



March 2017

Waterbury Senior Center (203) 574-6746



Monday	Tuesday	Wednesday	Thursday	Friday
		March 1, 2017	March 2, 2017	March 3, 2017
<p><b>***KEY TO ROOMS***</b>            MP = Multi Purpose Room            Comp = Computer Room            Main = Main Room            AC = Arts &amp; Crafts Room            Health=Health Room            Game=Game Room            Lounge=Lounge (TV Room)</p>		9a-11a=Wii Bowling (MP) <b>9:30a-12p=Live Well</b> 11am=BRASS Crocheting Instruct. (AC) <b>11a-2p=Cope w/Color (MP)</b> 11:30am=Strength Training w/Kim (Main) 1p-2p=Balance w/Brenda (Main) 1p=Healthy Nutrition(Kitchen) <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (Lounge) <b>9a-10a=Brass City Harvest</b> 9:30a-11a= Painting -\$2 (MP) 9:30a=Strength Training (Main) 11a=Mah Jong (AC) 11:30a-12:30p=Café Lunch (Main) 12:30p-2p=BRASS Tech Help by Appoint <b>12:30p=WBY Gardens-Preventing Falls</b>	9a-11a=Wii Bowling (MP) 10a-11a=Intro to Internet (Comp) 10am=BRASS Chair Exercise w/Ed 11a=Mah Jong (AC) Poker (Game) 11:15am=BRASS Chorus <b>11:15a=You Are What You Eat (Sandy Micalizzi)</b> 12:30p-1p=BRASS Ukulele Lessons (M/P) 11:30a-12:30p=BRASS Magic of Microsoft(Comp) <b>12:45-1:45p=My Senior Center classes</b>
March 6, 2017	March 7, 2017	March 8, 2017	March 9, 2017	March 10, 2017
9a-11a=Wii Bowling (MP) <b>9:30a-12:30p=AARP Taxes</b> 10am=BRASS Tai Chi w/Joe (Main) <b>11a-BRASS Journaling</b> 11a=Mah Jong (AC) 11am=Women's Setback (Game) 11:30a=Movie (Lounge) <b>12:45p=Magnificent Mobility</b> <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 10a=B/P (Health) 10a-11:30a=BRASS Quilters Instr.(AC) 10am=Intro to Internet(Comp) 10:30a=Mah Jong (AC) 10:30a=Setback (Game) 11:30a-12:30p=Café Lunch (Main) 11:30a=BRASS MagicMicrosoft(Comp) 12:30p-2p=BINGO (Main)	9a-11a=Wii Bowling (MP) <b>9:30a-12p=Live Well</b> <b>10a=Lithuania Folk Art Egg Decorating (Matt Museum)</b> <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (Lounge) 9:30a-11a= Painting -\$2 (MP) 9:30a=Strength Training (Main) 11a=Mah Jong (AC) 11:30a-12:30p=Café Lunch (Main) 11am=Golden Leaves Book Club <b>12:30p-Mandy Dupont Table Discussion</b> 12:30p-2p=BRASS Tech Help by Appoint	9a-11a=Wii Bowling (MP) 10a-11a=Intro to Internet (Comp) 10am=BRASS Chair Exercise w/Ed 11a=Mah Jong (AC) Poker (Game) 11:15am=BRASS Chorus 12:30p-1p=BRASS Ukulele Lessons (M/P) 11:30a-12:30p=BRASS Magic of Microsoft(Comp) <b>11:30a-1p=Eastside Memorial Good To Go Lunch &amp; Learn</b> <b>12:45-1:45p=My Senior Center classes</b>
March 13, 2017	March 14, 2017	March 15, 2017	March 16, 2017	March 17, 2017
9a-11a=Wii Bowling (MP) 10am=BRASS Tai Chi w/Joe (Main) 11a=Mah Jong (AC) 11am=Women's Setback (Game) <b>11:15=Fitness Test w/Raechaell Corbett</b> 11:30a=Movie (Lounge) <b>9:30a-12:30p=AARP Taxes</b> <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 10a=B/P (Health) 10a-11:30a=BRASS Quilters(AC) 10am=Intro to Internet(Comp) <b>10a-12p=Nutrition Smarts-Courtney</b> 10:30a=Mah Jong (AC)-Setback(game) 11:30a-12:30p=Café Lunch (Main) 11:30a=BRASS MagicMicrosoft(Comp) 12:30p-2p=BINGO (Main)	9a-11a=Wii Bowling (MP) <b>9:30a-12p=Live Well</b> <b>10:30a- Breakfast &amp; Learn w/Atty Brown Topic: Power