

# August 2020

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
<p>11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p>	<p>9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>11:00 am Game-Likewise, call the Vernon Senior Center at 860-870-3680 for registration information</p> <p>11:15 Ageless Grace-Cutting Edge Programs that activate all 5 parts of the Brain to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a></p> <p>1:00 The Soul of America-based on the book by John Meecham to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a></p>	<p>10:00 Storm Preparedness to register Sign up with Hartford HealthCare Center for Healthy Aging 1.877.424.4641</p> <p>11:00 Line Dancing with Jim Gregory to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a></p> <p>11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>11:00 am Drop in Poetry Class with Dr. Richard Singer. To register email <a href="mailto:seniorcenter@oldlyme-ct.gov">seniorcenter@oldlyme-ct.gov</a></p> <p>1:30 Biography of Bob Steele, the Radio Voice of Southern New England to register email <a href="mailto:Deborah.kennedy@westhartfordct.gov">Deborah.kennedy@westhartfordct.gov</a></p> <p>2:00-3:00 pm Virtual Ballet email <a href="mailto:JTessman@TownofCantonCT.org">JTessman@TownofCantonCT.org</a></p> <p>3:00-4:00 pm Virtual</p>	<p>9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>1:00 pm Mozart at the Movies 8 week program, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a></p> <p>1:00 Passport in Place (Virtually Travel around the World) to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>1:00 Verified Driver Program via Zoom to register email <a href="mailto:lgravel@cheshirect.org">lgravel@cheshirect.org</a></p> <p>1:30 pm Compelling Vision Workshop, to register email <a href="mailto:mmarici@candlewoodvalley.com">mmarici@candlewoodvalley.com</a></p> <p>2:00 Great Painters: Game Changers, Evolutionists and Rebels to register email <a href="mailto:Deborah.kennedy@westhartfordct.gov">Deborah.kennedy@westhartfordct.gov</a></p>	<p>11:00 am Yoga to register, email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>1:00 pm Online Bingo, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a></p>

		Tappercize email <a href="mailto:JTessman@TownofCantonCT.org">JTessman@TownofCantonCT.org</a>		
10	11	12	13	14
<p>10:30 Senior Bullying Program via Zoom to register email <a href="mailto:lgravel@cheshirect.org">lgravel@cheshirect.org</a></p> <p>11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>1:00 pm AARP-What I need to know about Electric Suppliers. Register at <a href="https://aarp.event.com/ElectricAugust10Wethersfield">https://aarp.event.com/ElectricAugust10Wethersfield</a></p>	<p>9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>11:00 am Food for Thought-Live Facebook Demonstration, visit Facebook Vernon Senior Center</p> <p>11:00 am Game-Boggle call the Vernon Senior Center at 860-870-3680 for registration information</p> <p>11:15 Ageless Grace-Cutting Edge Programs that activate all 5 parts of the Brain to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a></p>	<p>9:00 Veteran's Coffee Hour open to Veteran's, their spouses and family members to register email <a href="mailto:Deborah.kennedy@westhartfordct.gov">Deborah.kennedy@westhartfordct.gov</a></p> <p>11:00 Line Dancing with Jim Gregory to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a></p> <p>11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>11:00 am Drop in Poetry Class with Dr. Richard Singer. To register email <a href="mailto:seniorcenter@oldlyme-ct.gov">seniorcenter@oldlyme-ct.gov</a></p> <p>2:00-3:00 pm Virtual Ballet to register email <a href="mailto:JTessman@TownofCantonCT.org">JTessman@TownofCantonCT.org</a></p> <p>3:00-4:00 pm Virtual Tappercize to register email <a href="mailto:JTessman@TownofCantonCT.org">JTessman@TownofCantonCT.org</a></p>	<p>9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>1:00 pm Mozart at the Movies 8 week program, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a></p>	<p>11:00 am Yoga to register, email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a></p> <p>1:00 pm Online Bingo, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a></p>

		1:00 Senior Voting and More to register email <a href="mailto:Deborah.kennedy@westhartfordct.gov">Deborah.kennedy@westhartfordct.gov</a>		
17	18	19	20	21
11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>	9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  11:00 am Game-Trivia call the Vernon Senior Center at 860-870-3680 for registration information  11:15 Ageless Grace-Cutting Edge Programs that activate all 5 parts of the Brain to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a>  1:00 Can Memory Loss be Prevented?_to register, call 860-747-5728.	11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  11:00 am Drop in Poetry Class with Dr. Richard Singer. To register email <a href="mailto:seniorcenter@oldlyme-ct.gov">seniorcenter@oldlyme-ct.gov</a>  11:00 Line Dancing with Jim Gregory to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a>  1:00 Musical Bingo to register email <a href="mailto:senior@granby-ct.gov">senior@granby-ct.gov</a>  1:30 The Benefits of Cardiac Rehab to register email <a href="mailto:mmarici@candlewoodvalley.com">mmarici@candlewoodvalley.com</a>	9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  1:00 pm Mozart at the Movies 8 week program, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a>	11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  1:00 pm Online Bingo, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a>  On Saturday August 22 <sup>nd</sup> at 10:30am Laughter Yoga to register email <a href="mailto:kcaramanica@easthartfordct.gov">kcaramanica@easthartfordct.gov</a>
24	25	26	27	28
11:00 am Yoga to register, email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  1:00pm AARP Caregivers Road Show for CT Families. Register at <a href="https://aarp.event.com/car">https://aarp.event.com/car</a>	9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  11:00 am Food for Thought-Live Facebook Demonstration, visit Facebook Vernon Senior Center	11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  11:00 am Drop in Poetry Class with Dr. Richard Singer. To register email <a href="mailto:seniorcenter@oldlyme-ct.gov">seniorcenter@oldlyme-ct.gov</a>	9:00am Tai Chi to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  1:00 pm Mozart at the Movies 8 week program, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a>	11:00 am Yoga to register email <a href="mailto:asaada@cromwellct.com">asaada@cromwellct.com</a>  1:00 pm Online Bingo, to register email <a href="mailto:floodmh@mansfieldct.org">floodmh@mansfieldct.org</a>

<a href="#">egiversAug24Wethersfield</a>	<p>11:00 am Game-Family Feud call the Vernon Senior Center at 860-870-3680 for registration information</p> <p>11:15 Ageless Grace-Cutting Edge Programs that activate all 5 parts of the Brain to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a></p>	<p><a href="#">gov</a></p> <p>11:00 Line Dancing with Jim Gregory to register email <a href="mailto:lisa.hanse@westhartfordct.gov">lisa.hanse@westhartfordct.gov</a></p>		
<p>31</p> <p>10:30 Dementia Friends Program via Zoom to register email <a href="mailto:lgravel@cheshirect.org">lgravel@cheshirect.org</a></p> <p>11:00 am Yoga email <a href="mailto:asaada@cromwell.com">asaada@cromwell.com</a></p>				