

# Meriden Senior Center

## Recreation and Activities

Our center provides a variety of programs and activities for members to enjoy! To view the schedule please see our monthly newsletter.



### Health & Wellness Programs:

- Aerobics
- Arthritis Exercise
- Tai Chi/Qigong
- Walking Club
- Weight training - Sit Down and Tone Up, Strength and Tone
- Yoga (small donation requested)
- Dance class
- Sound Healing & Meditation

### Classes:

- Art: acrylic, water color and oil painting, charcoal, pastel and pencil drawings
- Ceramics
- Lunch & Learn Programs
- Ukulele classes

### Clubs:

- Cards: setback, poker, cribbage
- Dominoes
- Knitting/crochet/sewing/quilting
- Ret Hat Society
- Book Club

### Recreation:

- Armchair Travel
- Billiards
- Bingo/Double Bingo
- Computer lab
- Day trips
- Lunch trips
- Monthly craft
- Monthly birthday parties
- Monthly movies
- Pool tables
- Scrabble
- TV lounge with a flat-screen television
- Volunteer opportunities
- Wii bowling

**For more information about our recreation programs and activities, please contact Liz Parra at (203) 630-4703**

