



Events and Activities September 2022



Monday	9:30-10:30AM	Chair Yoga (Yes, there is still Yoga on Monday)
	1:00PM-3:00PM	Afternoon Art
	12:30PM-3:00PM	Pinochle (Looking for new players 😊!)
Tuesday	9:30-10:30AM	Resistance Band Exercise
	11:00-12:30	Lawyer NCOFA (1 st Tuesday of Each Month)
	12:30PM	Senior Club (1 st , and 3 rd Tuesday of Each Month)
	12:30PM	Travel Club (4 th Tuesday of Each Month)
	1:00PM	Bridge (1 st Tuesday of Each Month)
	12:30-3:00PM	Euchre
	1:30-3:00PM	Book Club (3 rd Tuesday of Each Month)
Wednesday	9:30AM	Silver Sneakers (Yes, this class is still taking place)
	10:00AM	Larks
	1:00PM	BINGO
	12-3:00PM	Mahjongg
Thursday	9:00AM	Wood Carvers (New Carvers Welcome 😊!)
	8:30AM	Mahjongg
	1:00PM	Exercise with Kathy
	2:00-3:30PM	Grief Support Group (2 nd & 4 th Thursday of Each Month)
Friday	9:00AM	Quilters
	9:30AM	Chair Yoga (Yes, there is still Yoga on Friday too!)
	12:30-3:00PM	Bridge (Looking for new players 😊!)
	1:00PM	Knitters-Crafters and Crochet

Contact the Senior Center (754-2071) For more information 😊!