

## THURMONT SENIOR CENTER AUGUST 2022 Events

AUGUST 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	<b>2</b> 10:00 Coffee & Chat 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>3</b> 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 50/50 BINGO at \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all.	<b>4</b> 9:15 Exercise-Video 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>5</b> 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	<b>6</b>
<b>7</b>	<b>8</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	<b>9</b> 10:00 Coffee & Chat 11:15-11:45- Balance and Strength Class w/ Ruth 11-2:00 Knitting/ Crocheting Group for Newborn Hats & any other projects 1:00 Cards & Games	<b>10</b> Lunch served today but center closes at 1:00 for board meeting  11:00 Bridge 11:15-11:45- Balance and Strength Class w/ Ruth	<b>11</b> 9:15 Exercise-Video 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Bunko 1:00 Cards & Games 5-8pm Fundraiser Night and Bake Sale at Roy Rogers, MENTION TSC inside or drive thru when ordering	<b>12</b> 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	<b>13</b>
<b>14</b>	<b>15</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	<b>16</b> 10:00 Coffee & Chat 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games 1:00 Crafting Fun with Pauline's Pals	<b>17</b> 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 50/50 BINGO at \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all.	<b>18</b> 9:15 Exercise-Video 11:15-11:45- Balance and Strength Class w/ Ruth 10:30-12:30 Seated Massage with Marie Free 12:30 Monthly Birthday Party Music by Patty and Brent Progecene	<b>19</b> 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	<b>20</b>
<b>21</b>	<b>22</b> 9:30-10:30- YOGA with Jon Phebus 10:00 Monthly Blood Pressure Check by the Thurmont Ambulance Co. 11:15-11:45- Balance and Strength Class w/ Ruth	<b>23</b> 10:00 Coffee & Chat 11:00 Bridge 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>24</b> 11:00 -2:00 Bridge 11:15-11:45- Balance and Strength Class w/ Ruth	<b>25</b> 9:15 Exercise-Video 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Farkle 1:00 Cards & Games	<b>26</b> 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	<b>27</b>
<b>28</b>	<b>29</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	<b>30</b> 10:00 Coffee & Chat 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>31</b> 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 SPECIAL BINGO at \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all.			

THURMONT SENIOR CENTER, 806 E. MAIN STREET, THURMONT, MD 21788, 301-271-7911, [thurmontseniorcenter@zoho.com](mailto:thurmontseniorcenter@zoho.com), also on Facebook, Open M-F 9:00am. to 3:00p.m. Lunch served at 12 Noon M-F for \$6.00. PLEASE SEE OUR EVENTS CALENDAR ON THE REVERSE SIDE. Overflow parking is located behind the Police Station (follow the paved path to our parking lot), out front on the street & across the street at the school. Call for more information on any event to the center 301-271-7911. We provide rides for homebound seniors within a 6 mile radius for doctors/dentists appointments in Thurmont, grocery store, hair dresser, etc. & we deliver carryout lunches for \$6.00 ea. for homebound seniors within 6 miles. Call the center for details. **REMEMBER IF FRED. COUNTY SCHOOLS ARE CLOSED DUE TO SLIPPERY ROADS WE ARE CLOSED. IF SCHOOLS ARE DELAYED WE OPEN ON TIME**