

**Hot Lunch**  
**Monday – Friday**  
**12 p.m. \$4.00**  
**Reservations by 11:15**

**DARIEN SENIOR CENTER CALENDAR**  
**NANCY ZENGO, DIRECTOR**  
**CAROLYNN LEWIS, THURS. & FRI., ASSIST. DIRECTOR**  
**SENIOR CENTER (203) 655-1705 & 656-7453**

**Woodworking**  
**Shop**  
**Monday-Friday**  
**All kinds of**  
**repairs done**

**MAY, 2009**

<b>MONDAY, MAY 4</b>	<b>MONDAY, MAY 11</b>
Bridge & Pinochle Walk around the Gym – 9:15-9:45 Stain Glass w/Rose Warren & George Sposito - 9:30-11:30 Quilting with Sandy – 9:30 a.m. Exercise with Kinsey – 10-10:45 a.m. Discussion Group – 11:00 a.m. “Darts” – 11: a.m. Ballet Class w/Ruth Brinker 11 a.m.-12 noon \$4/class <b>Senior Men’s Choral Group – 12:45 p.m.</b> Bingo – 1:30 p.m.	Bridge & Pinochle Walk around the Gym – 9:15-9:45 Stain Glass w/Rose Warren & George Sposito - 9:30-11:30 Quilting with Sandy – 9:30 a.m. Exercise with Kinsey – 10-10:45 a.m. <b>Blood Pressure – 10 – 11:00 a.m.</b> Discussion Group – 11:00 a.m. “Darts” – 11: a.m. Ballet Class w/Ruth Brinker 11-12 noon \$4/class <b>Park Street Singers – 12:45 p.m.</b> Bingo – 1:30 p.m.
<b>TUESDAY, MAY 5</b>	<b>TUESDAY, MAY 12</b>
Bridge & Pinochle Knitting & Needlepoint with Doris – 9:30 a.m. Low Impact Exercise with Winifred – 10:00 a.m. Writing Class – 10:00 a.m. Walk-in Computer Class with Bob & Ed 10-11:30 a.m. <b>“Helping to Stay at Home” w/Lee – 10:30 a.m.</b> Tai Chi – 11-11:55 a.m. - \$4.00 Movie – 12:45 p.m. Italian Conversation w/Tony – 1-2:45 p.m.	Bridge & Pinochle Knitting & Needlepoint with Doris – 9:30 a.m. Low Impact Exercise with Winifred – 10:00 a.m. Writing Class – 10:00 a.m. Walk-in Computer Class with Bob & Ed 10-11:30 a.m. Tai Chi – 11-11:55 a.m. - \$4.00 Movie – 12:45 p.m. Italian Conversation w/Tony – 1-2:45 p.m.
<b>WEDNESDAY, MAY 6</b>	<b>WEDNESDAY, MAY 13</b>
Crafts with Phyllis – 9:30 a.m. Art Class with Joe Lamorte – 9:30-11 - \$4/class Travel Movie – 10:30 a.m. Yoga with Ann– 11-11:45 a.m. \$4/class “Piano Fun” with Nancy – 11:30 a.m. Wellness Program – 12:30 p.m. “Open Arts Studio” – 12:30-2:30 p.m. “Let’s Talk” w/Louis Rosenfeld – 12:45 <b>Pen Pal Table – 2:00 p.m.</b>	Crafts with Phyllis – 9:30 a.m. Art Class with Joe Lamorte – 9:30-11 - \$4/class Travel Movie – 10:30 a.m. Yoga with Ann– 11-11:45 a.m. \$4/class “Piano Fun” with Nancy – 11:30 a.m. Wellness Program – 12:30 p.m. “Open Arts Studio” – 12:30-2:30 p.m. “Let’s Talk” w/Louis Rosenfeld – 12:45 <b>Pen Pal Table – 2:00 p.m.</b>
