



JANUARY 2018

Waterbury Senior Center (203) 574-6746



Monday	Tuesday	Wednesday	Thursday	Friday
January 1, 2018	January 2, 2018	January 3, 2018	January 4, 2018	January 5, 2018
	<p>NO PROGRAMMING</p>  <p>PARTY! 11am-2pm</p>	<p>9a-11a=Wii Bowling (MP)</p> <p>11am=BRASS Crocheting Instruct. (AC) 11:30am=Strength Training w/Kim (Main)</p> <p>1p-2p=Balance w/Brenda (Main)</p> <p>Register for Meals by 11:30 for next day</p>	<p>9a-11a=Wii Bowling (L) 9:30a-11a= Painting -\$2 (MP) 9:30a=Strength Training 11am=Mah Jong (AC) 11:30a-12:30p=Café Lunch (Main) 12:30p= Mandy's Roundtable (MP) <i>Malnutrition in Seniors</i></p>	<p>9a-11a=Wii Bowling (MP) 10am=BRASS Chair Exercise w/Ed 11am=Mah Jong 11am=Poker 11:30a=Afternoon Movie (L) <i>Waterproof</i></p> <p>11:15a=BRASS Ukulele Lessons (M/P)</p>
January 8, 2018	January 9, 2018	January 10, 2018	January 11, 2018	January 12, 2018
<p>9a-11a=Wii Bowling (MP) 10am=BRASS Tai Chi w/Joe (M) 11a=Nutrition Smarts w/Courtney (K) 11am=Mah Jong (AC) 11am=Women's Setback (G) 12:30p=Senior Center Meeting (M)</p> <p>Register for Meals by 11:30 for next day</p>	<p>9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 10:30a=B/P Cheshire House(H) 10a-11:30a=BRASS Quilt (AC) 10am=BRASS Intro to Internet (C) 10:30a=Setback (G) 11:30a-12:30p=Café Lunch (M) 11:30a=BRASS MagicMicrosoft(C) 12:15p=Chat w/Francesca 12:45p-2p=BINGO(M)</p>	<p>9a-11a=Wii Bowling (MP)</p> <p>11am=BRASS Crocheting (AC) 11:30am=Strength Training w/Kim (Main)</p> <p>12:45p-1:45p=Cope W/Color 1p-2p=Balance w/Brenda (Main)</p> <p>Register for Meals by 11:30 for next day</p>	<p>9a-11a=Wii Bowling (L) 9:30a-11a= Painting -\$2 (MP) 9:30am-10:15am=Strength Training 11am=Mah Jong (AC) 11:30a-12:30p=Café Lunch (Main) 11am=Golden Leaves Book Club 12:30p= Juniper Home Care (MP) 12:30p-2p=BRASS Tech Help by Appoint</p>	<p>9a-11a=Wii Bowling (MP) 10am=BRASS Chair Exercise w/Ed 11am=Mah Jong 11am=Poker 11:30a=Afternoon Movie (L) <i>The Substance of Fire</i></p> <p>11:15a=BRASS Ukulele Lessons (M/P)</p>
January 15, 2018	January 16, 2018	January 17, 2018	January 18, 2018	January 19, 2018
	<p>9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 10a=B/P Family Care(H) 10a-11:30a=BRASS Quilt-Instr. (AC) 10am=BRASS Intro to Internet (C) 10:30a=Setback (Game) 11:30a-12:30p=Café Lunch (Main) 11:30a=BRASS MagicMicrosoft(C) 12:30p=MLK Movie (M)</p>	<p>9a-11a=Wii Bowling (MP)</p> <p>10a-11a=Crafty Lindsey-Snowglobes 11am=BRASS Crocheting Instruct. (AC) 11:30am=Strength Training w/Kim (Main) 12pm= Card/Spring Crafts Workshop (AC) 1p-2p=Balance w/Brenda (Main)</p> <p>Register for Meals by 11:30 for next day</p>	<p>9a-11a=Wii Bowling (L) 9:30a-11a= Painting -\$2 (MP) 9:30am-10:15am=Strength Training</p> <p>11am=Mah Jong (AC) 11:30a-12:30p=Café Lunch (Main) 12:30p-2p=BRASS Tech Help by Appoint 12:30p=Life Happens-Be Prepared (MP) <i>Lance Galassi</i></p>	<p>9a-11a=Wii Bowling (MP) 10am=BRASS Chair Exercise w/Ed 11am=Mah Jong 11am=Poker 11:30a=Afternoon Movie (L) <i>Cop & A Half</i></p> <p>11:15a=BRASS Ukulele Lessons (M/P)</p>
January 22, 2018	January 23, 2018	January 24, 2018	January 25, 2018	January 28, 2018
<p>9a-11a=Wii Bowling (L) 9:30a-12:30p=Live Well (MP) 10am=BRASS Tai Chi w/Joe (M) 11am=Mah Jong (AC) 11am=Women's Setback (G) 11:30a=Afternoon Movie (L) <i>The Magnificent 7</i> 11:30a=Veterans Talk-P.DiMaria (M)</p> <p>Register for Meals by 11:30 for next day</p>	<p>9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 10a=B/P Wolcott View(H) 10a-11:30a=BRASS Quilt (AC) 10am=BRASS Intro to Internet (C)</p> <p>10:30a=Setback (Game) 11:30a-12:30p=Café Lunch (Main) 11:30a=BRASS MagicMicrosoft(C) 12:30p=BINGO</p>	<p>10a-1:30p=Wii Bowling League At Cheshire 11am=BRASS Crocheting (AC) 11:30am=Strength Training w/Kim (Main)</p> <p>1p-2p=Balance w/Brenda (Main)</p> <p>Register for Meals by 11:30 for next day</p>	<p>9a-11a=Wii Bowling (L) 9:30a-11a= Painting -\$2 (MP) 9:30a=Strength Training 11am=Mah Jong (AC)</p> <p>11:30a-12:30p=Café Lunch (Main) 12:30p=Red Cross Fire Safety (MP)</p>	<p>9a-11a=Wii Bowling (MP) 10am=BRASS Chair Exercise w/Ed 11am=Mah Jong 11am=Poker 11:30a=Afternoon Movie (L) <i>Twister</i></p> <p>11:15a=BRASS Ukulele Lessons (M/P)</p>
January 29, 2018	January 30, 2018	January 31, 2018	<p>***KEY TO ROOMS*** MP = Multi Purpose Room C = Computer Room M = Main Room AC = Arts & Crafts Room H=Health Room G=Game Room L=Lounge (TV Room)</p> 	
<p>9a-11a=Wii Bowling (MP) 9:30a-12:30p=Live Well (MP) 10am=BRASS Tai Chi w/Joe (M) 11am=Mah Jong (AC) 11am=Women's Setback (G) 11:30a=Line Dancing (M) 11:30a=Afternoon Movie (L) <i>Bad Girls</i></p> <p>Register for Meals by 11:30 for next day</p>	<p>9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 9:30a=B/P Sandy Micalizzie(H) 9:30a-10:30a=Dolce Salon 10a-11:30a=BRASS Quilters (AC) 10am=BRASS Intro to Internet (C) 10:30a=Setback (Game) 11:30a-12:30p=Café Lunch (Main) 11:30a=BRASS MagicMicrosoft(C) 12:30p=BINGO</p>	<p>9a-11a=Wii Bowling (MP)</p> <p>11am=BRASS Crocheting. (AC) 11:30am=Strength Training w/Kim (Main) 12:30p= Cards & Crafts Workshop (AC) <i>Fairy Lanterns - \$3</i></p> <p>1p-2p=Balance w/Brenda (Main)</p>		