

New Milford Senior Center

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Aug. 31 8:30 am: ZOOM Mat Yoga w/Lynn 10 am: ZOOM Coffee Talk 12 noon: Tai Chi with Hasmig: Facebook Live	Sept 1 9am: Facebook Live Chair Yoga w/Lynn	Sept 2 9 am: Tai Chi (Hasmig) At Kennedy Field NM Residents only 2pm: Low Impact w/ Lynn on Facebook Live	Sept 3 9:30 Facebook Live Exercise with Steve	Sept 4 Outdoor Exercise Cancelled Today: Videos on Demand on Facebook Live
Sept 7 LABOR DAY No Live Events Videos On Demand on Facebook Live	Sept 8 9am: Facebook Live Chair Yoga w/Lynn 1 pm: Facebook Live Matinee: Broadway Cabaret!	Sept 9 9 am: Tai Chi (Hasmig) At Kennedy Field NM Residents only 2pm: Tone & Strength With Keisa (FB Live)	Sept 10 9:30 Facebook Live Exercise with Steve	Sept 11 9am: Outdoor Exercise w/Lynn Kennedy Field NM Residents only
Sept 14 8:30 am: ZOOM Mat Yoga w/Lynn 10 am: ZOOM Coffee Talk 12 noon: Tai Chi with Hasmig: Facebook Live	Sept 15 9am: Facebook Live Chair Yoga w/Lynn 10:30am: ZOOM Virtual BINGO!!!	Sept 16 9 am: Tai Chi/Kennedy Field (NM Residents) 12 noon: Senior Fall Prevention (ZOOM) 2pm: Tone & Strength With Keisa (FB Live)	Sept 17 9:30 Facebook Live Exercise with Steve 1pm: Brain Games w/Anna (ZOOM)	Sept 18 9am: Outdoor Exercise w/Lynn Kennedy Field NM Residents only
Sept 21 8:30 am: ZOOM Mat Yoga w/Lynn 10 am: ZOOM Coffee Talk 12 noon: Tai Chi with Hasmig: Facebook Live	Sept 22 9am: Facebook Live Chair Yoga w/Lynn Noon: Trivia Challenge (ZOOM)	Sept 23 9 am: Tai Chi (Hasmig) At Kennedy Field NM Residents only 2pm: Tone & Strength With Keisa (FB Live)	Sept 24 9:30 Facebook Live Exercise with Steve 1pm: Brain Games w/Anna (ZOOM)	Sept 25 9am: Outdoor Exercise w/Lynn Kennedy Field NM Residents only
Sept 28 8:30 am: ZOOM Mat Yoga w/Lynn 10 am: ZOOM Coffee Talk 12 noon: Tai Chi with Hasmig: Facebook Live	Sept 29 9am: Facebook Live Chair Yoga w/Lynn Noon: ZOOM Name That Tune!	Sept 30 9 am: Tai Chi (Hasmig) At Kennedy Field NM Residents only 2pm: Tone & Strength With Keisa (FB Live)	Oct 1 9:30 Facebook Live Exercise with Steve 1pm: Brain Games w/Anna (ZOOM)	Oct 2 9am: Outdoor Exercise w/Lynn Kennedy Field NM Residents only.

To sign up for ZOOM classes, email sullivan@newmilfordboro.com to be sent a ZOOM invite and codes. Or call the senior center at 201-599-7565.

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