

# Waterbury Senior Center Calendar



## SEPTEMBER 2021



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
|   |  | 1   | 2  | 3   |
|                                      | <br> | 9a=Wii Bowling<br>10a=Chronic Conditions Workshop<br>9:30a=Stretch & Tone<br><b>10:30a=Brass City Harvest Nutrition</b><br>11a=BRASS Crochet & Knit w/Lindsey   | 9a=Wii Bowling<br>10a=BRASS Quilting<br>11a=Poker  | 9a=Wii Bowling<br>10:30a=BRASS Chair Exercise<br>11a=Poker  |
| 6   | 7  | 8   | 9  | 10  |
| <b>* HAPPY *<br/>LABOR DAY</b><br> | 9a=Wii Bowling<br>10a=Blood Pressure<br>10a=Brass City Harvest Farmers Market<br><b>11:30a=Café Lunch</b><br><b>12:30p=BINGO</b>                                       | 9a=Wii Bowling<br>10a=Chronic Conditions Workshop<br>9:30a=Stretch & Tone<br><b>10:30a=Brass City Harvest Nutrition</b>   | 9a=Wii Bowling<br>10a=BRASS Quilting<br>11a=Poker<br><b>11:30a=Café Lunch</b><br><b>12:30a=Shop-Rite Nutrition Demo with Lauren Hassen</b> | <b>8th Anniversary Party<br/>No Classes</b><br> |
| 13  | 14   | 15  | 16   | 17  |
| 9a=Wii Bowling<br><b>11a=Zumba</b><br><b>12:30a=Senior Center Meeting with Guest Speakers</b>                         | 9a=Wii Bowling<br>10a=Blood Pressure<br>10a=Brass City Harvest Farmers Market<br><b>11:30a=Café Lunch</b><br><b>12:30p=BINGO</b>                                       | 9a=Wii Bowling<br>10a=Chronic Conditions Workshop<br>9:30a=Stretch/Tone<br>11a=BRASS Crochet & Knit w/Lindsey<br><b>10a=BRASS Chorus</b><br><b>10:30a=BCH Nutrt.</b><br><b>11:30a=Lunch at An-nulas Diner</b> | 9a=Wii Bowling<br>10a=BRASS Quilting<br>10a=Dolce<br>11a=Poker<br><b>11:30a=Café Lunch</b>   | 9a=Wii Bowling<br>10:30a=BRASS Chair Exercise<br>11a=Poker  |
| 20  | 21   | 22  | 23   | 24  |
| 9a=Wii Bowling<br><b>11:30a=Lunch &amp; Learn by Autumn Lake: Medications</b>   | 9a=Wii Bowling<br>10a=Blood Pressure<br>10a=Brass City Harvest Farmers Market<br><b>11:30a=Café Lunch</b><br>11:30a=Reflexology<br><b>12:30p=BINGO</b>                 | 9a=Wii Bowling<br>10a=Chronic Conditions Workshop<br>9:30a=Stretch/Tone<br><b>10a=BRASS Chorus</b><br><b>10:30a=BCH Nutrit.</b><br><b>11:30a=Hogan Cider Mill Trip</b>  | 9a=Wii Bowling<br>10a=BRASS Quilting<br><b>11a='Scams' by the St of CT</b><br>11a=Poker<br><b>11:30a=Café Lunch</b>                        | 9a=Wii Bowling<br>10:30a=BRASS Chair Exercise<br>11a=Poker  |
| 27  | 28   | 29  | 30   |   |
| 9a=Wii Bowling<br><b>11a=Know How to Go Transportation</b>  | 9a=Wii Bowling<br>10a=Blood Pressure<br>10a=Brass City Harvest Farmers Market<br><b>11:30a=Café Lunch</b><br><b>12:30p=BINGO</b>                                       | 9a=Wii Bowling<br>10a=Chronic Conditions Workshop<br>9:30a=Stretch/Tone<br><b>10a=BRASS Chorus</b><br><b>10:30a=BCH Nutrit Shopping Trip</b>  | 9a=Wii Bowling<br>10a=BRASS Quilting<br>11a=Poker<br><b>11:30a=Café Lunch</b><br><b>12:30p=Ice Cream Social: Goodbye Summer</b>            |    |