

EAST SHORE SENIOR CENTER

411 Townsend Ave. New Haven, CT 06512



February 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | | <p>1</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 Tai Chi 11:30 LUNCH 1:00 MOVEMENT</p> | <p>2</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 Current Events 11:30 Lunch 1:00 Dental Program</p> |
| <p>5</p> <p>9:30 Chat & Chew 10:00 TV Mass 10:30 Yoga 11:30 LUNCH 1:00 Bingo</p> | <p>6</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 TV Fitness 11:30 LUNCH 1:00 Topic Tuesday</p> | <p>7</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 YOGA 11:30 Lunch, Listen & learn with Ben Social Security 1:00 Game Day</p> | <p>8</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 TAI CHI 11:30 Lunch 1:00 MOVEMENT</p> | <p>9</p> <p>Staff Professional Development Day Center is Closed</p> |
| <p>12</p> <p>9:30 Chat & Chew 10:00 TV Mass 10:30 Yoga 11:30 Lunch 1:00 Bingo</p> | <p>13</p> <p>9:30 Chat & Chew 10:00 TV Mass 10:30 Black History Trivia 11:30 Lunch 12:30 Crafts with Deb</p> | <p>14</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 YOGA 12:00 Lunch 1:00 GAMES</p> | <p>15</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 Tai Chi 11:30 Lunch 1:00 MOVEMENT</p> | <p>16</p> <p>Dixwell/ Newhallville Day Trip 197 Dixwell Ave</p> |
| <p>19</p> <p>Washington's Birthday Center is Closed</p> | <p>20</p> <p>9:30 CHAT & CHEW 10:00 Youth at work 10:30 TV Fitness 12:00 Lunch 1:00 Topic Tuesday</p> | <p>21</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 YOGA 11:30 LUNCH 1:00 Games</p> | <p>22</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 Tai Chi 11:30 Lunch 1:00 MOVEMENT</p> | <p>23</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 11:30 Lunch 1:00 Cooking</p> |
| <p>26</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 YOGA 12:00 Lunch 1:00 BINGO</p> | <p>27</p> <p>9:30 CHAT & CHEW 10:00 TV MASS 10:30 TV Fitness 11:30 Lunch- Topic Tuesday 1:00 Crafts</p> | <p>28</p> <p>9:30 Chat & Chew 10:00 TV Mass 10:30 Yoga 11:30 Lunch 1:00 Pokeno</p> | <p>29</p> <p>9:30 Chat & Chew 10:00 TV Mass 10:30 Tai Chi 11:30 Lunch 1:00 Movement</p> | |

Elderly Services Specialists:
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