of Attorney Updates</b> 11am=BRASS Crocheting Instruct. (AC) 11:30am=Strength Training w/Kim (Main) 1p-2p=Balance w/Brenda (Main) 1p=Healthy Nutrition(Kitchen) <b>Register for Meals by 11:30 for next day</b>	<b>NO PROGRAMMING</b> <b>11a-2p=St. Patrick's Day Party</b> Lunch Menu <b>Corned Beef &amp; Cabbage \$4 Donation</b> 	9a-11a=Wii Bowling (MP) 10a-11a=Intro to Internet (Comp) 10am=BRASS Chair Exercise w/Ed 11a=Mah Jong (AC) 11am=Poker 11:15am=BRASS Chorus 11:30a-12:30p=BRASS Magic of Microsoft(Comp) <b>11:45a-12p=Waterbury Bag Pipers</b> 12:30p-1p=BRASS Ukulele Lessons (M/P)
March 20, 2017	March 21, 2017	March 22, 2017	March 23, 2017	March 24, 2017
9a-11a=Wii Bowling (MP) 10am=BRASS Tai Chi w/Joe (Main) 11a=Mah Jong (AC) 11am=Women's Setback (Game) <b>11:15a=Intro to WCAA Chat w/Francesca</b> 11:30a=Movie (Lounge) <b>9:30a-12:30p=AARP Taxes</b> <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 10a=B/P (Health) 10a-11:30a=BRASS Quilters Instr. (AC) 10am=Intro to Internet(Comp) 10:30a=Mah Jong (AC) 10:30a=Setback (Game) 11:30a-12:30p=Café Lunch (Main) 11:30a=BRASS MagicMicrosoft(Comp) 12:30p-2p=BINGO (Main)	9a-11a=Wii Bowling (MP) <b>9:30a-12p=Live Well</b> 11am=BRASS Crocheting (AC) 11:30am=Strength Training w/Kim (Main) <b>11a-2p=Cope w/Color (MP)</b> 1p-2p=Balance w/Brenda (Main) 1p=Healthy Nutrition(Kitchen) <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (Lounge) 9:30a-11a= Painting -\$2 (MP) 9:30a=Strength Training (Main) 11a=Mah Jong (AC) 11:30a-12:30p=Café Lunch (Main) 12:30p-2p=BRASS Tech Help by Appoint <b>1p=Vets Coffee Hour</b>	9a-11a=Wii Bowling (MP) <b>9:30a=Christmas Tree Shop &amp; Cheesecake Factory Danbury, CT</b> 10a-11a=Intro to Internet (Comp) 10am=BRASS Chair Exercise w/Ed 11a=Mah Jong (AC) 11am=Poker 11:15am=BRASS Chorus 11:30a-12:30p=BRASS Magic of Microsoft(Comp) 12:30p-1p=BRASS Ukulele Lessons (M/P)
March 27, 2017	March 28, 2017	March 29, 2017	March 30, 2017	March 31, 2017
9a-11a=Wii Bowling (MP) 10am=BRASS Tai Chi w/Joe (Main) 11a=Mah Jong (AC) 11am=Women's Setback (Game) 11:30a=Movie (Lounge) <b>9:30a-12:30p=AARP Taxes</b> <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (MP) 9:45a= Fitness Fury Zumba(Main) 10a=B/P (Health) 10a-11:30a=BRASS Quilters (AC) 10am=Intro to Internet(Comp) 10:30a=Mah Jong (AC) 10:30a=Setback (Game) <b>11:30a=Café Lunch w/the Mayor</b> 11:30a=BRASS MagicMicrosoft(Comp) <b>12p=Reflexology</b>	9a-11a=Wii Bowling (MP) <b>9:30a-12p=Live Well</b> 11am=BRASS Crocheting (AC) 11:30am=Strength Training w/Kim (Main) 1p=Healthy Nutrition(Kitchen) 1p-2p=Balance w/Brenda (Main) 12pm= Card Making Workshop (AC) <b>Register for Meals by 11:30 for next day</b>	9a-11a=Wii Bowling (Lounge) 9:30a-11a= Painting -\$2 (MP) 9:30a=Strength Training (Main) <b>12:30p=Cheryl Furman Consumer Law for Elderly</b> 11a=Mah Jong (AC) 11:30a-12:30p=Café Lunch (Main) 12:30p-2p=BRASS Tech Help by Appoint	9a-11a=Wii Bowling (MP) 10a-11a=Intro to Internet (Comp) 10am=BRASS Chair Exercise w/Ed 11a=Mah Jong (AC) 11am=Poker <b>11:15a=Webster Bank-Consumer Fraud</b> 11:15am=BRASS Chorus 11:30a-12:30p=BRASS Magic of Microsoft(Comp) 12:30p-1p=BRASS Ukulele Lessons (M/P) <b>12:45-1:45p=My Senior Center classes</b>