



New Milford Senior Center



November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 1 <u>8:30 am:</u> Mat Yoga (Sr Center) <u>10 am:</u> Coffee Talk (Sr Center) <u>12 noon:</u> FB Live Tai Chi-Hasmig <u>1:30:</u> Zumba Gold w/Saloney (Sr Center)	Nov 2 <u>8:30:</u> Chair Yoga 1 (Sr Center) <u>10:30:</u> Chair Yoga 2 (Sr Center) <u>12 Noon:</u> ZOOM Ross Tech Time	Nov 3 <u>9 am:</u> Walking (Kennedy Field) <u>10am:</u> Tai Chi (Kennedy Field) <u>10:30:</u> FB Live Keisa/ Exercise <u>11:30:</u> BINGO (Sr Center)	Nov 4 <u>8:30:</u> Weights 1 w/Steve (Sr Ctr) <u>9:45:</u> Weights 2 w/Steve (Sr Ctr) <u>12:00:</u> FB Live Exercise/Sophia 1:00: Art (Sr Ctr) <u>1:30:</u> ZOOM Brain Games w /Anna	Nov 5 <u>10am:</u> Low Impact Aerobics w/Lynn (Kennedy Field) <u>11:30:</u> FB Live Steve/ Exercise <u>1pm:</u> Hasmig Gentle Exercise (Sr Center)
Nov 8 8:30: Mat Yoga (Sr Center) <u>10:00:</u> Coffee Talk (Sr Center) <u>12 Noon:</u> FB Live Tai Chi-Hasmig <u>1:30:</u> Zumba Gold w/Saloney (Sr Center)	Nov 9 <u>8:30:</u> Chair Yoga 1 (Sr Center) <u>10:30:</u> Chair Yoga 2 (Sr Center) *11:30*- TRIVIA! With MaryAnn- (Sr Center)	Nov 10 <u>9 am:</u> Walking (Kennedy Field) <u>10:00</u> Tai Chi (Kennedy Field) <u>10:30</u> FB Live Keisa/ Exercise <u>11:30:</u> BINGO (Sr Center)	Nov 11 VETERANS DAY No Scheduled Activities Facebook Exercise Videos on Demand	Nov 12 <u>10:00:</u> Low Impact Aerobics w/Lynn (Kennedy Field) <u>11:30:</u> FB Live Exercise/Steve <u>1:00</u> Hasmig Gentle Exercise (Sr Center)
Nov 15 <u>8:30:</u> Mat Yoga (Sr Center) <u>10:00:</u> Coffee Talk (Sr Center) <u>12 noon:</u> FB Live Tai Chi- Hasmig <u>1:30:</u> Zumba Gold w/Saloney (Sr Center)	Nov 16 <u>8:30:</u> Chair Yoga 1 (Sr Center) <u>10:30:</u> Chair Yoga 2 (Sr Center) <u>12 Noon:</u> ZOOM Ross Tech Time	Nov 17 <u>9 am:</u> Walking (Kennedy Field) <u>10:00:</u> Tai Chi (Kennedy Field) <u>10:30:</u> FB Live Keisa/Exercise <u>11:30:</u> BINGO (Sr Center)	Nov 18 <u>8:30:</u> Weights 1 w/Steve (Sr Center) <u>9:45:</u> Weights 2 w/Steve (Sr Center) <u>12:00:</u> FB Live Exercise/Sophia <u>1:00:</u> Art (Sr Center) <u>1:30:</u> ZOOM Brain Games w/Anna	Nov 19 <u>10:00:</u> Low Impact Aerobics w/Lynn (Kennedy Field) <u>11:30:</u> FB Live Exercise/Steve <u>1:00:</u> Hasmig Gentle Exercise (Sr Center)
Nov 22 and Nov 29 <u>8:30 am:</u> Mat Yoga (Sr Center) Nov. 29 only 8:30: FB Live ** Exercise w/Steve*** <u>10 am:</u> Coffee Talk (Sr Center) <u>12 noon:</u> FB Live Tai Chi -Hasmig <u>1:30:</u> Zumba / Saloney	Nov 23 and Nov 30 <u>8:30:</u> Chair Yoga 1 (Sr Center) <u>10:30:</u> Chair Yoga 2 (Sr Center) ***Nov. 23*** 12noon: "Managing Back Pain" New Bridge Medical Center (Sr Center)	Nov 24 <u>9 am:</u> Walking (Kennedy Field) <u>10:00:</u> Tai Chi (Kennedy Field) <u>10:30:</u> FB Live Keisa/Exercise <u>11:30:</u> BINGO (Sr Center)	Nov 25 Thanksgiving No Scheduled Activities Facebook Exercise Videos on Demand	Nov 26 Thanksgiving No Scheduled Activities Facebook Exercise Videos on Demand

To sign up for ZOOM classes, email sullivan@newmilfordboro.com to be sent a ZOOM invite and codes. Or call the senior center at 201-599-7565.

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