



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 SEPTEMBER 1ST

(PLEASE ALSO SEE OUR MONTHLY CALENDER OF EVENTS)

MONDAY

10 AM

TAI CHI WITH JONATHAN

IMPROVE FLEXIBILITY AND CIRCULATION

12 NOON

BINGO WITH SEAN

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

THURSDAY

10 AM

WEIGHT TRAINING WITH DIANE

STRENGTHEN AND PREVENT THE WEAKING OF MUSCLES

11 AM

WEEKLY MOVIE

CURRENT RELEASES AND FAN FAVORITES

FRIDAY

10 AM

EXERCISE CLASSICS VHS/DVD

OLD SCHOOL: RICHARD SIMMONS/JANE FONDA/JACK LALANNE

POOL TABLE/BOOK EXCHANGE/CHAT SESSIONS/LOCAL NEWS