

## **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
1 9:15 Meditation w/Megan 9:45 Cardio Strength w/Linda 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:30 Short Stories w/Carroll Stenson	2 9:00 Fit After 50	310:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	4 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility ZOOM 11:30 Trivia w/Jessica 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin	5 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:30 TANGO w/Dardo & Alonso
8 9:15 Meditation w/Megan 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:15 Card Games/ Penny Poker	9 9:00 Fit After 50  w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art  w/Lorraine 10:45 Arthritis Mobility w/Tamara 11:00 Tai Chi w/Bill or Sue  1:00 Intermediate Art  w/Lorraine 1:00 Floor Yoga w/ Jeannie 2:00 Walk the Distance  @ Grass Island Ping Pong 1-2 pm	1010:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	11 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility ZOOM 11:30 Trivia w/Jessica 12:00 Grab-n-Go Lunch - Plaza Restaurant 12:15 Walk the Distance - Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin	12 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:00 Shopping Trip – ShopRite Stamford 11:30 TANGO w/Dardo & Alonso 1:00 Mother's Day Music Celebration
15 9:15 Meditation w/Megan 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:15 Card Games/ Penny Poker 2:30 Short Stories w/Carroll Stenson	16 9:00 Fit After 50  w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art w/Lorraine 10:45 Arthritis Mobility w/Tamara 11:00 Tai Chi w/Bill or Sue 1:00 Intermediate Art w/Lorraine 1:00 Floor Yoga w/ Jeannie 2:00 Walk the Distance @ Grass Island Ping Pong 1-2 pm	17 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	18 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility ZOOM 11:30 Trivia w/Jessica 12:15 Walk the Distance – Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin	19 9:45 Cardio Strength w/Linda 10:00 Watercolor Painting w/Lorraine 10:30 Tai Chi w/Bill or Sue 11:30 TANGO w/Dardo & Alonso
22 9:15 Meditation w/Megan 9:45 Cardio Strength w/Linda 10:30 Mondays in Motion w/Linda 12:45 Stay on your Feet – Preventing Falls w/Wendy 1:30 Zumba LIVE w/Wendy 2:15 Card Games/ Penny Poker	23 9:00 Fit After 50  w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art  w/Lorraine 1:00 Floor Yoga w/ Jeannie 2:00 Walk the Distance  w/Lorraine 0 Grass Island 10:45 Arthritis Mobility w/Tamara 11:00 Tai Chi w/Bill or Sue  1:00 Intermediate Art  plose of the second of	24 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	25 9:15 Meditation w/Megan 10:30 Tai Chi w/Bill or Sue 11:15 Mat Strength & Flexibility ZOOM 11:30 Trivia w/Jessica 12:00 Grab-n-Go Lunch - Pasta Vera 12:15 Walk the Distance - Cos Cob Park 1:00 Knitting Knotch 3:00 NIA Dance w/Kristin  Free Blood Press Screening 11:30a Public Health Dep	m
IN HONOR OF  Memorial Day  WE WILL BE CLOSED	30 9:00 Fit After 50  w/Wendy 9:55 Tech Time (1-1) 10:00 Advanced Art w/Lorraine 2:00 Walk the Distance w/Lorraine 0 Grass Island 10:45 Arthritis Mobility w/Tamara 11:00 Tai Chi w/Bill or Sue 1:00 Intermediate Art w/Lorraine 1:00 Floor Yoga w/ Jeannie 2:00 Walk the Distance Ping Pong 1-2 pm	31 10:00 It's a Matter of Balance w/Wendy 10:45 Range of Movement w/Wendy 10:00 Mahjong 12:30 Cardio Strength w/Linda 1:15 Walk the Distance – Cos Cob Park 1:15 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	GREEN = ON SITE  ITALICS = ZOOM ONLY  BLUE = OFF SITE  RED = HYBRID (Live & Zoom)	classes CALL 203-862-6707 or stop in the Senior Center Office or Register online at MyActiveCenter
	1-2 pm			<b>ZOOM ID 3032051305</b>