

ACTIVITIES FOR SENIORS

All activities take place at the Fairfield Senior Center, 100 Mona Terrace. (off Oldfield Road) The center is open Monday through Friday from 9:00 am to 3:30 pm. All activities are currently available and free unless otherwise noted. Any questions, please call the Senior Center at 256-3166.

PHYSICAL FITNESS

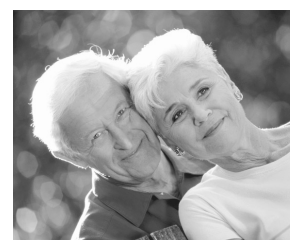
Pace Arthritis Program	Wednesday & Friday	10:00 am
Flex and Stretch (chair exercise)	Daily	11:00 am
Pacers (walking)	Monday & Thursday	9:00 am
T'AI CH'I	Monday & Thursday	1:30 pm (fee \$6.00 week)
Yoga	Wednesday	9:30 am (fee \$2.00 week)
Senior Exercise	Wednesday & Friday	11:30 am
Senior Exercise	Tuesday & Thursday	10:10 am

DANCE

Ballroom Style Dance Monthly – 1st Thursday 1:15pm (\$3.00 donation includes refreshments)

GROUPS Come join us! Facilitated by Nationally Certified Counselor. Call 256-3125

Arthritis	1st Friday	9:30 am
Getting To Know You	Every Monday	10:30 am
Let's Talk About The News	Every Wednesday	12:30 pm
Friday Get Together	Every Friday	10:30 am
Jokesters	3rd Thursday	10:15 am
Living Alone	2nd & 4th Thursday	12:30 pm
That's Life	1st Tuesday	10:15 am
Low Vision	2nd Wednesday	10:15 am
Our Gang	3rd Wednesday	10:30 am
Neuropathy	2nd Tuesday	10:15 am
Osteoporosis	3rd Thursday	10:30 am



DEFENSIVE DRIVING AARP COURSE (2 sessions) \$10.00 Fee

September 11th & 13th	Tuesday & Thursday	9:00 am – 1:00 pm
October 2nd & 4th	Tuesday & Thursday	9:00 am – 1:00 pm
November 6th & 8th	Tuesday & Thursday	9:00 am – 1:00 pm

WEEKLY ACTIVITIES

Sewing Bee	Monday	9:00 am
Bingo	Monday	12:30 pm
Pokeno	Monday, Thursday & Friday	9:30 am
Bridge	Monday, Tuesday, Thursday & Friday	1:00 pm
Woodcarving	Tuesday, Thursday (no experience necessary)	9:00 – 11:00 am
Woodworking	Wednesday	9:30 am
Crafts	Thursday	9:30 – 11:30 am
Quilting	Friday	9:30 am
Movie	Friday (newly released video)	12:15 pm

CLUBS

Computer Club – First Tuesday
 Investment – First Monday
 Model Airplane – Every Wednesday
 Genealogy Club – Fourth Wednesday

ELDERHOSTEL LEARNING IN RETIREMENT, COMPUTER CLASSES AND CONTINUING EDUCATION CLASSES available call 256-3166 for details.

TRANSPORTATION: Buses available for transportation to and from Center and shopping – \$.25 each way. Medical appointments – Fairfield \$.50 each way. St. Vincent's Hospital, Bridgeport Hospital and Commerce Park \$1.00 each way. Reservations 2 days in advance. Call 256-3168.

Free transportation to West Haven Veteran's Hospital every Monday and Tuesday. Call 256-3168.

LUNCH: Served daily at 11:45 am. Reservations required 2 days in advance, \$1.75 donation. Call 256-3118.

SERVICES By Appointment (256-3166) Medicare / Medigap / HMO Counseling, Legal Counseling, Long Term Care Counseling, Notary Service, Fuel Assistance, Tax Assistance, Senior Group Meetings, AARP etc., Chore, Handyman Information.

MONTHLY NEWSLETTER: All senior center activities, including lunch menu. Available at both libraries, Town Hall, banks, doctor's offices.

NEED HELP WITH CAREPLANNING AND/OR ENTITLEMENT? For appointment, call social worker at Senior Center. Service is free to Fairfield seniors and their families. Call 256-3125.