

ROSE CITY (NORWICH) SENIOR CENTER

SCHEDULE OF REGULAR MEETINGS AND PROGRAMS

MONDAY	9:00	Senior Affairs Commission (3 rd Mon, Sept/Oct/Nov, Mar/Arp/May)
	9:30	Art Class
	9:30	Exercise Class-Aerobics
	10:45	Line Dancing
	12:30	Pinochle
	1:00	Pitch
TUESDAY	8:30	Elder Care Review Team (1 st Tue, no Jan/Jul/Aug/Dec)
	9:00	Pilates
	9:00	Hairdresser (call for Appointment)
	9:00	Oriental Rug Making
	9:00	Relative Caregivers Support Group (Last Tue)
	9:30	Po-Ke-No
	10:00	Visually Impaired Support Group (1 st Tue)
	10:30	Roseland Combo - Rehearsal
	11:15	Massage Therapy (\$25) (1 st Tue, by Appointment Only)
	12:45	Bridge
		1:00
	1:30	CSEA #403 Retirees (2 nd Tue, not Jun/Jul/Aug/Dec)
WEDNESDAY	8:30	Strength & Flexibility Exercise
	9:30	Participant Committee Mtg (Last Wed)
	9:30	Scrabble
	9:30	Tray Favors Group
	9:45	Health & Chair Exercise
	10:00-Noon	Blood Pressure Clinic (1 st & 3 rd Wed)
	10:45	Yoga (Fee: \$3/\$4)
	12:15	Chair Yoga (Fee: \$3/\$4)
	12:30	Mahjong
	12:45	Bridge
		1:30
	1:30	Zumba Gold
THURSDAY	9:00	Zumba Gold
	9:30	"Hearing" Clinic (3 rd Thu, by Appointment)
	12:45	Pinochle
	1:00	Quilting (Please Call Hilary)
	1:00	Pickleball
	1:00	Volunteer Knitting & Crocheting Circle
FRIDAY	8:45	Podiatry Clinic—Dr. Walter (\$15) (1 st Fri, by Appointment Only)
	8:45-10:00	Hot Breakfast (See <i>VOICES</i> for menu)
	9:00	Hairdresser (call for Appointment)
	8:45	Massage Therapy (\$25) (By Appointment Only)
	9:30	Exercise Class-Aerobics
	9:30	Knitting & Crocheting Circle
	10:45	Yoga (Fee: \$3/\$4)
	12:00	Tai Chi (\$95)
		1:45
	12:45	Bridge
	1:00	Bingo