

ACTIVITIES

Monday

Billiards
Line Dancing: 10 am
Quilt Club: 12:30 pm
Cards: 1 pm

Tuesday

Billiards
Shoreline Knitters: 10 am
Intermediate Bridge: 1 pm
Phyllis's Bridge: Every other Tuesday
Ping Pong: Noon
Cards: 1 pm
Wii Games: 1 pm

Wednesday

Billiards
Cribbage Group: 10 am
Cards: 1 pm
Hand & Foot : 1 pm
Wii Games: 1 pm

Thursday

Billiards
Chess Group: 9:30 am
Needle Crafters: 10 am
Ping Pong: Noon
Cards: 1 pm
Scrabble & Board Games: 1 pm

Friday

Billiards
Cards: 1 pm
Mah Jongg: 1 pm
Wii Games: 1 pm

EDUCATION / ENRICHMENT

Computer Club: Monday, 1 pm
Writers Group: Second & Fourth Monday, 10 am



Medicare Roundtable: First Tuesday each month, 9 am
Art Class (watercolor): Tuesday & Friday, 8 am

Book Chats: Second Wednesday, 1 pm.
For book titles, call Agnes at 860-669-8022.

Nutrition Education: First & Third Thursday, 8:45 am

FITNESS

(see instructor for fee schedule)

Stretch & Strength: Monday & Wednesday, 8:45 am

Senior Fitness: Tuesday & Thursday, 8:45 am

Gentle Yoga: Wednesday, 10:30 am

Zumba Gold: Wednesday, 1 pm

Chair Yoga: Thursday, 10:30 am

Gentle Yoga: Friday, 8:45 am

Strength Training: Must register– call 860-388-1611 for details.



SUPPORT GROUPS

Chronic Illness - Last Wednesday each month, 10 am

Better Breathers - First & Third Thursday, 1:30 pm

Diabetes Support - Second Thursday, 9 am

Widow/Widowers - Second & Fourth Thursday, 10:30 am

Afternoon Caregivers Support– Fourth Thursday, 1 pm