<b>THURSDAY, MAY 7</b>	<b>THURSDAY, MAY 14</b>
Indoor Walking Group – 9:00 a.m. Pilates – 9:30 a.m. Advanced Beginner Bridge, Lesson & Supervised Play, no partner needed, w/Jim Greer – 10-12 p.m. Movie – 10 a.m. <b>NCC Lifetime Learners – pre-registration required</b> <b>Acrylic Painting – 10 a.m.</b> <b>“How to Shop Smart for Insurance &amp; Avoid Scams”</b> <b>State of CT Outreach Program – 10:30 a.m.</b> Pottery Class – 12:30-2:00 p.m. Jazzercise – 11:15 a.m. Chess – 12:30 p.m. Fine Arts Movie, Smithsonian “History of European Art”, Part II – 12:30 p.m. Short Story with Carroll Stenson – 1 p.m. “Remember When”, seniors reminisce, tell/share 1-2 pm	Indoor Walking Group – 9:00 a.m. Pilates – 9:30 a.m. Advanced Beginner Bridge, Lesson & Supervised Play, no partner needed, w/Jim Greer – 10-12 p.m. Movie – 10 a.m. <b>NCC Lifetime Learners – pre-registration required</b> <b>Acrylic Painting – 10 a.m.</b> Pottery Class – 12:30-2:00 p.m. Jazzercise – 11:15 a.m. Chess – 12:30 p.m. Classic Movie – 12:30 p.m. Short Story with Carroll Stenson – 1 p.m. “Remember When”, seniors reminisce, tell/share 1-2 pm
<b>FRIDAY, MAY 8</b>	<b>FRIDAY, MAY 15</b>
Indoor Walking Group in the Gym – 8:45 a.m. Advanced Beginner Bridge, Lesson & Supervised Play, no partner needed, w/Jim Greer – 10-12 p.m. <b>NCC Lifetime Learners – pre-regristration required</b> <b>Stone Carving – 10 a.m.</b> <b>Oil Painting – 10 a.m.</b> Beginner Level Conversational Spanish – 10 a.m. “Ballet for Seniors”, Ruth Ann Brinker – 9:30-10:30 am “Dance for Health” w/Elizabeth Hall– 10:45 a.m. Spanish – 11 a.m. Contemporary Issues Discussion Group with Drs. Bob & Jan Miller – “Currents Events”12:30	Indoor Walking Group in the Gym – 8:45 a.m. Advanced Beginner Bridge, Lesson & Supervised Play, no partner needed, w/Jim Greer – 10-12 p.m. Movie – 10 a.m. <b>NCC Lifetime Learners – pre-registration required</b> <b>Stone Carving – 10 a.m.</b> <b>Oil Painting – 10 a.m.</b> Beginner Level Conversational Spanish – 10 a.m. “Ballet for Seniors”, Ruth Ann Brinker – 9:30-10:30 am “Dance for Health” w/Elizabeth Hall – 10:45 a.m. Spanish – 11 a.m. Contemporary Issues Discussion Group with Drs. Bob & Jan Miller – “Currents Events”12:30 p.m.

