Cromwell Senior Center

2012 January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 **HOLIDAY** **SENIOR CENTER CLOSED**	3 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	4 Billiards/WII AM Exercise (Gym) 10:30 Hearing Aid Check 11:00 Art Class 1-3 Walmart/Price Rite 1:00	5 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 Cards/Bridge 1:00 Arthritis Exercise 1:30 Big Y/West Side 1:00	6 Billiards/WII AM Shopping 8:45 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 *Larry Crowne*	 7
8 **Lowe's of Cromwell Senior Walking Club Weekly (Mon –Thurs) 7-9 pm** >>>>>>>>>>>>	9 Billiards /WII AM Shopping 9:00 Friends Meeting 10:00 Exercise (Gym) 10:30 Senior Commission 11:00 Quilting /Mah Jongg 1-3	10 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	11 Billiards/WII AM Yoga Class 9:00 Exercise (Gym) 10:30 Red Lobster/Old Country Buffet 12:30 Art Class 1-3	12 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 Cards/Bridge 1:00 Bookworms 1:00 Christmas Tree Shop 1:00	13 Billiards/WII AM Shopping 8:45 Tai Chi Class 9:00 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 *Flypaper*	14
15 **Lowe's of Cromwell Senior Walking Club Weekly (Mon –Thurs) 7-9 pm** >>>>>>>>>>>>	16 **HOLIDAY** **SENIOR CENTER CLOSED** 	17 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	18 Billiards/WII AM Yoga Class 9:00 Exercise (gym) 10:30 Lions Vision Check (DR) 12:30 Meriden Mall 12:30 Art Class 1-3	19 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 TGIF/Chili's/Stews 12:30 Cards/Bridge 1:00 Arthritis Exercise 1:30	20 Billiards/WII AM Shopping 8:45 Tai Chi Class 9:00 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 *Seven Days in Utopia*	21
22 **Lowe's of Cromwell Senior Walking Club Weekly (Mon –Thurs) 7-9 pm** >>>>>>>>>>>>	23 Billiards /WII AM Shopping 9:00 Exercise (Gym) 10:30 Quilting /Mah Jongg 1-3	24 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	25 Billiards/WII AM Yoga Class 9:00 Exercise (gym) 10:30 WestFarms/Sears Plaza 12:30 Art Class 1-3	26 Billiards AM Blood pressure 9:30-10:30 Bingo 10:45 **(Sponsored by Middlesex Health Care)** Cards/Bridge 1:00 Walmart/Price Rite 1:00	27 Billiards/WII AM Shopping 8:45 Tai Chi Class 9:00 Exercise (Gym) 10:30 Mah Jongg (DR) 1-3 Movie 1:00 *Sarah's Key*	**28**
29 	30 Billiards /WII AM Shopping 9:00 Exercise (Gym) 10:30 Quilting /Mah Jongg 1-3	31 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	*************JANUARY SPECIAL NEWS ************ **TAX ASSISTANCE –We will start taking reservations for assistance this month** **SENIOR AIDE POSITION – see enclosed article – stipend position available @ senior center** **BRIDGE PLAYERS NEEDED – if interested, stop by the senior center on Thursday afternoon**			