

SEPTEMBER 2022

*Register by calling the Senior Center @ (508) 539-1440

Mon	Tue	Wed	Thu	Fri	
<p>5</p> <p style="text-align: center;">CLOSED LABOR DAY</p> <p>12 Strength Training 8:30-9:30 Wellness Clinic 9:30-10:30 (by appt)* Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00</p> <p>19 Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 Book Club 2:00-3:00</p> <p>26 Strength Training 8:30-9:30 Gentle Yoga 9:45-10:30 (fee) Sight Loss Support Group 10:00-11:30 Chair Yoga 11:00-12:00 (fee) New Member Info. 10:30-12:00* Mahjongg 12:30-4:00 Edible Insects, an Introduction to Entomophagy 1:00pm*</p>	<p>6 Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Veterans' Social 1:00-3:00 Bereavement Support Group 2:30-4:00</p> <p>13 Exercise 8:30-9:30 Woodcarving 9:00-12:00 Cutting the Cable Cord 10:00-12:00 Volunteer Informational Meeting 10am Men's Club 10:00-12:00 Zumba Gold 10:00-11:00 (fee) Legal Services 1:00-4:00 *</p> <p>20 Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Bingo 1:00 -3:00 *</p> <p>27 Exercise 8:30-9:30 Woodcarving 9:00-12:00 Zumba Gold 10:00-11:00 (fee) Legal Services 10:00-12:00* MWC Book Group 10:00-12:00</p>	<p>7 Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Osteoporosis Exercise 12:00-1:00* Sports Group 10:00-12:00 / Canasta 1:00-3:30 Painting Class 10-12 & 1-3 (fee) / Tai Chi 2:00 -3:30* Movie—The Upside—1:00*</p> <p>14 Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Independence House 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Osteoporosis Exercise 12:00-1:00* / Canasta 1:00-3:00 Dementia Support 1:30-3:00 * / Tai Chi 2:00 -3:00*</p> <p>21 Strength Training 8:30-9:30 / Parkinson Support Group via Zoom 10-11:15* Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Canasta 1:00-3:00 / Osteoporosis Exercise 12:00-1:00* Movie—Rise—1:00* / Tai Chi 2:00-3:00*</p> <p>28 Strength Training 8:30-9:30 Osteoporosis Exercise 12:00-1:00* Zumba Gold 10:00-11:00 (fee) Sports Group 10:00-12:00 Painting Class 10:00-12:00 & 1:00-3:00 (fee) Canasta 1:00-3:00 / Dementia Support 1:30-3:00* Tai Chi 2:00 -3:00 *</p>	<p>1 Exercise 8:30-9:30 Qi Gong 8:45-9:345(fee) Travel Info 9:00-10:30 Cribbage 10:00-11:00 Singing Seniors 9:30-11:30 Knitting/Crochet 10:00-11:00</p> <p>8 Exercise 8:30-9:30 Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Knitting/Crochet 10:00-11:00 SHINE 12:00-3:00 (by appt) *</p> <p>15 Exercise 8:30-9:30 / Hurricane/Emergency Prep. 1:00-2pm Qi Gong 8:45-9:45 (fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Knitting/Crochet 10:00-11:00 P/C/Gadgets 12:00-2:00 (by appt) *</p> <p>22 Exercise 8:30-9:30 / Benefits of Early Detection 11am-1:00pm Qi Gong 8:45-9:45(fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Knitting/Crochet 10:00-11:00</p> <p>29 Exercise 8:30-9:30 Qi Gong 8:45-9:45(fee) Travel Info 9:00-10:30 Singing Seniors 9:30-11:30 Cribbage 10:00-11:00 Knitting/Crochet 10:00-11:00</p>	<p>PC & Gadgets 12:00-2:00 * SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) Social Bridge 1:00-4:00 Sketching 2:00-3:30</p> <p>PC & Gadgets 12:00-2:00* Sketching 2:00-3:30 Line Dancing 1:00-2:00 (fee) Social Bridge 1:00-4:00 Sketching 2:00-3:30 Craft—Wreath 2:00-4:00 (fee)</p> <p>SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) Social Bridge 1:00-4:00 Sketching 2:00-3:30</p> <p>SHINE 12:00-3:00 (by appt) * Line Dancing 1:00-2:00 (fee) Social Bridge 1:00-4:00 Ballroom Dance 3:00-4:00 (fee) Sketching 2:00-3:30</p> <p>SHINE 12:00-3:00 (by appt) * Sketching 2:00-3:30 Line Dancing 1:00-2:00 (fee) Social Bridge 1:00-4:00 Ballroom Dance 3:00-4:00 (fee)</p>	<p>2 Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 1:00-4:00 Veterans Services 1:00 -4:00 (by appt)</p> <p>9 Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 1:00-4:00 Foot/Nail Care 9:00-2:00 (fee, by appt) Beginner Ukulele 9am-10am (fee) Beginner 1 Ukulele 10:15am-11:15am (fee)</p> <p>16 Strength Training 8:30-9:30 MWC Memoirs Group 10:00-11:00 Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Mahjongg 1:00-4:00 Veterans Services 1:00 -4:00 (by appt)*</p> <p>23 Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Ageless Yoga 11:30-12:30 Pizza Party 12:00-1:30* Mahjongg 1:00-4:00 How to Connect to the Internet 11am-12*</p> <p>30 Strength Training 8:30-9:30 Zumba Gold 10:00-11:00 (fee) Protecting Yourself Online 11am-12pm* Ageless Yoga 11:30-12:30 Mahjongg 1:00-4:00</p>