

ONGOING WEEKLY PROGRAM SCHEDULE

R=Resident NR=Non-Resident

Refer to Special Events Calendar for any changes/cancellations.

MONDAYS 8:30AM-6:00PM

Yoga	9:00am–10:00am Multipurpose Room	Instructor, Sam Baer, RYT200 Gentle class with modifications for all levels. Bring your own mat.	Free
Needlecrafts	1:00pm–3:00pm Arts & Crafts	Knit, crochet, cross-stitch, etc.! Bring your own project/supplies.	Free
Chair Yoga	2:00pm-2:45pm Multipurpose Room	Instructor: Sam Baer, RYT200 All the benefits from yoga done in a chair.	Free
Meditation	3:00pm-3:30pm Multipurpose Room	Instructor, Sam Baer, Clear your mind and relax your body.	Free

TUESDAYS 8:30AM-4:00PM

Garden Thyme	9:30am–11:00am Outside	Volunteers help tend the veggie and perennial beds around the center.	Free
TED Talks	1:30pm-2:30pm Multipurpose Room	Join us for a brief video, followed by group discussion. Topics posted inside the newsletter	Free
Shuffleboard	2:00pm-3:30pm Games Room	Old fashioned game, launching weights down the court.	Free

WEDNESDAYS 8:30AM-4:00PM

Cut Ups Carvers	9:30am-11:30am Arts & Crafts	Join this fun group for some carving and jokes. Bring your own supplies. Instruction provided.	Free/ Nominal
Core & Balance Class	10:30am-11:15am Multipurpose Room	Instructor Glenn Eberly. Core and balance exercises done both in and out of a chair to help prevent falls.	R \$4 NR \$5
Cornhole & Ladderball	1:30pm-2:30pm Multipurpose Room	Come have some fun with these games of skill, hand-eye coordination, and just plain luck!	Free

THURSDAYS 8:30AM-4:00PM

Vinyasa Yoga	9:00am-10:00am Multipurpose Rm	A flowing form of yoga, matching breath to movement	Free
Stretch & Strengthen	11:15am-12:00pm Multipurpose Rm	This class is for all levels of fitness, standing and in chairs.	R \$4 NR \$5

FRIDAYS 8:30AM-4:00PM

Wii Bowling	9:00am-12:00pm Great Room	Give it a go at scoring a virtual strike in this fun game!	Free
Garden Thyme	9:30am-11:30am Outdoors	Volunteers help tend the veggie and perennial beds around the	Free

DAILY PROGRAMS - BY APPOINTMENT ONLY
All members must be registered in advance and must stop at the front desk upon entry to check in.

Billiards	Games Room	Limit 4 per time slot
Horseshoes	Backyard	If you'd like to reserve a pit, call for a reservation.
iPad Lending Program	Call for more info	The Center has iPads and wireless internet devices to lend to our members. Call for details.
Library	Library	Call to arrange a time to stop in and see what is available in our library to borrow
Social Circles	Backyard Pavilion	Sign up to visit with friends in a safe space outdoors or indoors.
Walking Warriors	9am, Arbor Park Rain cancels	Opt to keep track of your steps, miles and/or time to add to the group totals, or just walk for fun.
1:1 Technology Classes	Call for more info	Need help with a device or have a technology question? Call to schedule an appointment.

Ellington Senior Center Special Events Calendar June 2021

Be sure to sign up in advance for these programs. Details inside.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10am-12pm Ask the Realtor	2 1pm Ice Cream Social	3 1pm Rebecca Stack, Elderly Outreach Social Worker “Hospital Discharge Planning” w/guest	4
7	8 9:30am Crafting Corner: No Sew Fabric Star	9 12:30pm Movie “The Father”	10	11
14	15	16	17 1pm Creative Writing	18
21	22 9:30am Crafting Corner: Clothes Pin Wreath (take and make)	23	24 1pm History for Fun “Fordlandia”	25 1pm-2:30pm AARP: Juneteenth Freedom Day
28	29	30		

I:1 with Rebecca Stack, Elderly Outreach Social Worker

What Can Rebecca Help With?



- ◆ Medicare—including basic questions, enrollment & more!
 - ◆ Medicare Savings Program
 - ◆ Food Stamps / SNAP
 - ◆ Meals on Wheels
 - ◆ Renters Rebate
- ◆ CT Home Care Program for Elders
- ◆ CT Respite Care Program

Call to schedule an appointment on July 1st between 10am-1pm.

860-870-3133