



# March 2010



## Somers Senior Center Monthly Events Calendar March 2010

### Regular Happenings:

#### Aerobics:

M & Th: 10-11am

#### Bingo:

Mon & Thurs: 12-3:30

#### Coffee Time:

Tues: 7:30-9am

#### Yoga:

Tues: 9:45-10:45am

#### Pinochle:

Tues: 12:30-3pm

#### Dominoes:

Tues: 1:30pm

#### TOPS:

Tues: 1:30-2:30pm

#### Luncheon:

Wed: 12 - 1pm

#### Bridge:

Thurs: 7 - 9:30pm

#### Artist Group:

Fri: 9—12pm

#### Quilters:

Fri: 12:30-3:30pm

| SUN                            | MON                                                        | TUE                                                                                       | WED                                                                                                                   | THU                                                                             | FRI                                                                       | SAT                                                                                   |
|--------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                                | 1 <b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330     | 2<br><b>Coffee/<br/>Donuts</b><br><b>Wii, Yoga</b><br><b>Pinochle</b><br><b>Dominoes</b>  | 3<br><b>Chicken<br/>Francais</b><br><br><b>Heart<br/>Healthy<br/>talk</b>                                             | 4<br><b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330<br><b>Bridge</b> 7PM  | 5<br><b>Artist<br/>Group:</b><br>9-12noon<br><b>Quilters</b><br>1230-3:30 | 6                                                                                     |
| 7                              | 8 <b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330     | 9<br><b>Coffee/<br/>Donuts</b><br><b>Wii, Yoga</b><br><b>Pinochle</b><br><b>Dominoes</b>  | 10<br><b>Sloppy<br/>Jo es</b><br><br><b>Artist<br/>Group</b>                                                          | 11<br><b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330<br><b>Bridge</b> 7PM | 12<br><b>Artist<br/>Group:</b><br>9-12noon<br><b>Quilters</b>             | 13                                                                                    |
| 14<br><b>Spring<br/>Ahead!</b> | 15<br><b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330 | 16<br><b>Coffee/<br/>Donuts</b><br><b>Wii, Yoga</b><br><b>Pinochle</b><br><b>Dominoes</b> | 17<br><b>Corned<br/>Beef</b><br> | 18<br><b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330<br><b>Bridge</b> 7PM | 19<br><b>Artist<br/>Group:</b><br>9-12noon<br><b>Quilters</b>             | 20                                                                                    |
| 21                             | 22<br><b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330 | 23<br><b>Regular<br/>Activities &amp;<br/>Healthy<br/>Cooking<br/>Class 1pm</b>           | 24<br><b>Stuffed<br/>Chicken</b><br><br>"Myths of<br>Aging"                                                           | 25<br><b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330<br><b>Bridge</b> 7PM | 26<br><b>Artist<br/>Group:</b><br>9-12noon<br><b>Quilters</b>             | 27<br>TVAA<br>Meeting<br>8am—12                                                       |
| 28                             | 29<br><b>Aerobics</b><br>10-11am<br><b>Bingo</b><br>12-330 | 30<br><b>Coffee/<br/>Donuts</b><br><b>Wii, Yoga</b><br><b>Pinochle</b><br><b>Dominoes</b> | 31<br><b>Kielbasa</b><br><b>Social Security<br/>Seminar</b>                                                           |                                                                                 |                                                                           |  |

# April 2010



## Somers Senior Center Monthly Events Calendar April 2010

### Regular Happenings:

#### Aerobics:

M & Th: 10-11am

#### Bingo:

Mon & Thurs: 12-3:30

#### Coffee Time:

Tues: 7:30-9am

#### Yoga:

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Tues: 12:30-3pm

#### Dominoes:

Tues: 1:30pm

#### TOPS:

Tues: 1:30-2:30pm

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Thurs: 7 - 9:30pm

#### Artist Group:

Fri: 9—12pm

#### Quilters:

Fri: 12:30-3:30pm

| SUN                                                                                    | MON                                          | TUE                                                          | WED                                                       | THU                                                        | FRI                                                         | SAT |
|----------------------------------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|-----|
|                                                                                        |                                              |                                                              |                                                           | 1<br>Aerobics<br>10-11am<br>Bingo<br>12-330<br>Bridge 7PM  | 2<br>Good Friday<br><br>Center CLOSED                       | 3   |
| 4<br> | 5<br>Aerobics<br>10-11am<br>Bingo<br>12-330  | 6<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes  | 7<br>H a m<br><br>CL&P<br>Deregulation<br>Seminar         | 8<br>Aerobics<br>10-11am<br>Bingo<br>12-330<br>Bridge 7PM  | 9<br>Aerobics<br>10-11am<br>Bingo<br>12-330<br>Bridge 7PM   | 10  |
| 11                                                                                     | 12<br>Aerobics<br>10-11am<br>Bingo<br>12-330 | 13<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes | 14<br>Pot Roast<br><br>Board Mtg.                         | 15<br>Aerobics<br>10-11am<br>Bingo<br>12-330<br>Bridge 7PM | 16<br>Artist<br>Group:<br>9-12noon<br>Quilters<br>1230-3:30 | 17  |
| 18                                                                                     | 19<br>Aerobics<br>10-11am<br>Bingo<br>12-330 | 20<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes | 21<br>Pot<br>Luck<br>Membership Mtg.                      | 22<br>Aerobics<br>10-11am<br>Bingo<br>12-330<br>Bridge 7PM | 23<br>Artist<br>Group:<br>9-12noon<br>Quilters              | 24  |
| 25                                                                                     | 26<br>Aerobics<br>10-11am<br>Bingo<br>12-330 | 27<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes | 28<br>Stuffed Peppers<br><br>Kidney<br>Foundation<br>Talk | 29<br>Aerobics<br>10-11am<br>Bingo<br>12-330<br>Bridge 7PM | 30<br>Artist<br>Group:<br>9-12noon<br>Quilters<br>1230-3:30 |     |

# MAY 2010



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Fri: 9—12pm

#### Quilters:

Fri: 12:30-3:30pm

| SUN | MON                                           | TUE                                                                                                  | WED                                         | THU                                                         | FRI                                                      | SAT |
|-----|-----------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------|-----|
|     |                                               |                                                                                                      |                                             |                                                             |                                                          | 1   |
| 2   | 3<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30  | 4<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes                                          | 5<br>Pork<br>Roast<br><br>Arthritis<br>Talk | 6<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30<br>Bridge 7PM  | 7<br>Artist Group<br>9-12noon<br>Quilters<br>12:30-3:30  | 8   |
| 9   | 10<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30 | 11<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes                                         | 12<br>Swedish<br>Meatballs<br><br>NY Trip   | 13<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30<br>Bridge 7PM | 14<br>Artist Group<br>9-12noon<br>Quilters<br>12:30-3:30 | 15  |
| 16  | 17<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30 | 18<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes                                         | 19<br>Meat<br>Loaf<br><br>Medicare<br>Talk  | 20<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30<br>Bridge 7PM | 21<br>Artist Group<br>9-12noon<br>Quilters<br>12:30-3:30 | 22  |
| 23  | 24<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30 | 25<br>Coffee/<br>Donuts<br>Wii, Yoga<br>Pinochle<br>Dominoes                                         | 26<br>BBQ<br>Chicken                        | 27<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30<br>Bridge 7PM | 28<br>Artist Group<br>9-12noon<br>Quilters<br>12:30-3:30 | 29  |
| 30  | 31<br>Aerobics<br>10-11am<br>Bingo<br>12-3:30 | Memorial Day<br> |                                             |                                                             |                                                          |     |

**Mother's Day**