

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>City of West Haven's Dept. of Elderly Services at the West Haven Senior Center 201 Noble St. Upper Fl P:(203)-937-3507 F:(203)-937-3774</p>				
<p>9:00 Arrive @ WHSC 6 Coffee 'N' Chit Chat MR 9:30-10:30 WHPR Senior Fitness G 10:45-11:15 Brother Joe's Discussion CAR 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p> <p>LAST DAY TO RSVP FOR LUNCHEON!</p>	<p>9:00 Arrive @ WHSC 7 Coffee 'N' Chit Chat MR 9:00-10:00 Pokeno CAR 10:15-10:45 Chair Exercise with Jim in the Gym 11:00-11:30 Brain Fitness CAR 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 8 Coffee 'N' Chit Chat MR 9:00-11:30 Cards & Dominoes CAR 9:30-10:30 WHPR Senior Fitness G 11:30 Lunch MR *NO RT/TR TODAY!* 12:30-1:30 Kneedlers CAR 1:45 Depart from WHSC</p> <p>LAST DAY TO SIGN UP FOR FRIDAY'S CREATIVE ARTS!</p>	<p>9:00 Arrive @ WHSC 2 Coffee 'N' Chit Chat MR 9:00-10:00 Pokeno CAR 10:15-10:45 Lyssercise G 10:45-11:30 Linda's Tai Chi G 11:30 Lunch MR 12:30-2:00 BINGO MR 1:30-2:00 3:00 ML's Watercolor CAR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 3 Coffee 'N' Chit Chat MR 9:30-10:30 WHPR Senior Fitness G *NO NamaSTAY in my Seat: Chair Yoga TODAY* 11:30 Lunch MR 12:15-1:15 Creative Arts CAR 12:30-1:30 Shuffleboard Showdown TVL 1:45 Depart from WHSC</p>
<p>9:00 Arrive @ WHSC 13 Coffee 'N' Chit Chat MR 9:30-10:30 WHPR Senior Fitness G 10:45-11:15 Brother Joe's Discussion CAR 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 14 Coffee 'N' Chit Chat MR 9:00-10:00 Pokeno CAR 10:15-10:45 Chair Exercise with Jim in the Gym 11:00-11:30 Brain Fitness TVL 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 15 Coffee 'N' Chit Chat MR 9:00-11:30 Cards & Dominoes TVL 9:30-10:30 WHPR Senior Fitness G 10:30 Movie Matinee: <u>The Grinch</u> 11:30 Lunch MR 12:30-1:30 Kneedlers CAR 1:45 Depart from WHSC</p> <p>LAST DAY TO SIGN UP FOR FRIDAY'S CREATIVE ARTS!</p>		
<p>9:00 Arrive @ WHSC 20 Coffee 'N' Chit Chat MR 9:30-10:30 WHPR Senior Fitness G 10:45-11:15 Brother Joe's Discussion CAR 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 21 Coffee 'N' Chit Chat MR 9:00-10:00 Pokeno CAR 10:15-10:45 Chair Exercise with Jim in the Gym 11:00-11:30 Brain Fitness TVL 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 22 Coffee 'N' Chit Chat MR 9:00-11:30 Cards & Dominoes TVL 9:30-10:30 WHPR Senior Fitness G 11:30 Lunch MR 12:30-1:30 RT TR TVL 12:30-1:30 Kneedlers CAR 1:45 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 23 Coffee 'N' Chit Chat MR 9:00-10:00 Pokeno CAR 10:15-10:45 Lyssercise G 10:45-11:30 Linda's Tai Chi G 11:30 Lunch MR 12:30-2:00 BINGO MR 1:30-2:00 3:00 ML's Watercolor CAR 2:15 Depart from WHSC</p>	 <p>CLOSED</p> <p><i>WHSC wishes you a very Merry Christmas!</i></p>
<p>9:00 Arrive @ WHSC 27 Coffee 'N' Chit Chat MR 9:30-10:30 WHPR Senior Fitness G 10:45-11:15 Brother Joe's Discussion CAR 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 28 Coffee 'N' Chit Chat MR 9:00-10:00 Pokeno CAR 10:15-10:45 Chair Exercise with Jim in the Gym 11:00-11:30 Brain Fitness TVL 11:30 Lunch MR 12:30-2:00 BINGO MR 2:15 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 29 Coffee 'N' Chit Chat MR 9:00-11:30 Cards & Dominoes TVL 9:30-10:30 WHPR Senior Fitness G 10:30 Movie Matinee: <u>New Years Eve</u> MR 11:30 Lunch MR 12:30-1:30 Kneedlers CAR 1:45 Depart from WHSC</p>	<p>9:00 Arrive @ WHSC 30 Coffee 'N' Chit Chat MR 9:00-10:00 Pokeno CAR 10:15-10:45 Lyssercise G 10:45-11:30 Linda's Tai Chi G 11:30 Lunch MR 12:30-2:00 BINGO MR 1:30-2:00 3:00 ML's Watercolor CAR 2:15 Depart from WHSC</p>	 <p>CLOSED</p> <p><i>WHSC wishes you a Happy New Year!</i></p> <p>See you in 2022!</p>

MR = Multipurpose Room | CAR = Creative Arts Room | TVL = TV Lounge | G = Gym/Exercise Room
\$2.00/Tai Chi Class | BLUE FONT = WHSC MEMBER RAN ACTIVITY

SUBJECT TO CHANGE