




Calendar of Events

Programs subject to change

Visit the Greenwich Senior Center Website for Up-to-Date Information and Changes

Monday	Tuesday	Wednesday	Thursday	Friday
GREEN = ON SITE ITALICS = ZOOM ONLY BLUE = OFF SITE RED = HYBRID (Live & Zoom)	Registration is REQUIRED for ALL classes CALL 203-862-6721, stop in the Senior Center Office, or online at www.MyActiveCenter.com ZOOM ID 3032051305	 Free Blood Pressure Screenings are provided at the Senior Center by The Greenwich Health Dept. 11:30 am – 12:30 pm on designated days.	1 9:15 Meditation w/Megan 10:00 Arthur Avenue Trip 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility w/Wendy 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin	2 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue 11am Trip Christmas Tree Shop 11:30 TANGO w/Dardo & Alonso <div>1pm – 2pm Ping Pong</div>
5 9:15 Meditation w/Megan 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet w/Wendy 1:30 Zumba LIVE <i>2:30 Short Stories w/Carroll Stenson</i>	6 9:00 Fit After 50 w/Wendy 10:00 Advanced Art w/Lorraine <i>10:45 Arthritis Mobility w/Tamara</i> 11:00 Tai Chi w/Bill or Sue 1:00 Intermediate Art w/Lorraine <i>1:00 Floor Yoga w/ Jeannie</i> 2:00 Walk the Distance @ Grass Island	7 10:00 Mahjong 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 11:30 Guitar Concert 12:30 Cardio Strength w/Linda 1:15 Chair Yoga w/Linda 1:15 Walk the Distance – Cos Cob Park 1:30 Italian Class w/Luciana	8 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility w/Wendy 11:30 Trivia w/Jessica 12:00 Grab-n-Go Lunch – Mumbai Times 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin	9 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:00am Trip Washington Plaza - Rye Brook 11:30 TANGO w/Dardo & Alonso <div>1pm – 2pm Ping Pong</div>
12 9:15 Meditation w/Megan 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet w/Wendy 1:30 Zumba LIVE 2:30 Penny Poker w/Jessica	13 9:00 Fit After 50 w/Wendy 10:00 Advanced Art w/Lorraine <i>10:45 Arthritis Mobility w/Tamara</i> 11:00 Tai Chi w/Bill or Sue 1:00 Writing Workshop 1:00 Intermediate Art w/Lorraine <i>1:00 Floor Yoga w/ Jeannie</i> 2:00 Walk the Distance @ Grass Island	14 10:00 Mahjong 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 12:30 Cardio Strength w/Linda 1:15 Chair Yoga w/Linda 1:15 Walk the Distance – Cos Cob Park 1:30 Italian Class w/Luciana	15 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility w/Wendy 11:30 TANGO w/Dardo & Alonso 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin	16 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue <div>1:00 Father's Day Celebration Comedian Moody McCarthy Greenwich Senior Center</div>
19 9:15 Meditation w/Megan 10:00 Water Aerobics w/Wendy 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet w/Wendy 1:30 Zumba LIVE <i>2:30 Short Stories w/Carroll Stenson</i>	20 9:00 Fit After 50 w/Wendy 10:00 Advanced Art w/Lorraine 10:00 Water Aerobics w/Wendy <i>10:45 Arthritis Mobility w/Tamara</i> 11:00 Tai Chi w/Bill or Sue 1:00 Writing Workshop 1:00 Intermediate Art w/Lorraine <i>1:00 Floor Yoga w/ Jeannie</i> 2:00 Walk the Distance @ Grass Island	21 10:00 Mahjong 10:00 Water Aerobics w/Wendy 10:45 It's a Matter of Balance w/Wendy 12:30 Cardio Strength w/Linda 1:15 Chair Yoga w/Linda 1:15 Walk the Distance – Cos Cob Park 1:30 Italian Class w/Luciana	22 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility w/Wendy 11:30 Trivia w/Jessica 12:00 Grab-n-Go Lunch – Kelly's Sea Level 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristen 	23 9:45 Cardio Strength w/Linda 10:00 Water Aerobics 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:00am Trip Walmart – Norwalk Rte. 7 11:30 TANGO w/Dardo & Alonso <div>1pm History of Byram Patricia Baiardi</div>
26 9:15 Meditation w/Megan 10:00 Water Aerobics w/Wendy 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet w/Wendy 1:30 Zumba LIVE 2:30 Penny Poker w/Jessica	27 9:00 Fit After 50 w/Wendy 10:00 Advanced Art w/Lorraine 10:00 Water Aerobics w/Wendy <i>10:45 Arthritis Mobility w/Tamara</i> 11:00 Tai Chi w/Bill or Sue 1:00 Writing Workshop 1:00 Intermediate Art w/Lorraine <i>1:00 Floor Yoga w/ Jeannie</i> 2:00 Walk the Distance @ Grass Island	28 G.R.E.A.T.S. 50TH JUBILEE Senior Center Is CLOSED Off-site programs still in session 	29 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility w/Wendy 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristen	30 9:45 Cardio Strength w/Linda 10:00 Water Aerobics 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:30 TANGO w/Dardo & Alonso <div>1pm – 2pm Ping Pong</div>