





























2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Events: Estate Planning, 6/4 Lunch & Learn, Navigating Medicaid, 6/18 Dby Railway Museum, 6/19 Eat Smart, Live Strong, 6/20</p>	<p>FUN, FUN, FUN! Bingo, 6/1 Sunshine Dance, 6/8 Bowling Banquet, 6/11 Hike at Tarrywile, 6/15 Timeless Trivia, 6/22</p>	<p>SUMMER LOVIN' Afternoon at the Movies:  June 13  June 27</p>	<p>The Farmer's Market is coming to Elmwood Hall! June 20 July 18 August 15 September 19</p>	<p>1 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View </p>
<p>4 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Estate Planning 1:00 pm Bridge, Pinochle </p>	<p>5 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg </p>	<p>6 8:45 am Driver Safety Course 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Wreath Making Poker, Coloring Circle</p>	<p>7 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am Downtown Chow Down 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>8 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Sunshine Dance 1:15 pm Your Point of View </p>
<p>11 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch Bowling Banquet 1:00 pm Bridge, Pinochle </p>	<p>12 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg 4:00 pm COA Mtg @ City Hall</p>	<p>13 9:00 am Walking Club 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie: Breathe Wreath Making Poker, Coloring Circle</p>	<p>14 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>15 9:00 am Walking Club 10:00 am Hike at Tarrywile Zumba Gold 12 noon Lunch 1:15 pm Your Point of View </p>
<p>18 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Navigating Medicaid 1:00 pm Bridge, Pinochle  </p>	<p>19 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 10:45 am Railway Museum 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg</p>	<p>20 9:00 am Dr. Gosnay, Happy Feet Walking Club 10:00 am Line Dancing 11:00 am Danbury Library OTM 11:15 am Strength Training 12 noon Lunch 1:00 pm Eat Smart, Live Strong, Farmers' Market, Poker, Coloring Circle</p>	<p>21 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>22 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View </p>
<p>25 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Lion's Low Vision 1:00 pm Bridge, Pinochle</p>	<p>26 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg</p>	<p>27 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie: Me Before You 1:00 pm Poker, Coloring Circle</p>	<p>28 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am Downtown Chow Down 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>29 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Hot Dog BINGO 1:00 pm Bridge, Pinochle 	3 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg 	4  HAPPY BIRTHDAY, USA!	5 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am Downtown Chow Down Lunch 12 noon Woodcarving 12:30 pm Chair Yoga, Exercise Video	6 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 
9 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	10 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp Lunch 12 noon Aerobics, Sports Talk Mah Jongg	11 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 	12 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	13 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Red, White, Boom Dance Your Point of View 
16 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie: Battle of the Sexes 1:00 pm Bridge, Pinochle 	17 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg 	18 9:00 am Walking Club 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Eat Smart, Live Strong, Farmers' Market, Poker, Coloring Circle	19 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	20 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia Your Point of View 
23 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Lion's Low Vision 1:00 pm Bridge, Pinochle	24 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Brazilian Carnival 1:00 pm Mah Jongg, Sports Talk	25 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle	26 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am Downtown Chow Down Lunch 12 noon Woodcarving 12:30 pm Chair Yoga, Exercise Video	27 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Ferris Acres Creamery 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club
30 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie, The Post 1:00 pm Bridge, Pinochle 	31 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg	 Hot Dog BINGO! \$5 July 2 at 1:00 pm Wear Red, White or Blue! 	Sizzling Summer Brazilian Carnival  Tuesday, July 24 at 1:00 pm	 Movie Club Afternoon at the Movies Battle of the Sexes, July 16 The Post, July 30 12:45 pm start time