



## May | June 2018 New Milford Senior Center Programs at The New Milford Public Library – 200 Dahlia Ave.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 20	MAY 21	MAY 22	MAY 23	MAY 24 10am Exercise 11am Cerebral Gymnastics	MAY 25 10am Exercise 1pm Movie 1pm Games: Bridge	MAY 26 <b>NO SENIOR PROGRAMS</b>  <b>LIBRARY OPEN 1pm-5pm</b>
MAY 27	MAY 28 <b>MEMORIAL DAY CLOSED</b> 	MAY 29 10am Chair Yoga 1pm Painting w/Deirdre	MAY 30 9am Tai Chi 12:15pm Chair Yoga	MAY 31 10am Exercise 11am Meditation	JUNE 1 10am Exercise 1pm Movie 1pm Games: Bridge	JUNE 2 9am-1pm Saturday Program 9:30am Tai Chi 10:30am Breakfast   Games
JUNE 3	JUNE 4 10am Aerobics 12:15pm Tai Chi 1pm Games: Bridge	JUNE 5 <b>NO SENIOR PROGRAMS</b>  <b>ELECTION DAY</b>	JUNE 6 9am Tai Chi 12:15pm Chair Yoga	JUNE 7 10am Exercise 12pm Movie	JUNE 8 10am Exercise 1pm Movie 1pm Games: Bridge	JUNE 9 9am-1pm Saturday Program 9:30am Tai Chi 10:30am Breakfast   Games
JUNE 10	JUNE 11 10am Aerobics 12:15pm Tai Chi 1pm Games: Bridge	JUNE 12 10am Chair Yoga 1pm Painting w/Deirdre	JUNE 13 9am Tai Chi 12:15pm Chair Yoga	JUNE 14 10am Exercise DVD 11am Cerebral Gymnastics	JUNE 15 10am Exercise 1pm Movie 1pm Games: Bridge	JUNE 16 9am-1pm Saturday Program 9:30am Tai Chi 10:30am Breakfast   Games
JUNE 17	JUNE 18 <b>TBD</b>					