on	Tue	Wed	Thu	Fri
			1 1:30 pm The Health Benefits of Acupuncture. To register email mmarici@candlewoodvalley.com 12:00 Up Close & Personal at CT Beardsley Zoo, 4 Part Series. To Register : https://aarp.cvent.com/Zoo1 1:00 pm Passport in Place, to register email cromwellseniorcenter41@gmail.com 1:00pm Bingo, to register call 860-589-7895 3:00 pm History Lecture Winston Churchill, with J. Day PhD. To register email lisahanse@westhartfordct.gov	2 11:00 am Yoga to register email asaada@cromwellct.com 12-1:30 pm Lifelong Learning, the Great Tours. To register email norma.carey@glastonbury-ct.gov 1:00 pm Bingo, to register email floodmh@mansfieldct.org 2:00 pm American History Lecture with J. Day PhD, Andrew Jackson Hero of Amer. Democracy Part 2, to register call 860-434-4127 or email seniorcenter@oldlyme-ct.gov
5 11:00 am Yoga to register email asaada@cromwellct.com 12:00 Vein Health, to register email lisahanse@westhartfordct.gov 1:00 pm Sing A Long, to register email floodmh@mansfieldct.org 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com	6 11:00 am Medicare Presentation, to register email lgravel@cheshirect.org or call 203-272-8286 1:00 pm Soul of America, to register email lisahanse@westhartfordct.gov 3:00 pm Trivia, To register email floodmh@mansfieldct.org	7 11:00 am Yoga to register email asaada@cromwellct.com 12:00 Up Close & Personal at Mystic Aquarium 4 Part Series. To Register https://aarp.cvent.com/Whales 1:00 pm Virtual Concert Airborne Jazz Trio, to register email lisahanse@westhartfordct.gov 6:30 pm CT Long Term Care Partnership For Long Term Care. To register: https://fplct.librarymarket.com/events/connecticut-partnership-long-term-care-insurance-virtual-seminar 7:00 pm *AARP Webinar Wednesday: Work at Age 50+: Strategies for a Successful Job Search To register* : https://aarp.cvent.com/JobsOct7WW	8 10:00 am Osteoporosis , to register email lgravel@cheshirect.org or call 203-272-8286 10:30 am Common Sources of Foot Pain, to register call 860-589-7895 12:00 Up Close & Personal at CT Beardsley Zoo, 4 Part Series. To Register https://aarp.cvent.com/Zoo8 1:00pm Bingo, to register call 860-589-7895 3:00 pm History Lecture Winston Churchill, with J. Day PhD. To register email lisahanse@westhartfordct.gov	9 11:00 am Yoga to register email asaada@cromwellct.com 12-1:30 pm Lifelong Learning, the Great Tours. To register email norma.carey@glastonbury-ct.gov 1:00 pm Bingo, to register email floodmh@mansfieldct.org

12 11:00 am Yoga to register email asaada@cromwellct.com 1:00 pm Sing A Long, to register email floodmh@mansfieldct.org 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com 1:00 Bob Steele on the Radio, to register call 860-721-2979 or amy.miller@wethersfieldct.gov	13 10:30am Quilter's Workshop, to register call 203-312-5665 or email seniorcenter@newfairfield.org 2:00 pm Virtual Medicare Changes for 2021, to register call 860-434-4127 or email seniorcenter@oldlyme-ct.gov 3:00 pm Trivia, To register email floodmh@mansfieldct.org	14 10:30 am Planning for Future Care Needs, to register call 860-589-7895 11:00 am Yoga to register email asaada@cromwellct.com 12:00 Up Close & Personal at Mystic Aquarium 4 Part Series. To Register https://aarp.cvent.com/Penguins 2:00 pm Travel Stories to register email bigelowcenter@fairfieldct.org 6:00 pm Do's and Don'ts of Recycling, to register email programreg@lymepl.org	15 11:00am Banker's Life Medicare Seminar, to register email cromwellseniorcenter41@gmail.com 12:00 Up Close & Personal at CT Beardsley Zoo, 4 Part Series. To Register https://aarp.cvent.com/Zoo15 1:00pm Bingo, to register call 860-589-7895	16 11:00 am Yoga to register email asaada@cromwellct.com 12-1:30 pm Lifelong Learning, the Great Tours. To register email norma.carey@glastonbury-ct.gov 1:00 pm Bingo, to register email floodmh@mansfieldct.org 2:00 pm Current Event Lecture with J. Day PhD, India: An Asian Superpower, to register call 860-434-4127 or email seniorcenter@oldlyme-ct.gov 2:00 You have Choices-Medicare Register at www.seniorresoucesec.org
19 11:00 am Yoga to register email asaada@cromwellct.com 1:00 pm Sing A Long, to register email floodmh@mansfieldct.org 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com 1:30 pm Getting Started Streaming TV, to register call 860-721-2979 or amy.miller@wethersfieldct.gov 3:00 pm Virtual Focused Meditation, to register email cromwellseniorcenter41@gmail.com	20 1:00 pm Art Chat, To register email bigelowcenter@fairfieldct.org 1:00 pm TED Talk-Why it worth listening to people you disagree with. To register email lisa.hanse@westhartfordct.gov 3:00 pm Trivia, To register email floodmh@mansfieldct.org	21 10:30 am Stocking the Pantry the Smart Way, to register call 860-589-7895 11:00 am Yoga to register email asaada@cromwellct.com 12:00 Up Close & Personal at Mystic Aquarium 4 Part Series. To Register https://aarp.cvent.com/Seals 1:00 Medicare 2021 Update, to register email John Pitarra at sr.healthinsurance1@gmail.com 2:00 Stories from the Attic-Election Edition. To register email bigelowcenter@fairfieldct.org	22 12:00 Up Close & Personal at CT Beardsley Zoo, 4 Part Series. To Register https://aarp.cvent.com/Zoo22 1:00pm Bingo, to register call 860-589-7895	23 11:00 am Yoga to register email asaada@cromwellct.com 12-1:30 pm Lifelong Learning, the Great Tours. To register email norma.carey@glastonbury-ct.gov 1:00 pm Bingo, to register email floodmh@mansfieldct.org 1:15 pm Community Yoga , to register email lgravel@cheshirect.org or call 203-272-8286
26 11:00 am Yoga to register email asaada@cromwellct.com 1:00 pm Sing A Long, to register email floodmh@mansfieldct.org 1:00 pm Quilting to register email cromwellseniorcenter41@gmail.com	27 3:00 pm Trivia, To register email floodmh@mansfieldct.org	28 10:30 am Vein Disease, to register call 860-589-7895 11:00 am Yoga to register email asaada@cromwellct.com 12:00 Up Close & Personal at Mystic Aquarium 4 Part Series. To Register https://aarp.cvent.com/AquariumTour	29 1:00pm Bingo, to register call 860-589-7895 1:15 pm Preparing your Garden for Winter & Beyond. To register email bigelowcenter@fairfieldct.org	30 11:00 am Yoga to register email asaada@cromwellct.com 12-1:30 pm Lifelong Learning, the Great Tours. To register email norma.carey@glastonbury-ct.gov 1:00 pm Bingo, to register email floodmh@mansfieldct.org