings (Z)

6  
 9:00 Exercise w/ Anne  
 9:30 Newport Playhouse Departs  
 10:00 Sittercize  
 10:00 Wii Bowling  
 10:30 Shopping Trip  
 11:00 Yoga  
 12:00 Chair Massage  
 12:30 Dominoes  
 1:00 Knit & Crochet


7  
 10:00 Sit & Be Fit  
 10:00 De-Stress for the Holidays with UCFS  
 11:00 Yoga  
 1:00 Senior Moments Performs at Colebrook Village  
 1:30 Bingo

8  


9  
 9:00 Making Memories  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 11:00 Learn to Sign  
 12:30 Mah Jongg  
 1:00 Bridge  
 1:30 Hot Chocolate Bar & Sing-Along with Senior Moments

10  
 9:00 Making Memories  
 9:45 Tai Chi  
 12:30-3:30 CHOICES Counseling by appt.  
 12:30 Pinochle  
 1:30 Bingo  
 5:00 New to Medicare (Z)

11  
 9:00 Making Memories  
 9:45 Tai Chi  
 12:30-3:30 CHOICES Counseling by appt.  
 12:30 Pinochle  
 1:30 Special Holiday Bingo  
 7:00 SCBC Meeting (Z)

12  


13  
 9:00 Making Memories  
 9:00 Exercise w/ Anne  
 10:00 Pet Therapy  
 10:00 Sittercize  
 11:00 Learn to Sign  
 12:30 Mah Jongg  
 1:00 Bridge in Hebron  
 1:00 Paper Quilling Workshop

14  
 9:00 Walking Group  
 9:00 Making Memories  
 10:00 Adult Coloring  
 10:00 Sit & Be Fit  
 11:00 Holly Jolly Luncheon  
 1:30 Line Dancing  
 1:30 Foot Clinic

15  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 Wii Bowling  
 11:00 Yoga  
 12:00 Chair Massage  
 12:30 Dominoes  
 1:00 Knit & Crochet  
 6:00 AARP: Event for Family Caregivers (Z)

16  
 10:00 Sit & Be Fit  
 11:00 Yoga  
 1:30 Bingo  
 2:00 Senior Moments Performs at Harrington Court

17  
 9:00 Making Memories  
 9:45 Tai Chi  
 10:30 Book Club  
 12:30 Pinochle  
 1:30 Bingo

18  
 9:00 Walking Group  
 9:00 Making Memories  
 10:00 Adult Coloring  
 10:00 Sit & Be Fit  
 1:30 Line Dancing

19  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 Wii Bowling  
 NO Yoga  
 12:00 CSC Closing Early

20  
  
 Christmas

21  
 9:00 Making Memories  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 Stitch & Fix appt  
 11:00 Learn to Sign  
 12:30 Mah Jongg  
 1:00 Bridge in Hebron  
 1:00 Paper Quilling Workshop

22  
 9:00 Making Memories  
 9:45 Tai Chi  
 10:00 AARP Managing Finances and Avoiding Fraud (Z)  
 12:30 Pinochle  
 12:30 In the Know  
 1:30 Bingo  
 7:00 SCBC Meeting (Z)

23  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 Wii Bowling  
 10:00 New Year Brunch N Bash  
 NO Yoga  
 12:00 CSC Closing Early

24  
  
 Kwanzaa Begins

25  
 9:00 Making Memories  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 New Year Brunch N Bash  
 NO Yoga  
 12:00 CSC Closing Early

26  
 9:00 Making Memories  
 9:45 Tai Chi  
 10:00 AARP Managing Finances and Avoiding Fraud (Z)  
 12:30 Pinochle  
 12:30 In the Know  
 1:30 Bingo  
 7:00 SCBC Meeting (Z)

27  
 9:00 Making Memories  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 Wii Bowling  
 10:00 New Year Brunch N Bash  
 NO Yoga  
 12:00 CSC Closing Early

28  
  
 New Year's Eve

29  
 9:00 Making Memories  
 9:00 Exercise w/ Anne  
 10:00 Sittercize  
 10:00 Wii Bowling  
 10:00 New Year Brunch N Bash  
 NO Yoga  
 12:00 CSC Closing Early

30  
 CSC closed for Christmas Holiday

31  
 CSC closed for New Years Holiday

Key: Z= On Zoom

CC= Conference Call

\*Scheduled programs are subject to change