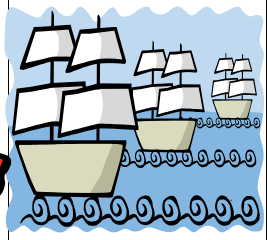
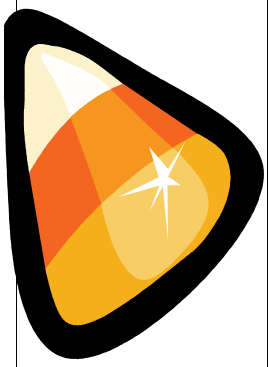
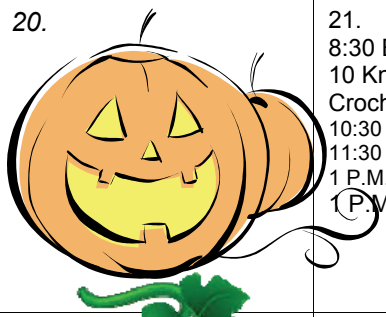
NAUGATUCK SENIOR CENTER

Classes, Special Activities & Special Events

Harvey Leon Frydman, Director/Municipal Agent

October, 2013

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1. ***9 A.M.-11 A.M. FLU CLINIC.*** **9 A.M. DENTAL SCREENING with FONE'S School of Dentistry-FREE** 9 A.M. –12 Noon Choices 9:30 Exercise 11:30 Lunch 1 P.M. Senior Society of Crafters 1 P.M. Skip Bo/Poker	2. 8:30 Billiards 10 Line Dance 10:30 Bread Day 11:30 Lunch 1:30 Men's Club 1:45 Poker	3. 8:30 Billiards **11 Intro to ZUMBA exercise** 11:30 Lunch 12. Family Intervention 1 P.M. Cribbage 1 P.M. Wii 1 P.M. Poker	4. 8:30 Billiards 9:30 YOGA 10 Griffin Hospital 10:30 BREAD DAY 11 VNA BP 11 COUPON Clip 11:30 LUNCH ***12 Apple Pie BINGO with Prospect Memorial*** 1 P.M. SETBACK 1 P.M. CARDS/SkipBo	
6. 	7. **8:30 AARP SAFE DRIVING** 8:30 Billiards 9:30 Brass City Mall **10 RED HATTERS** 10 Knitting/Crocheting 10:30 Bread Day 11:30 Lunch 1 P.M. Oil Painting 1 P.M. Poker	*8. **7:30 a.m. Foxwoods Casino Trip*** *8:30 Billiards* 9 A.M.-12 Noon *CHOICES* *9:30 Exercise* 11:30 LUNCH *1 P.M. Senior Society of Crafters* *1 P.M. Skip Bo/Poker* *1 P.M. Women's Poker*	9. 8:30 Billiards 10:00 Line Dance 10:30 Bread Day 11:30 Lunch 1:30 Men's Club 1:45 P.M. Poker	10. 8:30 Billiards **11:30 A.M. APPLE HARVEST FESTIVAL & LUNCHEON $3.00** 12 Family Intervention Referrals 1 Cribbage 1 Wii Games 1 P.M. Poker	11. 8:30 Billiards 9:30 YOGA 10 Weight Strengthening 10:30 Bread Day 11 Coupon Clip 11:30 LUNCH 12 Fire Prevention BINGO with Dept. Fire Chief Ellen Murray 1 P.M. SETBACK 1 P.M. Cards 1 P.M. Knitting 1 P.M. Skip-Bo 1 P.M. Poker	12.
13. 	14. **CLOSED for COLUMBUS DAY** 	15. 8:30 Billiards 9-12 Noon CHOICES 9:30 Exercise 11:30 Lunch 1 P.M. Senior Society of Crafters 1 P.M. Skip Bo *1 P.M. Women's Poker* 1 P.M. Poker	16. 8:30 Billiards 10:00 Line Dance 10:30 Bread Day 11:30 LUNCH 1:30 P.M. Men's Club 1:45 P.M. Poker 	17. **7 A.M. Bennington, Vermont day trip** 11:30 Lunch 12 Family Intervention 1 P.M. Wii 1 P.M. Cribbage 1 P.M. Poker	18. 8:30 Billiards *9:30 YOGA* 10 Weights & Strengthening ***10 FINANCIAL WELL BEING with CNVRAC*** *11 Coupon Clip* 11 VNA BP *11:30 Lunch* ***12 BINGO*** 1 P.M. Setback 1 P.M. Cards/Knit *1 P.M. Skip Bo* *1 P.M. Poker*	19. 
20. 	21. 8:30 Billiards 10 Knitting/ Crocheting 10:30 Bread Day 11:30 LUNCH 1 P.M. Oil Painting 1 P.M. Poker	22. 8:30 Billiards 9-12 Noon CHOICES *9:30 Exercise* **10 HOLIDAY BAZAAR MEETING** *1 P.M. Senior Society of Crafters* *1 P.M. Women's Poker with Margo Scott* *1 P.M. Poker* *1 P.M. Skip Bo*	23. 8:30 Billiards 10 Griffin Hospital Health Van 10:00 Line Dance 10:30 Bread Day 11:30 Lunch **12 UCONN PRIMARY CARE GOOD HEALTH SCREENING-FREE** 1:30 P.M. Men's	24. 8:30 Billiards 11:30 Lunch 12 Family Intervention **12:30 POT LUCK SOCIAL - $3.00** 1 P.M..Cribbage 1 P.M. Wii Games 1 P.M. Poker	25. 8:30 Billiards 9:30 YOGA 10 WeightsStrength 11 Coupons 11:30 LUNCH ***12 BINGO*** 1 Setback/Card 1 Knitting/Skip Bo 1 P.M. Poker	26.
27. 	28. 8:30 Billiards **9 A.M. –4 P.M. Holiday Bazaar Set Up** 10 Knitting/Crocheting 10:30 Bread Day 11:30 Lunch 1 P.M. Poker	29. **9 A.M.-4 P.M. Holiday Bazaar Set Up** 11:30 Lunch 9:30 A.M. Exercise 1 P.M. Women's Poker	30. **9 A.M.-4 P.M. HOLIDAY BAZAAR** SET UP 11:30 A.M. LUNCH 1:30 Men's Club 1:45 P.M. POKER	31. **8:30 A.M– 4 P.M. HOLIDAY BAZAAR SET UP** 11:30 A.M. Lunch 12 Family Inter. 1 P.M. Cribbage 1 P.M. Wii Games 1 P.M. Poker		