

Monday Sept 26	Tuesday Sept 27	Wednesday Sept28	Thursday Sept 29	Friday Sept 30	Saturday Oct 1
<b>Wii bowling demo w/Wally 10:30am</b>  <b>Free water donation from Coca Cola</b>  <b>Cribbage open session Group play 10:30-11:30</b>	<i>Atria Crossings fruit donation this week</i>  <b>Living and working in Space – United Kingdom National Space Center</b> 11:00 am Confirmed	<b>Walk with Ease At Poquonnock Plains Park (open session)</b> 10:00 am	<i>Free WHITTLES FARM apple</i> <b>Tech Talk 9-10 am</b>  <b>Beautiful Minds Brain Fair</b> 10 am - 6 different stations  <b>ENDERS ISLAND Trip lunch &amp; tour (OATS)</b> 11:00- 1:00 pm		<i>International Day of the Older Person</i>
<b>Scrabble Tournament (must register)</b> 1:00 – 3:00 pm	<b>Club 55 Gathering</b> <i>3 Js &amp; a How Barbershop group and Riverside Strings perform!</i>	<b>TAI CHI free/open session-</b> Gary Donovan Time 11:30-12:15 in music room	<b>Philly Museum of Art American Art 1800-1900</b> 1:00 pm – Tentative please call  <b>Exercising Smart with Art</b> 1:00 pm	<b>Denim &amp; Diamonds Regional Dinner</b> <b>Dance w/ Tribute to Patsy Cline performing</b> <i>(transportation provided)</i> 11:30 am - 3 :00 pm	
<b>US Army Women’s Museum – American Women of WWII</b> 1:00pm Confirmed	1:30pm <b>OATS HIKES AND TRIPS CLASSROOM A</b> Learn what’s coming up!	<b>Smart Phones with AT&amp;T – get your questions answered about YOUR phone</b> 1PM in the Cove	<b>FLU SHOT CLINIC Presented by VNA of Southeastern CT</b> 1:00 - 3:00 pm	<b>AARP Driving Safety Class</b> 12:00- 4 :30 pm	<b>Boston Red Sox Game trip</b>
<b>Trip presentation-MACKINACK ISLAND</b> 4:00 pm		<b>SPAGHETTI DINNER TRIAD Yellow dot Program (must register)</b> 5:00-7:00 pm	<b>AARP – The Road to Livability</b> 5 pm		
<b>Art on Exercise and Inflamed Joints</b> 6:00 – 7:30 pm	<b>Art on Weight Control and Exercise</b> 6:00 – 7:30 pm	<b>Art on CV exercise – Intensity vs Duration</b> 6:00 – 7:30 pm			

9/23/2016

# 2016 Active Aging Week Schedule

– programs subject to change