



# BLACK ROCK SENIOR CENTER

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

FREE TO 55 AND OLDER to JOIN

## CURRENT WEEKLY SCHEDULE AS OF AUGUST 1ST

(PLEASE ALSO SEE OUR MONTHLY CALENDER OF EVENTS)

### MONDAY

10 AM

**TAI CHI WITH JONATHAN**

IMPROVE FLEXIBILITY AND CIRCULATION

12 NOON

**BINGO**

A FUN GAME OF CHANCE

### 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

### THURDAY

10 AM

**WEIGHT TRAINING WITH DIANE**

STRENGTHEN AND PREVENT THE WEAKING OF MUSCLES

### FRIDAY

10 AM

**CORN HOLE FRIDAY**

COME JOIN US AND PRACTICE FOR UPCOMING TEAM EVENTS

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