

BLACKROCK SENIOR CENTER

2676 FAIRFIELD AVE, BPT CT 06605
(ACROSS FROM THE BLACKROCK LIBRARY)
203-576-7258
JOIN TODAY 55 AND OLDER

UPCOMING EVENTS AUGUST...INTO SEPT

THIS IS IN ADDITION TO OUR WEEKLY REGULAR SCHEDULE
PLEASE NOTE EVENTS ARE ADDED OFTEN, PLEASE CALL OR VISIT US FOR MORE INFO

FREE DIABETES SELF-MANAGEMENT PROGRAM MONDAYS

STARTS MONDAY AUGUST 5TH FOR 8 WEEKS (no class Labor Day September 2nd)

LOCATION: BLACKROCK SENIOR CENTER

MONDAYS: 11:30-12:30

FREE HEALTHY BRAIN SERIES 5 PART SERIES TUESDAYS

AUGUST 6TH Activities to "challenge" your brain

AUGUST 13TH The importance of diet and nutrition

AUGUST 20th Finding meaningful engagement as you age

AUGUST 27th The importance of sleep and your brain

SEPTEMBER 3RD Lessons on living longer, from people who live the longest

LOCATION: BLACKROCK SENIOR CENTER

TUESDAYS: 11:00 AM

COSTCO BUS TRIP "LET'S GO SHOPPING"

THURSDAY AUGUST 8TH 2024

BUS LEAVES 11:30 AM FROM BLACKROCK SENIOR CENTER

SOPHIE'S PIZZA AND BAR SPRING PRIX FIXE MENU \$15

THURSDAY AUGUST 15TH 2024

MEET AT BLACKROCK SENIOR 11:00 AM

GOODSPEED OPERA HOUSE LUNCH AND SHOW

THURSDAY SEPTEMBER 4, 2024

LUNCH AT GELSTON HOUSE THEN SEE MAGGIE THE NEW MUSICAL

BUS LEAVES 10 AM FROM BLACKROCK SENIOR CENTER

LOBSTER LUNCH

DATE TO BE DETERMINED

LOCATION: BLACKROCK SENIOR CENTER

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