



# Pawcatuck Neighborhood Center

## Robert A. Granato Senior Center

27 Chase Street, Pawcatuck, CT 06379

[www.thepnc.org](http://www.thepnc.org)

### Senior Activities 2016-2017 Schedule

Monday:	9:15 a.m. – 10:15 a.m.	<b>ZUMBA LITE</b> taught by Tina Pagliusi
	10:30 a.m. – 12:30 p.m.	<b>Painting Class</b> taught by Lucille Selvidio
	11:00 a.m. – 12 noon	<b>TVCCA Bistro Lunch</b>
	12 noon – 1:30 p.m.	<b>Bingo</b>
	1:30 – 2:30 p.m.	<b>Gentle Yoga</b> taught by Pamala Lewis
	1:30 – 3:00 p.m.	<b>Wii Bowling</b> - led by Patricia Crowley
Tuesday:	9:00 – 10:00 a.m.	<b>Strength &amp; Balance</b> – Certified YMCA Instructor
	10:15 a.m. – 11:15 a.m.	<b>ZUMBA LITE</b> taught by Tina Pagliusi
	11:00 – 11:15 a.m.	<b>Chair Dancing</b>
	11:00 a.m. – 12 noon	<b>Senior TVCCA Lunch</b> (Must reserve one week in advance.)
	12 noon – 1:30 p.m.	<b>Bingo</b>
Wednesday:	9:15 a.m. – 10:15 a.m.	<b>ZUMBA LITE TONING</b> taught by Tina Pagliusi
	11:00 a.m. – 12 noon	<b>Senior TVCCA Lunch</b> (Must reserve one week in advance.)
	12 noon – 1:30 p.m.	<b>Bingo</b>
	2:15 p.m. – 3:15 p.m.	<b>Tai Chi</b> taught by Gary Donovan
Thursday:	9:30 a.m. – 11:00 a.m.	<b>Line Dancing</b> led by Carol Granato
	12:00 noon – 3:00 p.m.	<b>Game Day: Dominoes and other table games &amp; Granato Reading Corner</b>
Friday:	9:00 a.m. – 10:00 a.m.	<b>Strength &amp; Balance</b> – Certified YMCA Instructor
	10:15 a.m. – 11:15 a.m.	<b>Life Stories Writing Group</b> led by David Madden

**If you have suggestions for other programs or events, please let us know.**

**For more information on existing programs, please call:**

**Senior Program Coordinator, Barbara Currier, at 860-599-3285 ext 15**