








Monday	Tuesday	Wednesday	Thursday	Friday	Sat
June 2019					
<p>June is Alzheimer's and brain awareness month.</p> <p>Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes, including participating in regular physical activity, staying socially engaged, and maintaining good heart health.</p> <p>The Alzheimer's Association website (https://www.alz.org/help-support/brain_health)</p>					<p><i>June 1 Sat</i></p> <p>Senior Center Open 10AM to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open. 10:30 DeMar/Super Seniors Program</p>
<p>June 3 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong</p> <p>National Gardening Week!</p> 	<p>June 4 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:00-Noon- Future In Sight Support Group - (Rec Center) 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym</p> <p>7:00pm AA Meeting</p> 	<p>June 5 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong <u>12:00</u> Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers</p> 	<p>June 6 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Super Seniors 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Family Memoir 11:30 Tai Chi Beginners 12:00 Book Club 12:45 Tai Chi Intermediate 1:30 Creative Writing 2:00 Billiards 2:00 -3:30 Knitting Circle</p> 	<p>June 7 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 10:00 TurnUp Gardeners 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room</p> 	<p><i>June 8 Sat</i></p> <p>Senior Center Open 10AM to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open. Music: Oak & Ivy 11:00am</p> 
<p>June 10 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong 1:30 New Member Orientation</p>	<p>June 11 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym</p> <p>7:00pm AA Meeting</p>	<p>June 12 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers</p>	<p>June 13 Thurs 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 1:30 Creative Writing 2:00 Billiards 2:00- 3:30 Knitting Circle</p>	<p>June 14 Fri FLAG DAY  7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman* 10:00 Age in Motion 1 10:00 TurnUp Gardeners 12:00 Garden Fresh Friday 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p><i>June 15 Sat</i></p> <p>Senior Center Open 10AM to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>June 17 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong</p>	<p>June 18 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30- 10:30 Nurse is In 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting</p>	<p>June 19 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers</p>	<p>June 20 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 1:30 Creative Writing 2:00 Billiards 2:00-3:30 Knitting Circle @ The Rec Center 4:00 Board Meeting</p>	<p>June 21 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 10:00 TurnUp Gardeners 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room</p>	<p>June 22 Sat Senior Center Open 10AM to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>
<p>June 24 Mon 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong 3:00 Emergency Preparedness Individual and Family Training</p>	<p>June 25 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting</p>	<p>June 26 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers</p>	<p>June 27 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00-4:00 Cheshire Village at Home Social: Avoiding Scams By Detective Steve LaMears 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>June 28 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 10:00 TurnUp Gardeners 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>June 29 Sat Senior Center Open 10AM to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>