



BLACK ROCK SENIOR CENTER

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

FREE TO 55 AND OLDER

CURRENT WEEKLY SCHEDULE AS OF MAY 1ST

MONDAY
10 AM

TAI CHI WITH JONATHAN
(MAY 13TH 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 (FREE BREAKFAST)
COME JOIN US AND PRACTICE FOR UPCOMING TEAM EVENTS.