

Sunday

Monday

Tuesday

Wednesday



Thursday

Friday


Saturday

FEBRUARY 2024
Colchester Senior Center



4	9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	5	9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo	6	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 1:00 Backus Stroke Survivors Program 1:30 Line Dancing	7	9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:00 Card Making 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	8	8:30-2 AARP Tax Aide 10:00 Sit & Be Fit 10:15 Across the Ages 10:30 Choral Group 10:45 Blood Pressure Clinic 11:00 Yoga 11:15 Chatham Health Education Series 12:00 "Souper Bowl" Lunch 1:00 Tech Time with Harry 1:30 Bingo	9	 BLACK HISTORY MONTH	10	 YEAR OF THE DRAGON <small>Chinese New Year (Year of the Dragon)</small>
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11	9:00 COA Meeting (TH) 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Pet Therapy 10:30 Fortune Cookie 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	12	9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z) <small>Mardi Gras</small>	13	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 1:30 Cardio Drumming I 2:00 Sewing Circle 2:30 CSC Staff Meeting	14	9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	15	8:30-2 AARP Tax Aide by appt. 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo 2:00 Ham Radio	16	<i>Happy Valentine's Day</i>	17
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	19	CSC Closed for the Presidents' Day Holiday <small>Presidents' Day</small>		20	9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 Choices Counseling 12:30 Pinochle 1:30 Bingo	21	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Love Boat Luncheon 1:30 Line Dancing	22	9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	23	8:30-22 AARP Tax Aide by appt. 10:00 Sit & Be Fit 10:15 Across the Ages 10:30 Choral Group 11:00 Yoga 11:30 Lunch Bunch to Po's Rice & Spice 1:30 Bingo	24
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25	9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix 10:30 Painted Chinese Hand Fans 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	26	9:00 Making Memories 9:45 Tai Chi 10:00 Wills & Trusts Seminar 12:30 Pinochle 12:30 In the Know 1:30 Bingo 7:00 SCBC Meeting (Z)	27	9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:30 Ballpark Movie Event 1:30 Cardio Drumming I 2:00 Sewing Circle	28	9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet 1:00 Town Black History Book Discussion	29		
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Key: Z = Zoom, TH = Town Hall Hybrid Meeting