<p align="center"><b>MONDAY, MAY 18</b></p> <p>Bridge &amp; Pinochle Walk around the Gym – 9:15-9:45 a.m. Stain Glass w/Rose Warren &amp; George Sposito - 9:30-11:30 Quilting with Sandy – 9:30 a.m. Exercise with Kinsey – 10-10:45 a.m. Discussion Group – 11:00 a.m. “Darts” – 11: a.m. Ballet Class w/ Ruth Brinker 11-12 noon \$4/class <b>“Aging in Place” w/Alyssa Israel– 12:45 p.m.</b> Bingo – 1:30 p.m.</p>	<p align="center"><b>MONDAY, MAY 25</b></p> <p align="center"><b>CLOSED MEMORIAL DAY</b></p> <p align="center"><b>COME TO THE PARADE</b></p>
<p align="center"><b>TUESDAY, MAY 19</b></p> <p>Bridge &amp; Pinochle Knitting &amp; Needlepoint with Doris – 9:30 a.m. Low Impact Exercise with Winifred – 10:00 a.m. Writing Class – 10:00 a.m. Walk-in Computer Class with Bob &amp; Ed 10-11:30 a.m. Tai Chi – 11-11:55 a.m. - \$4.00 Movie – 12:45 p.m. “Alliance Française”, Reading Group 12:45-2:45 pm <b>Jacqueline Pace, “Resistance in France” – 12:45 pm</b> Italian Conversation w/Tony – 1-2:45 p.m.</p>	<p align="center"><b>TUESDAY, MAY 26</b></p> <p>Bridge &amp; Pinochle Knitting &amp; Needlepoint with Doris – 9:30 a.m. Low Impact Exercise with Winifred – 10:00 a.m. Writing Class – 10:00 a.m. Walk-in Computer Class with Bob &amp; Ed 10-11:30 a.m. Tai Chi – 11-11:55 a.m. - \$4.00 Movie – 12:45 p.m. Italian Conversation w/Tony – 1-2:45 p.m.</p>
<p align="center"><b>WEDNESDAY, MAY 20</b></p> <p>Crafts with Phyllis – 9:30 a.m. Art Class with Joe Lamorte – 9:30-11 - \$4/class Travel Movie – 10:30 a.m. Yoga with Ann– 11-11:45 a.m. \$4/class “Piano Fun” with Nancy – 11:30 a.m. Wellness Program – 12:30 p.m. “Open Arts Studio” – 12:30-2:30 p.m. Library Program – 12:45 p.m. <b>Pen Pal Table – 2:00 p.m.</b></p>	<p align="center"><b>WEDNESDAY, MAY 27</b></p> <p>Crafts with Phyllis – 9:30 a.m. Art Class with Joe Lamorte – 9:30-11 - \$4/class Travel Movie – 10:30 a.m. Yoga with Ann– 11-11:45 a.m. \$4/class “Piano Fun” with Nancy – 11:30 a.m. <b>Library Program – 12:45 p.m.</b> “Open Arts Studio” – 12:30-2:30 p.m. <b>Pen Pal Table – 2:00 p.m.</b></p>
<p align="center"><b>THURSDAY, MAY 21</b></p> <p>Indoor Walking Group – 9:00 a.m. Pilates – 9:30 a.m. Advanced Beginner Bridge, Lesson &amp; Supervised play, no partner needed w/Jim Greer – 10-12 p.m. Movie – 10 a.m. <b>NCC Lifetime Learners – pre-registration required</b> <b>Acrylic Painting – 10 a.m.</b> Pottery Class – 12:30-2:00 p.m. Jazzercise – 11:15 a.m. Chess – 12:30 p.m. Jewelry with Viola – 12:30 p.m. Classic Movie – 12:30 p.m. Short Story with Carroll Stenson – 1 p.m. “Remember When”, seniors reminisce, tell/share 1-2 pm</p>	<p align="center"><b>THURSDAY, MAY 28</b></p> <p>Indoor Walking Group – 9:00 a.m. Pilates – 9:30 a.m. Advanced Beginner Bridge, Lesson &amp; Supervised play, no partner needed w/Jim Greer – 10-12 p.m. Movie – 10 a.m. <b>NCC Lifetime Learners – pre-registration required</b> <b>Acrylic Painting – 10 a.m. (LAST DAY)</b> Pottery Class – 10 a.m.-12 p.m. Jazzercise – 11:15 a.m. Chess – 12:30 p.m. Classic Movie – 12:30 p.m. Short Story with Carroll Stenson – 1 p.m. “Remember When”, seniors reminisce, tell/share 1-2 pm <b>Senior Fitness Class – 2:245 p.m.</b></p>
<p align="center"><b>FRIDAY, MAY 22</b></p> <p>Indoor Walking Group in the Gym – 8:45 a.m. Advanced Beginner Bridge, Lesson &amp; Supervised Play, no partner needed, w/Jim Greer – 10-12 p.m. <b>NCC Lifetime Learners – pre-regristration required</b> <b>Stone Carving – 10 a.m.</b> <b>Oil Painting – 10 a.m.</b> Beginner Level Conversational Spanish – 10 a.m. “Ballet for Seniors”, Ruth Ann Brinker – 9:30-10:30 am “Dance for Health” w/Elizabeth Hall– 10:45 a.m. Spanish – 11 a.m. Contemporary Issues Discussion Group with Drs. Bob &amp; Jan Miller – “Currents Events”12:30</p>	<p align="center"><b>FRIDAY, MAY 29</b></p> <p>Indoor Walking Group in the Gym – 8:45 a.m. Advanced Beginner Bridge, Lesson &amp; Supervised Play, no partner needed, w/Jim Greer – 10-12 p.m. <b>NCC Lifetime Learners – pre-regristration required</b> <b>Stone Carving – 10 a.m. (LAST DAY)</b> <b>Oil Painting – 10 a.m. (LAST DAY)</b> Beginner Level Conversational Spanish – 10 a.m. “Ballet for Seniors”, Ruth Ann Brinker – 9:30-10:30 am “Dance for Health” w/Elizabeth Hall– 10:45 a.m. Spanish – 11 a.m. Contemporary Issues Discussion Group with Drs. Bob &amp; Jan Miller – “Currents Events”12:30</p>

**MAY 12 – BUS TRIP – 9:15 A.M. TO 5 P.M. – TO THE BRONX  
BOTANICAL GARDENS, LUNCH AT EMILIA’S ON ARTHUR AVE.  
– RESERVATIONS REQUIRED, CALL 594-3620**

**\*STAIN GLASS CLASS IS NOW FROM 9:30-11:30 A.M.**

**CHECK WITH NANCY FOR POOL TABLE AVAILABILITY**