December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 24 hours in advance 10:00am American History, Did you Know? to register email one week prior, senior@granby-ct.gov 11-11:30 am Retirement Talk, to register email cromwellseniorcenter41@gmail.com 24 hours in advance 1:00 Staying on your Feet on the Ice & Snow Webinar. Call Hartford Healthcare to register at 1-855-442-4373 1-2:00 pm Soul of America, based on a book by John Meecham. Part 2 will be January 5th. Email	2 11:00 am Yoga to register email cromwellseniorcenter41@gmail.co 24 hours in advance 10:00 am Webinar: Understanding Arthritis. Call Hartford Healthcare to register at 1-855-442-4373 1:00 pm Safely Use the Internet, to register email amy.miller@wethersfield.gov or call 860-721-2979 1:00 Virtual Art Class, to register email cromwellseniorcenter41@gmail.com 24 hours in advance	3 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 24 hours in advance 11:00am Estate Planning, to register email cromwellseniorcenter41@gmail.com 1:00 Virtual Aerobics class, to register email cromwellseniorcenter41@gmail.com 24 hours in advance 1:00pm Bingo, to register call 860-589-7895 7:00 pm The Fisher in Connecticut with Paul Colburn, wildlife conservationist. To register email programreg@lymepl.org	4 10:30 am Demystifying Hearing Loss, to register, call 203-272-8286 or email lgrave@cheshirect.org 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 24 hours in advance 12-1:30 pm Lifelong Learning, the Great Tours. To register email norma.carey@glastonbury-ct.gov 2:00 pm American History Lecture Mexican American War Part 2 with Jared Day, PhD, to register email seniorcenter@oldlyme-ct.gov	5

		Lisa.hanse@westhartfordct.gov for link 24 hours in advance 3:00 pm Trivia, To register email floodmh@mansfieldct.org				
6	7 9:30am Intro to Tai Chi, to register email Kcaramanica@easthartfordct.gov, one week in advance 9:30 am Virtual Strength Training class, to register email cromwellseniorcenter41@gmail.com 24 hours in advance 10:00 am The Strategic Significance of Pearl Harbor. To register email BigelowCenter@fairfieldct.org, 24 hours in advance. 10:30 Beginner Tai Chi , to register email Kcaramanica@easthartfordct.gov, one week in advance 11:00 am Yoga to	8 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 24 hours in advance 10:00am American History, Did you Know? to register email one week prior, senior@granby-ct.gov 1:00 pm Virtual Wheel of Fortune, to register email cromwellseniorcenter41@gmail.com 24 hours in advance 1:00 pm Art and the Brain, To register email BigelowCenter@fairfieldct.org, 24 hours in advance. 3:00 pm Trivia, To register email	9 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 24 hours in advance 1:00 pm Use the App and iTunes Store, to register email amy.miller@wethersfield.gov or call 860-721-2979 1:00pm AARP CT Creating Virtual Connections with Gary Ware, to register go to https://aarp.cvent.com/GaryWWDec9 1:00 pm Virtual Concert Series East Coast Hop Orchestra 5, Email Lisa.hanse@westhartfordct.gov for link 24 hours in advance 1:00 Virtual Art	10 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 24 hours in advance 1:00pm Bingo, to register call 860-589-7895 1:00 Virtual Aerobics class, to register email cromwellseniorcenter41@gmail.com 24 hours in advance 1-2:00 pm Historical Hartford: Churches & Synagogues, Email Lisa.hanse@westhartfordct.gov for link 24 hours in advance	11 Hanukkah Begins 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 24 hours in advance 12-1:30 pm Lifelong Learning, the Great Tours. To register email norma.carey@glastonbury-ct.gov 1-2pm Airborne Jazz Virtual Concert, to register email cromwellseniorcenter41@gmail.com 24 hours in advance	12

