

STAMFORD SENIOR CENTER CALENDAR FOR JUNE 2010 – PHONE 203-977-5151

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
AARP Saturdays June 12th and June 19th 9am – 1pm	9:30-11:30 Blood Pressure & Sugar 10-11 Beginners Tai Chi with Ken 11-12 Intermediate Tai-Chi with Ken 12:15-4 Duplicate Bridge (0-500) Game/ \$7	10-1 Duplicate Bridge 10-12 Current Events & Issues w/ John Moses 130:-2:30 Aerobics with Tamara 1:30-3 Book Club: “The Girl with the Pearl Earring” 2:45 Movie: Grapes Of Wrath	10-12 Art w/Ray 10:45-11:45 Pilates with Tamara 1: 00-2:30 Exercise with Miriam 1:00-3:00 Computer Help w/Dr. Steinman.Make Appt. Italian Center Book & Author Luncheon Call 203-351-8275 for tickets.	10 -12 Art with Ann 10-11:30 Wii Games with Blake 10-11:30 Russians Practice English Group 1 11:30-1 Russian Group 2 1:30-2:30 Exercise with Miriam
7	8	9	10	11
10-12 Art with Ann 11-12 Yoga w/Miriam 1:30-2:30 Line Dancing w/Tina 2:45 Movie: <i>Grapes Of Wrath</i>	9:30-11:30 Blood Pressure & Sugar 10-11 Beginners Tai Chi with Ken 11-12 I Intermediate Tai-Chi with Ken 10:30-12 Memoir Writing w/Magdalen \$4 12:15-4 Duplicate Bridge (0-500) Game/ \$7 2-3 Hearing Aid Clinic Sign Up At Desk. Free	10-1 Duplicate Bridge 10-12 Current Events & Issues w/ Frieda Reitman 130:-2:30 Aerobics with Tamara 2:45 Movie: <i>Up In The Air</i>	10-12 Art w/Ray 10-11:30 Wii Games with Blake 10:45-11:45 Pilates with Tamara 1:00-2:30 Exercise with Miriam 1:00-3:00 Computer Help w/ Dr. Steinman. Make Appt. Today: Life Line Screening Call 1-888-653-6441 for an appointment	10-12 Art with Ann 10:30-11:30 Tap Dancing w/Roberta Pollard 10-11:30 Russians Practice English Group 1 11:30-1 Russian Group 2 11:30-1 Lunch & Learn w/ Dr.Coady “ Thoracic Surgery” Reserve for \$2 1:30-2:30 Exercise with Miriam
14	15	16	17	18
10-12 Art with Ann 10-12 Senior Forum “Senior Aids” led by D. Katz 11-12 Yoga with Miriam 1:30-2:30 Line Dancing with Tina 2:45 Movie: <i>Up In The Air</i>	9:30-11:30 Blood Pressure 10-11 Beginners Tai Chi with Ken 11-12 I Intermediate Tai-Chi with Ken 11-12 Technology Discussion Group with Bob Budke 12:15-4 Duplicate Bridge (0-500) Game/\$7 2:00 “Food Labels” & HowTo Read Them w/ Nancy Ferriello	10-1 Duplicate Bridge 10-12 Current Events & Issues w/ John Moses 1:30 Biggest Loser Club Please enroll by calling 203-977-4389 1:30-2:30 Aerobics with Tamara 2:45 Movie: <i>Pharaoh’s Army</i>	9:30-11:30 Memory Screening: Call 203-762-8958 for an appointment 10-12 Art with Ray 10-11:30 Wii Games with Blake 10:45-11:45 Pilates with Tamara 1:00-2:30 Exercise with Miriam 1:00-3:00 Computer Help w/Dr. Steinman Make Appt.	10-12 Art with Ann 10-11:30 Russians Practice English Group 1 11:30-1 Russian Group 2 1:30-2:30 Exercise with Miriam
21	22	23	24	25
10-12 Art with Ann 11-12 Yoga with Miriam 1:30-2:30 Line Dancing w/Tina 2:45 Movie: <i>Pharaoh’s Army</i>	9:30-11:30 Blood Pressure 10:30-12 Gardening w/ Lenny: “General Gardening” Workshop 10-11 Beginners Tai Chi with Ken 11-12 I Intermediate Tai-Chi with Ken 10:30-12 Memoir Writing w/Magdalen 12:15-4 Duplicate Bridge (0-500)Game/\$7	10-1 Duplicate Bridge 10-12 Current Events & Issues w/Frieda Reitman 1:30 Biggest Loser Club 1:30:-2:15 Aerobics with Tamara 2:45 Movie: <i>Absence Of Malice</i>	10-12 Art with Ray 10:45-11:45 Pilates with Tamara 1:00-2:30 Exercise with Miriam 1:00-3:00 Computer Help w/Dr. Steinman. Make Appt.	10-12 Art with Ann 10-11:30 Wii Games with Blake 10-11:30 Russians Practice English Group 1 11:30-1 Russian Group 2 1:30-2:30 Exercise with Miriam
28	29	30		
10-12 Art with Ann 10-12 Senior Forum “How To Live To 97 w/C. Koffler 11-12 Yoga with Miriam 1:30-2:30 Line Dancing w/Tina 2:45 Movie: <i>Absence Of Malice</i>	9:30-11:30 Blood Pressure 10-11 Beginners Tai Chi with Ken 11-12 I Intermediate Tai-Chi with Ken 12:-15-4 Duplicate Bridge (0-5-00)Game/\$7	10-1 Duplicate Bridge 10-12 Current Events & Issues/w Wilbur Miller 1:30 Biggest Loser Club 1:30:-2:15 Aerobics with Tamara 2:45 Movie: <i>Last Chance Harvey</i>		

