Cromwell Senior Center

2012 February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Billiards/WII AM Yoga Class 9:00 Exercise (Gym) 10:30 Hearing Aid Check 11:00 Christmas Tree Shop 1:00 Art Class 1-3	2 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 Walmart/Price Rite 1:00 Cards/Bridge 1:00 Arthritis Exercise 1:30	3 Billiards/WII AM Shopping 9:00 Tai Chi Class 9:00 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 One Day''	4
5 **Lowe's of Cromwell Senior Walking Club Weekly (Mon –Thurs) 7-9 pm** >>>>>>>>>>>>	6 Billiards /WII AM Tax Assistance (by appt) Shopping 9:00 Exercise (Gym) 10:30 Quilting /Mah Jongg 1-3	7 Billards /WII AM Bowling 9:30 (Bus leaves @ 8:40am) Health Clinic 11:30-12:30 Cards/Bingo 1:00 Bridge (Rook Ctr) 1-4	8 Billiards/WII AM Yoga Class 9:00 Exercise (Gym) 10:30 Meriden Mall 12:30 Art Class 1-3	9 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 Big Y/Bob's Rest 1:00 Cards/Bridge 1:00 Bookworms 1:00	10 Billiards/WII AM Shopping 9:00 Tai Chi Class 9:00 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 'Dolphin Tale'	11
12 **Lowe's of Cromwell Senior Walking Club Weekly (Mon –Thurs) 7-9 pm** >>>>>>>>>>>>	13 Billiards /WII AM Tax Assistance (by appt) Shopping 9:00 Friends Meeting 10:00 Exercise (Gym) 10:30 Senior Commission 11:00 Quilting /Mah Jongg 1-3	14 Billards /WII AM Bowling 9:30 (Bus leaves @ 8:40am) Health Clinic 11:30-12:30 Cards/Bingo 1:00 Bridge (Rook Ctr) 1-4	15 Billiards/WII AM Yoga Class 9:00 Exercise (gym) 10:30 Lions Vision Check (DR) 12:30 Art Class 1-3 **Valentine's Dinner/ Bingo Night** 5:30pm (Advanced Registration Req)	16 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 Target/IHOP 1:00 Cards/Bridge 1:00 Arthritis Exercise 1:30	17 Billiards/WII AM Shopping 9:00 Tai Chi Class 9:00 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 'Midnight in Paris'	18
19 **Lowe's of Cromwell Senior Walking Club Weekly (Mon –Thurs) 7-9 pm** >>>>>>>>>>>>	20 **HOLIDAY** **SENIOR CENTER CLOSED** 	21 Billards /WII AM Bowling 9:30 (Bus leaves @ 8:40am) Health Clinic 11:30-12:30 Cards/Bingo 1:00 **Apple Rehab of Cromwell Sponsors Refreshments)** Bridge (Rook Ctr) 1-4	22 Billiards/WII AM Yoga Class 9:00 Exercise (gym) 10:30 TGIF/Chil's/Stews 12:30 Art Class 1-3	23 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 **Brookdale Lunch/Learn** (see enclosed flyer) 12:00 West Side Market 1:00 Cards/Bridge 1:00	24 Billiards/WII AM Shopping 9:00 Tai Chi Class 9:00 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 'Margin Call'	25
26 **Lowe's of Cromwell Senior Walking Club Weekly (Mon –Thurs) 7-9 pm** >>>>>>>>>>>>	27 Billiards /WII AM Tax Assistance (by appt) Shopping 9:00 Exercise (Gym) 10:30 Quilting /Mah Jongg 1-3	28 Billards /WII AM Bowling 9:30 (Bus leaves @ 8:40am) Health Clinic 11:30-12:30 Cards 1:00 Bingo 1:00 **(Sponsored by Middlesex Health Care)** Bridge (Rook Ctr) 1-4	29 Billiards/WII AM Yoga Class 9:00 Exercise (gym) 10:30 Walmart/Price Rite 1:00 Art Class 1-3	*************FEBRUARY SPECIAL NEWS ************ **Valentine's Dinner – Wednesday, 2/15/12 - Sign up Today ☺** **Brookdale Senior Living Lunch/Learn – Thursday, 2/23/12** **TAX ASSISTANCE –We will start taking reservations for assistance this month** **BRIDGE PLAYERS NEEDED – if interested, stop by the senior center on Thursday afternoon**		