

January 2026

Mon	Tue	Wed	Thu	Fri
			--CLOSED--	1 2 9:00a Stop & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
5 10:00a Line Dancing w/Xan 11:30a Lunch 12:15p Walk 1:00p Bingo	6 9:15a Friendship Circle 10:00a Circuit Training (Body Weight) 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p Art with Darcee	7 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	8 10:00a Active Older Adult Fitness 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p Chair Yoga	9 9:00a ShopRite 9:30a Movement to Music 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
12 11:30a Lunch 12:15p Walk 1:00p Bingo	13 NO BUS SERVICE 10:00a Circuit Training (Dumbbells) 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p Fun with Parks and Rec.	14 NO BUS SERVICE 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	15 10:00a Active Older Adult Fitness 11:30a Lunch 12:15p Walk 1:00p AARP Driving Class 1:00p Big Y (North Branford)	16 9:00a Stop & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
--CLOSED--	19 20 9:15a Friendship Circle 10:00a Circuit Training (Loop Bands) 11:00a Lunch & Learn Crosspoint Credit Union Fraud Prevention 12:15p Walk 1:00p Cards & Games	21 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	22 10:00a Active Older Adult Fitness 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p Aldi's (Branford)	23 9:00a ShopRite 9:30a Movement to Music 10:45a Tai Chi 11:30a Lunch 12:30p Bingo
26 10:00a Line Dancing w/Xan 11:30a Lunch 12:15p Walk 1:00p Bingo	27 9:15a Friendship Circle 10:00a Circuit Training (Balls) 11:00a ESDHD Lunch & Learn #1 12:15p Walk 1:00p Cards & Games	28 9:30a Taking Shape with Maureen 10:45a Tai Chi 11:30a Lunch 12:15p Walk 1:00p Bingo	29 10:00a Active Older Adult Fitness 11:30a Lunch 12:15p Walk 1:00p Cards & Games 1:00p Walmart (Branford)	30 9:00a Stop & Shop 10:45a Tai Chi 11:30a Lunch 12:30p Special Bingo