

New Milford Senior Center Calendar OCTOBER 2020

	<p>Tuesday Sept 29</p> <p>9 am: Facebook Live Chair Yoga w/Lynn</p>	<p>Wednesday Sept 30</p> <p>9am: Tai Chi Outside at Kennedy Field NM residents only</p> <p>2pm: Tone/Strength w/Keisa (FB Live)</p>	<p>Thursday Oct 1</p> <p>9:30 am: FB Live Exercise w/Steve</p> <p>1pm: ZOOM Brain Games w/Anna</p> <p>2pm: ZUMBA Gold ZOOM w/Saloney</p>	<p>Friday Oct 2</p> <p>9am: Outdoor Exercise w/Lynn: Kennedy Field (NM residents only)</p>
<p>Monday Oct 5</p> <p>8:30 am: Mat Yoga w/Lynn on ZOOM</p> <p>10am: Coffee Talk On ZOOM</p> <p>12 noon: Tai Chi W/Hasmig: FB Live</p>	<p>Tuesday Oct 6</p> <p>9 am: Facebook Live Chair Yoga w/Lynn</p>	<p>Wednesday Oct 7</p> <p>9am: Tai Chi at Kennedy Field (NM res. only)</p> <p>10am: Kennedy Field Walk: NM Res. Only</p> <p>2pm: Tone/Strength w/Keisa (FB Live))</p>	<p>Thursday Oct 8</p> <p>9:30 am: FB Live Exercise w/Steve</p> <p>1pm: ZOOM Brain Games w/Anna</p> <p>2pm: ZUMBA Gold ZOOM w/Saloney</p>	<p>Friday Oct 9</p> <p>9am: Outdoor Exercise w/Lynn: Kennedy Field (NM residents only)</p> <p>1pm: Tai Chi W/Hasmig: FB Live</p>
<p>Monday Oct 12 COLUMBUS DAY</p> <p>No Live Activities</p> <p>Videos on Demand on Facebook Live</p>	<p>Tuesday Oct 13</p> <p>9 am: FB Live Chair Yoga w/Lynn</p> <p>2pm: Afternoon Discussion w/Ross: Conference Call</p>	<p>Wednesday Oct 14</p> <p>9am: Tai Chi at Kennedy Field (NM res. only)</p> <p>10am: Kennedy Field Walk: NM Res. Only</p> <p>11:30 am: ZOOM Computer Class w/Ross</p> <p>2pm: Tone/Strength w/Keisa (FB Live)</p>	<p>Thursday Oct 15</p> <p>9:30 am: FB Live Exercise w/Steve</p> <p>1pm: ZOOM Brain Games w/Anna</p> <p>2pm: ZUMBA Gold ZOOM w/Saloney</p>	<p>Friday Oct 16</p> <p>9am: Outdoor Exercise w/Lynn: Kennedy Field (NM residents only)</p>
<p>Monday Oct 19</p> <p>8:30 am: Mat Yoga w/Lynn on ZOOM</p> <p>10am: Coffee Talk On ZOOM</p> <p>12 noon: Tai Chi W/Hasmig: FB Live</p>	<p>Tuesday Oct 20</p> <p>9 am: FB Live Chair Yoga w/Lynn</p> <p>10:30 am: Virtual BINGO on ZOOM</p> <p>2pm: Afternoon Discussion w/Ross: Conference Call</p>	<p>Wednesday Oct 21</p> <p>9am: Tai Chi at Kennedy Field (NM res. only)</p> <p>10am: Kennedy Field Walk: NM Res. Only</p> <p>2pm: Tone/Strength w/Keisa (FB Live)</p>	<p>Thursday Oct 22</p> <p>9:30 am: FB Live Exercise w/Steve</p> <p>1pm: ZOOM Brain Games w/Anna</p> <p>2pm: ZUMBA Gold ZOOM w/Saloney</p>	<p>Friday Oct 23</p> <p>9am: Outdoor Exercise w/Lynn: Kennedy Field (NM residents only)</p>
<p>Monday Oct 26</p> <p>8:30 am: Mat Yoga</p> <p>10am: Coffee Talk</p> <p>12 noon: Tai Chi W/Hasmig: FB Live</p> <p>2 pm: Medicare SHIP Update: ZOOM</p>	<p>Tuesday Oct 27</p> <p>9 am: Facebook Live Chair Yoga</p> <p>2 pm: ZOOM Trivia Challenge</p>	<p>Wednesday Oct 28</p> <p>9am: Tai Chi at Kennedy Field (NM res. only)</p> <p>10am: Kennedy Field Walk: NM Res. Only</p> <p>11:30 am: ZOOM Computer Class w/Ross</p> <p>2pm: Tone/Strength w/Keisa (FB Live)</p>	<p>Thursday Oct 29</p> <p>9:30 am: FB Live Exercise w/Steve</p> <p>1pm: ZOOM Brain Games w/Anna</p> <p>2pm: ZUMBA Gold ZOOM w/Saloney</p>	<p>Friday Oct 30</p> <p>9am: Outdoor Exercise w/Lynn: Kennedy Field (NM residents only)</p> <p>HALLOWEEN</p> <p>Photo Opl 12 noon: Details TBD</p>

To sign up for ZOOM classes, or to register, please email lsullivan@newmilfordboro.com or call 201-599-7565.