



# BLACK ROCK SENIOR CENTER

2676 FAIRFIELD AVE, BPT CT 06605  
(ACROSS FROM THE BLACKROCK LIBRARY)  
203-576-7258

FREE TO 55 AND OLDER to JOIN

## CURRENT WEEKLY SCHEDULE AS OF JUNE 1ST

(PLEASE ALSO SEE OUR MONTHLY CALENDER OF EVENTS)

**MONDAY  
10 AM**

**TAI CHI WITH JONATHAN**  
(MAY 13<sup>TH</sup> AT ST MARY'S WEATHER PERMITTING)  
IMPROVE FLEXIBILITY AND CIRCULATION

**TUESDAY  
10 AM**

**CHAIR/BALL EXERCISE WITH DIANE**  
IMPROVE BONE HEALTH, CIRCULATION AND YOUR MOOD!!

**WEDNESDAY  
10 AM**

**ART CLASS WITH SUE**  
IMPROVE YOUR TECHNIQUE THROUGH INSTRUCTION

**12 NOON**

**BINGO WITH DEBBIE**  
A FUN GAME OF CHANCE

**THURSDAY  
10 AM**

**WEIGHT TRAINING WITH DIANE**  
STRENGTHEN AND PREVENT THE WEAKING OF YOUR MUSCLES

**FRIDAY  
10 AM**

**CORN HOLE FRIDAY**  
COME JOIN US AND PRACTICE FOR UPCOMING TEAM EVENTS.

**POOL TABLE/BOOK EXCHANGE/CHAT SESSIONS/LOCAL NEWS**