



AUGUST 2010 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin-right: 10px;">2</p> 9:30 Stained Glass w/Rose Warren & George Sposito 9:30 Quilting with Sandy 10:00 Exercise with Kinsey 10:00 Intermediate French-\$4/Class 10:00 Poetry Appreciation w/Marilyn & Tony 11:00 Discussion Group w/Fam. Ctr's Ed Moran, LCSW 11:00 Ballet Class with Ruth Brinker \$4/Class 11:00 Sen. Bob Duff – Q&A Session and Lunch 12:30 Zumba Gold, dance exercise, Jill Franke 12:45 “Portion Control” – Jessica Yep, Nutritionist 1:30 Bingo Swap with Janice	<p style="text-align: right; margin-right: 10px;">3</p> 9:30 Knitting & Needlepoint 10:00 Writing Class 10:00 Low Impact Exercise w/Winifred 11:00 Tai Chi \$4/Class – Gym 11:00 Hearing Aid Clinic 12:30 French Literature w/Jacqueline Pace 12:30 Movie 12:45 Céad Mile Fáilte – Talk on Ireland 1:00 Italian Conversation w/Tony	<p style="text-align: right; margin-right: 10px;">4</p> 9:30 Crafts with Phyllis 9:30 Watercolor with Joe Lamorte,\$4/Class 10:30 Travel Movie 10:00 Blood Pressure 11:00 Yoga, \$4/Class 11:30 Piano Fun with Pam 12:30 “Let’s Talk” w/Louis Rosenfeld, LCSW Family Centers 1:00 Ping Pong 1:30 Darien Library Grandparents Storytime	<p style="text-align: right; margin-right: 10px;">5</p> 9:15 Pilates, \$4/Class 10:00 Advanced Beginner Bridge \$5/Class 10:00 Acrylic Painting, \$4/Class 10:00 Soc. Service Dept. – Mary Bernat 11:15 Jazzercise, \$4/Class 1:00 Senior Fitness Class w/Laura Beare 1:00 Short Story Discussion w/Carroll Stenson	<p style="text-align: right; margin-right: 10px;">6</p> 10:00 Advanced Beginner Bridge, \$5/Class 10:00 Oil Painting, \$4/Class 10:00 Beginner Conversational Spanish, \$4/Class 11:00 “Ballet for Seniors” w/Ruth Ann, \$4/Class 11:00 Intermediate Spanish, \$4/Class 12:30 Current Events with the Millers’ 12:30 Classic Movie and Refreshments 1:00 “Remember When” with Madeline
<p style="text-align: right; margin-right: 10px;">9</p> 9:30 Stained Glass w/Rose Warren & George Sposito 9:30 Quilting with Sandy 10:00 Exercise with Kinsey 10:00 Intermediate French-\$4/Class 10:00 Music Alternatives with Marilyn 11:00 Discussion Group w/Fam. Ctr's Ed Moran, LCSW 11:00 Ballet Class with Ruth Brinker \$4/Class 12:30 Zumba Gold, dance exercise, Jill Franke 12:30 “The Humble Bees” – Musical Entertainment 1:30 Bingo Swap	<p style="text-align: right; margin-right: 10px;">10</p> 9:30 Knitting & Needlepoint 10:00 Writing Class 10:00 Low Impact Exercise w/Winifred 11:00 Tai Chi \$4/Class – Gym 11:00 Hearing Aid Clinic 12:30 Movie 1:00 Italian Conversation w/Tony	<p style="text-align: right; margin-right: 10px;">11</p> 9:30 Crafts with Phyllis 9:30 Watercolor with Joe Lamorte,\$4/Class 10:30 Travel Movie 11:00 Yoga, \$4/Class 11:30 Piano Fun with Pam 12:30 “Let’s Talk” w/Louis Rosenfeld, LCSW Family Centers 12:30 Las Vegas Matinee – Ray Charles 1:00 Ping Pong	<p style="text-align: right; margin-right: 10px;">12</p> 9:15 Pilates, \$4/Class 10:00 Acrylic Painting, \$4/Class 10:00 Soc. Service Dept. – Mary Bernat 11:15 Jazzercise, \$4/Class 1:00 Short Story Discussion w/ Carroll Stenson	<p style="text-align: right; margin-right: 10px;">13</p> 10:00 Oil Painting, \$4/Class 10:00 Beginner Conversational Spanish, \$4/Class 11:00 “Ballet for Seniors” w/Ruth Ann, \$4/Class 11:00 Intermediate Spanish, \$4/Class 12:30 Current Events with the Millers’ 12:30 Classic Movie and Refreshments 1:00 “Remember When” with Madeline
