

THURMONT SENIOR CENTER SEPTEMBER 2022 EVENTS CALENDAR

SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	2 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	3
4	5 CENTER CLOSED WE WILL DELIVER LUNCHES TO SHUT IN SENIORS	6 10:00 Coffee & Chat 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	7 1:00 50/50 BINGO \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	8 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	9 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	10
11	12 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	13 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	14 (Lunch served today) Senior Center closes today at 1:00 for board meeting. 11:00- Bridge 11:15-11:45- Balance and Strength Class w/ Ruth	15 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	16 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	17
18	19 9:30-10:30- YOGA with Jon Phebus 10:00- Monthly Blood Pressure Check	20 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	21 50/50 BINGO at 1:00, \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	22 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Farkle 1:00 Cards & Games	23 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	24
25	26 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	27 10:00 Coffee & Chat 11:00 Bridge 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	28 11:00 -2:00 Bridge 11:15-11:45- Balance and Strength Class w/ Ruth	29 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	30 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	31

THURMONT SENIOR CENTER, 806 E. MAIN STREET, THURMONT, MD 21788, 301-271-7911, 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 MENU ON THE REVERSE SIDE *Parking instructions: 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. We also have some equipment for free loan like walkers, canes, etc. Call the center for details at 301-271-7911.