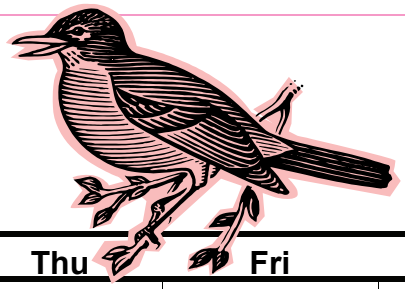
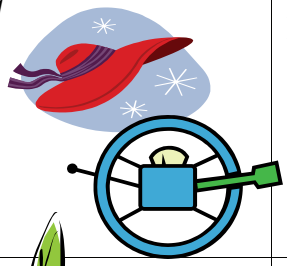
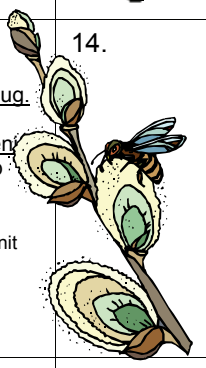
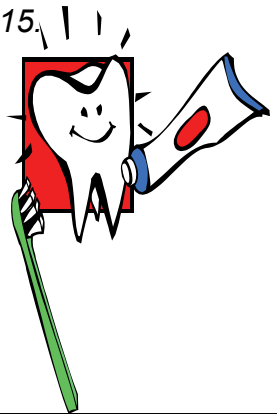
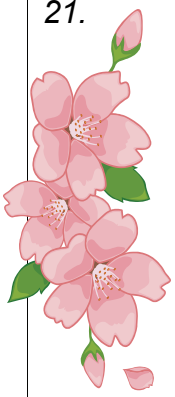
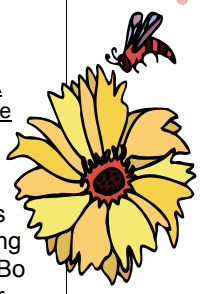
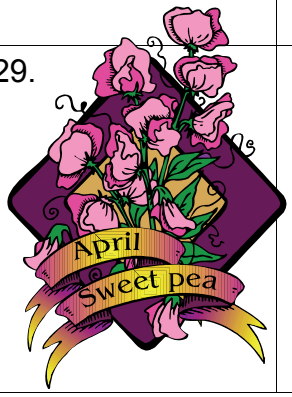
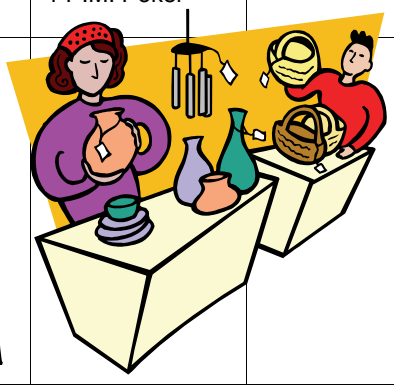
NAUGATUCK SENIOR CENTER

Classes, Activities & Special Events

Harvey Leon Frydman, Director/Municipal Agent

APRIL, 2012



Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 	2. **8:30 A.M. AARP Safe Driving** 9 A.M. Billiards 10 Red Hatters 10 Knitting/Crocheting 11:30 Luncheon 1 P.M. Oil Painting 1 P.M. Poker	3. 9 Billiards 9:30 Exercise **10-11 Hand Massage with TLC Homecare** 11:30 LUNCH 1 P.M. SENIOR TALK with Donald Mariano 1 P.M. Arts/Crafts 1 P.M. Skip-Bo	4. 9 A.M. Billiards 10:30 A.M. Line Dance 11:30 LINCH 1:30 Men's Club	5. 9 Billiards 9 VITA Tax Prep. 9 Meditation 10 YOGA **11 *UKULELE*** **1 P.M. Sleep Disorders Lecture with Griffin Hospital** 1 P.M. Cribbage/Wii 1 Poker	6. **CLOSED FOR GOOD FRIDAY**	7.
8.	*9.* *9 Billiards* *10 Brass City Mall* *10 Knitting/Crocheting* 11:30 LUNCH 1 P.M. Oil Painting 1 P.M. Poker	10. **7:30 Foxwoods Day Trip** *9 Billiards* *9:30 Exercise* 11:30 LUNCH **1 P.M. *APRIL SHOWER SAFETY EVENT with TLC Homecare*** ***1 P.M. SENIOR TALK with Donald Mariano*** *1 P.M. Arts & Crafts/* *1 P.M. Skip Bo/Poker*	11. 9 Billiards 10:30 Line Dance 11:30 Lunch 1:30 Men's Club	12. 9 Billiards 9 VITA Tax Prep. **9 MEDITATION** 10 YOGA 11:30 Lunch **1 P.M. Gatekeepers Social Services Program** 1 P.M. Cribbage 1 P.M. Wii 1 P.M. Poker	13. 9 Billiards 11-12 Noon-Naug. VNA Blood Pressure Screen 11 Coupon Clip 11:30 LUNCH 12 BINGO 1 P.M. Cards/Knit 1 P.M. Skip-Bo 1 P.M. Poker	14. 
15. 	16. 9 Billiards **9:30 A.M.– 11:30 A.M.** **FREE HEALTH CLINIC with Fones Dental School** 10 Knitting/Crocheting 11:30 Lunch 1 P.M. Oil Painting 1 P.M. Poker	17. 9 Billiards 9:30 Exercise 11:30 Lunch **1 P.M. Senior Talk with Donald Mariano** 1 P.M. Arts & Crafts 1 P.M. Skip Bo 1 P.M. Poker	18. 9 Billiards 10:30 Line Dance 11:30 LUNCH 1:30 P.M. Men's Club	**19.** **9 A.M.– 1 P.M. SENIOR DAY 2012- hosted by Connecticut Community Foundation** 11:30 LUNCH 1 P.M. Wii Games 1 P.M. Cribbage 1 P.M. Poker	20. *9 A.M. Billiards* *11 Coupon Clippings* *11:30 Lunch* ***12 SENIOR DAY BINGO-*** **hosted by the CT Community Foundation** 1 P.M. Cards *1 P.M. Knitting* *1 P.M. Skip—Bo* *1 P.M. Poker*	*21.* 
22.	23. 9 Billiards 10 Knitting/Crocheting 11:30 LUNCH 1 P.M. Oil Painting 1 P.M. Poker	24. 9 Billiards *9:30 Exercise* 11:30 *LUNCH* ***1 P.M. SENIOR TALK with Donald Mariano*** *1 P.M. Arts & Crafts* *1 P.M. Poker* 1 P.M. Skip Bo	25. 9 A.M. Billiards 10:30 Line Dance 11:30 LUNCH 1:30 P.M. Men's Club	26. 9 Billiards 9 Meditation with Brian Vaugh **10 YOGA** **11:30 LUNCH** **1 P.M. Learn to Fish** 1 P.M. Wii Games 1 P.M. Cribbage **1 P.M. Poker**	27. 9 Billiards 11 Coupon Clippings 11 Naug. VNA Blood Pressure Screening 11:30 LUNCH **12 BINGO** 1 P.M. Cards 1 P.M. Knitting 1 P.M. Skip-Bo 1 P.M. Poker	28. 
29. 	30. 9 Billiards 10 Crocheting/ Knitting 11:30 LUNCH 1 P.M. Oil Painting 1 P.M. Poker