<p style="text-align: right; margin-right: 10px;">16</p> 9:30 Stained Glass w/Rose Warren & George Sposito 9:30 Quilting with Sandy 10:00 Exercise with Kinsey 10:00 Intermediate French-\$4/Class 10:00 Poetry Appreciation w/Marilyn & Tony 11:00 Discussion Group w/Fam. Ctr's Ed Moran, LCSW 11:00 Ballet Class with Ruth Brinker \$4/Class 12:30 Zumba Gold, dance exercise, Jill Franke 12:45 Dr. Zembroski (Dr. Z) – Integrative Medicine 1:30 Bingo Swap	<p style="text-align: right; margin-right: 10px;">17</p> 9:30 Knitting & Needlepoint 10:00 Writing Class 10:00 Low Impact Exercise w/Winifred 11:00 Tai Chi \$4/Class 12:30 Movie 1:00 Italian Conversation w/Tony 1:00 Care Givers Support – Beth Paris	<p style="text-align: right; margin-right: 10px;">18</p> 9:30 Crafts with Phyllis 9:30 Watercolor with Joe Lamorte,\$4/Class 10:30 Travel Movie 11:00 Yoga \$4/Class 11:30 Piano Fun with Pam 12:00 Alyssa Israel, AIP 12:30 “Let’s Talk” w/Louis Rosenfeld, LCSW Family Centers 12:30 Gallivant Transportation Update w/ Sonia Smith 1:00 Ping Pong	<p style="text-align: right; margin-right: 10px;">19</p> 9:15 Pilates, \$4/Class 10:00 Acrylic Painting \$4/Class 10:00 Soc. Service Dept. – Mary Bernat 11:15 Jazzercise, \$4/Class 1:00 Short Story Discussion w/Carroll Stenson	<p style="text-align: right; margin-right: 10px;">20</p> 10:00 Oil Painting, \$4/Class 10:00 Beginner Conversational Spanish, \$4/Class 11:00 “Ballet for Seniors” w/Ruth Ann, \$4/Class 11:00 Intermediate Spanish, \$4/Class 12:30 Current Events with the Millers 12:30 Classic Movie and Refreshments 1:00 “Remember When” with Madeline
<p style="text-align: right; margin-right: 10px;">23</p> 9:30 Stained Glass w/Rose Warren & George Sposito 9:30 Quilting with Sandy 10:00 Exercise with Kinsey 10:00 Intermediate French-\$4/Class 10:00 Music Alternatives with Marilyn 11:00 Discussion Group w/Fam. Ctr's Ed Moran, LCSW 11:00 Ballet Class with Ruth Brinker \$4/Class 12:30 Zumba Gold, dance exercise, Jill Franke 12:45 Dr. Zembroski (Dr. Z) – Integrative Medicine 1:30 Bingo Swap Jack Rager Day, Jack turned 100 on July 22	<p style="text-align: right; margin-right: 10px;">24</p> 9:30 Knitting & Needlepoint 10:00 Writing Class 10:00 Low Impact Exercise w/Winifred 11:00 Tai Chi \$4/Class – Gym 12:30 Movie 1:00 Italian Conversation w/Tony	<p style="text-align: right; margin-right: 10px;">25</p> 9:30 Crafts with Phyllis 9:30 Watercolor w/Joe Lamorte, \$4/Class 10:30 Travel Movie 11:00 Yoga \$4/Class 11:30 Piano Fun with Pam 12:30 “Let’s Talk” w/Louis Rosenfeld,LCSW Family Centers 1:00 Ping Pong 1:30 High Tea, Musical Entertainment with Christina De Maio	<p style="text-align: right; margin-right: 10px;">26</p> 9:15 Pilates, \$4/Class 10:00 Acrylic Painting, \$4/Class 10:00 Soc. Service Dept. – Mary Bernat 11:15 Jazzercise, \$4/Class 1:00 Senior Fitness Class w/Laura Beare 1:00 Short Story Discussion w/Carroll Stenson	<p style="text-align: right; margin-right: 10px;">27</p> 10:00 Oil Painting, \$4/Class 10:00 Beginner Conversational Spanish, \$4/Class 11:00 “Ballet for Seniors” w/Ruth Ann, \$4/Class 11:00 Intermediate Spanish, \$4/Class 12:30 Current Events 12:30 Classic Movie and Refreshments 1:00 “Remember When” with Madeline
<p style="text-align: right; margin-right: 10px;">30</p> 9:30 Stained Glass w/Rose Warren & George Sposito 9:30 Quilting with Sandy 10:00 Exercise with Kinsey 10:00 Intermediate French-\$4/Class 11:00 Discussion Group w/Fam. Ctr's Ed Moran, LCSW 11:00 Ballet Class with Ruth Brinker \$4/Class 12:30 Zumba Gold, dance exercise, Jill Franke 12:45 Dr. Zembroski (Dr. Z) – Integrative Medicine 1:30 Bingo Swap August Birthday Celebrations	<p style="text-align: right; margin-right: 10px;">31</p> 9:30 Knitting & Needlepoint 10:00 Writing Class 10:00 Low Impact Exercise w/Winifred 11:00 Tai Chi \$4/Class – Gym 12:30 Movie 1:00 Italian Conversation w/Tony	 <p>Stay cool - come to the Senior Center for good* food, good fun, good friends.</p>	 <p>Hot Lunches are served daily at 12 p.m. by our Master Chef, Tom. Call to reserve by 11:15 and enjoy a tasty and nutritious lunch with dessert for \$4. Have dessert only for the price of \$1.</p>	<p>August Birthdays – Join us for a special cake and celebration on August 30th</p> 