	register email cromwellseniorcenter41@gmail.com 24 hours in advance 1-2pm Passport in Place, to register email cromwellseniorcenter41@gmail.com 24 hours in advance 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com 7:00 pm AARP CT Clean Cooking Demo- Holiday Gift making. To register online go to https://aarp.cvent.com/Clean2	floodmh@mansfieldct.org 1:30 pm Nutcracker Tea Party & Prerecorded Performance by the Hartt School of Music. Email Lisa.hanse@westhartfordct.gov for link 24 hours in advance 1:30 & 2:45 pm Virtual Hanukkah Celebration in 2 parts, Email Lisa.hanse@westhartfordct.gov for link 24 hours in advance 5:00-7:00 pm New to Medicare, to register go to www.seniorresourcesec.org	Class, to register email cromwellseniorcenter41@gmail.com 24 hours in advance 5:00-6:30 pm Medicare Savings Program & The Low Income Subsidy Program, to register go to www.seniorresourcesec.org			
13	14 9:30am Intro to Tai Chi, to register email Kcaramanica@easthartfordct.gov, one week in advance 9:30 am Virtual Strength Training class, to register email cromwellseniorcenter41@gmail.com	15 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 10:00am American History, Did you Know? to register email one week prior, senior@granby-ct.gov 1-1:45 pm Ted	16 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 1:00 pm Virtual Art Class, to register email cromwellseniorcenter41@gmail.com 1:00 pm Downton Abbey Style, Email	17 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 11:00 am Importance of Checklists , to register email cromwellseniorcenter41@gmail.com 1:00pm Bingo, to	18 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 1:00-2:30 pm It's a Wonderful Life! A virtual statewide holiday party. 1:15 pm Community Yoga, , to register, call	19

	10:00 am The History of Christmas, To register email BigelowCenter@fairfieldct.org, 24 hours in advance. 10:30 Beginner Tai Chi , to register email Kcaramanica@easthartfordct.gov, one week in advance 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com 1:30 pm Holiday Concert with Sal Anastasio, , to register, call 203-272-8286 or email lgrave@cheshirect.org	Talks with Martha O'Neal- The Beauty & Fragility of the Earth, Email Lisa.hanse@westhartfordct.gov for link 24 hours in advance 1:00 pm Art Chat, To register email BigelowCenter@fairfieldct.org, 24 hours in advance. 3:00 pm Trivia, To register email floodmh@mansfieldct.org	Lisa.hanse@westhartfordct.gov for link 24 hours in advance 2:00 pm Reflections from the Attic: Holiday Edition, To register email BigelowCenter@fairfieldct.org, 24 hours in advance. 6:00 pm How Could Covid 19 Change my Estate Plan, , to register, call 203-272-8286 or email lgrave@cheshirect.org 7:00 pm AARP CT Caregiver Roadshow for CT Families to register go to https://aarp.cvent.com/WWCareDec16	register call 860-589-7895 1:00 Virtual Aerobics class, to register email cromwellseniorcenter41@gmail.com 1-2pm Covid 19 & the Holidays, to register email cromwellseniorcenter41@gmail.com 2:00 pm Reflections on Hanukkah . To register email BigelowCenter@fairfieldct.org, 24 hours in advance.	203-272-8286 or email lgrave@cheshirect.org 2:00 pm Current Events Lecture Educational Policy Around the World with Jared Day, PhD, to register email seniorcenter@oldlyme-ct.gov	
20	21 9:30am Intro to Tai Chi, to register email Kcaramanica@easthartfordct.gov, one week in advance	22 10:00am American History, Did you Know? to register email one week prior, senior@granby-ct.go	23 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 1:00 Virtual Art	24 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 1:00pm Bingo, to	25 Christmas Day	26

	9:30 am Virtual Strength Training class, to register email cromwellseniorcenter41@gmail.com 10:30 Beginner Tai Chi , to register email Kcaramanica@easthartfordct.gov, one week in advance 11:00 am Yoga to register email cromwellseniorcenter41@gmail.com 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com	v 3:00 pm Trivia, To register email floodmh@mansfieldct.org	Class, to register email cromwellseniorcenter41@gmail.com	register call 860-589-7895 1:00 Virtual Aerobics class, to register email cromwellseniorcenter41@gmail.com		
27	28 9:30am Intro to Tai Chi, to register email Kcaramanica@easthartfordct.gov, one week in advance 9:30 am Virtual Strength Training class, to register email cromwellseniorcenter41@gmail.com	29 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 3:00 pm Trivia, To register email floodmh@mansfieldct.org	30 11:00 am Yoga to register email asaada@cromwellct.com 1:00 Virtual Art Class, to register email cromwellseniorcenter41@gmail.com	31 9:00 am Tai Chi to register email cromwellseniorcenter41@gmail.com 1:00pm Bingo, to register call 860-589-7895 1:00 Virtual Aerobics class, to register email cromwellseniorcenter41@gmail.com	1 New Year's Day! Happy 2021!	

	10:30 Beginner Tai Chi , to register email Kcaramanica@easthartfordct.gov, one week in advance 11:00 am Yoga to register email asaada@cromwellct.com 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com					

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