

# New Milford Senior Center

## October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>**OCT 31 **</b> 9:00-Exercise w/Sheri <b>10:30-Halloween !!!</b> 12:00-FB Live Tai Chi 1:30-Zumba Gold 2:00-Brain Games ZOOM	<b>Please Note:</b>  <b>All Schedules and Activities are Subject to Change</b>		<b>*** PLEASE See Reverse Side of Calendar !</b>  <b>***</b>	<b>1</b> 9:00: Easy Yoga w/Howard 10:30- Aerobics (Senior Ctr) 1:00: Gentle Exercise w/Hasmig
<b>3</b> 9:00-Exercise w/Sheri 10:30-Social Circle 12:00-FB Live Tai Chi 1:30-Zumba Gold 2:00-Brain Games ZOOM	<b>4</b> 8:30- Mat Yoga 10:00-Chair Yoga <b>11:00-Special Bingo</b> 12:30: Table Games 1:00-Movie Matinee	<b>5</b> 9:00-Walking w/Lynn Kennedy Field 10:00-Tai Chi w/ Hasmig- Kennedy Field 11:30: BINGO 1:00-Chair Yoga 1:00- Table Games	<b>6</b> 9:30: Aerobics w/ Lynn 10:30- FB Live Exercise w/Keisa <b>11:00-Senior Tech.</b> 11:00- Thurs.Games 1:00-ART CLASS	<b>7</b> 9:00- Easy Yoga w/ Howard <b>10:30-Italian/American Pizza Party</b> 1:00: Gentle Exercise w/ Hasmig
<b>10 COLUMBUS DAY</b>  <b>No Scheduled Activities</b>  <b>Facebook Exercise Videos on Demand</b>	<b>11</b> 8:30-Mat Yoga 10:00: Chair Yoga <b>11:00-World Trivia</b> 12:30: Table Games 1:00-Movie Matinee	<b>12</b> 9:00-Exercise w/Lynn (Senior Center) 10:00 :Tai Chi w/ Hasmig-( Senior Ctr) 11:30: BINGO 1:00: Chair Yoga 1:00- Table Games	<b>13</b> 8:30: Weights 1 9:45: Weights 2 w/ Steve 10:30- FB Live Exercise w/Keisa <b>10:30- FLU CLINIC</b> 1:00-ART CLASS	<b>14</b> 9:00: Easy Yoga w/ Howard 10:30-Aerobics (Senior Ctr) 1:00: Gentle Exercise w/ Hasmig
<b>17</b> 9:00-Exercise w/Sheri 10:30-Social Circle 12:00: FB Live Tai Chi 1:30: Zumba Gold 2:00: Brain Games ZOOM	<b>18</b> 8:30-Mat Yoga 10:00-Chair Yoga <b>11:00-Trivia &amp; Treats</b> 12:30-Table Games 1:00-Movie_Matinee	<b>19</b> 9:00-Walking w/Lynn Kennedy Field 10:00: Tai Chi w/ Hasmig- Kennedy Field 11:30: BINGO 1:00: Chair Yoga 1:00-Table Games	<b>20</b> 8:30: Weights 1 9:45: Weights 2 w/ Steve 10:30-FB Live Exercise w/Keisa 11:00- Thurs Games 1:00-ART CLASS	<b>21</b> 9:00: Easy Yoga w/ Howard 10:30-Aerobics (Senior Ctr) <b>11:30-Pumpkin Patch Give Away</b> 1:00: Gentle Exercise w/ Hasmig
<b>24</b> 9:00-Exercise w/Sheri 10:30-Social Circle 12:00-FB Live Tai Chi 1:30- Zumba Gold 2:00- Brain Games ZOOM	<b>25</b> 8:30- Mat Yoga 10:00: Chair Yoga <b>11:00- (S.H.I.P.) Medicare Program</b> 12:30-Table Games 1:00-Movie Matinee	<b>26</b> 9:00- Walking w/Lynn Kennedy Field 10:00-Tai Chi w/ Hasmig- Kennedy Field 11:30- BINGO 1:00- <b>NO Chair Yoga</b> 1:00- Table Games	<b>27</b> 8:30-Weights 1 9:45-Weights 2 w/ Steve 10:30-FB Live Exercise w/Keisa 11:00-Thurs Games 1:00-ART CLASS	<b>28</b> 9:00-Easy Yoga w/Howard 10:30- Aerobics (Senior Center) 1:00-Gentle Exercise w/Hasmig

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