

SEPTEMBER SCHEDULE FOR SILVERMONT SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday		
1 LABOR DAY COUNTY OFFICES CLOSED	2 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-1:50 Tai Chi 1:00-3:00 Card Club 1:00-2:30 Pumpkin Fest Meeting 7:00-9:00 Music Circle at Silvermont	3 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 2:30-3:30 Meditations on Mindfulness 12:45-3:45 Glen Cannon Bridge 1:00-3:45 Mah-Jongg	4 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10-10:45 Vaya Health Talk 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-4:00 Wood Carvers	5 9:30-12:00 Lunch Plus 11-11:30 Strength & Stretch 12-12:30 Stride for Health and Step-tember		
8 9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah Jongg 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre 3:00-4:30 Council on Aging	9 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-1:50 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	10 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg	11 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	12 9:30-12:00 Lunch Plus 11-11:30 Strength & Stretch 1:30-3:45 Mtn. Laurel Investment		
15 9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah Jongg 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre	16 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-1:50 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	17 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg 2:30-3:30 Meditations on Mindfulness 12:45-3:45 Glen Cannon Bridge	18 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 10-11:00 Free blood pressure checks and J. Francis presentation 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	19 9:30-12:00 Lunch Plus 10-10:30 Stride for Health and Step-tember 11-11:30 Strength & Stretch		
22 9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah Jongg 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre	23 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-1:50 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont	24 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 10:00-10:45 Chet Peterson Talk: "Understanding Alzheimer's and Dementia." 11:00-11:50 Ageless Grace 1:00-3:45 Mah-Jongg	25 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	26 9:30-12:00 Lunch Plus 10:00-12:00 Writing Workshop 11-11:30 Strength & Stretch		
29 9:00-9:45 Chi-Gong 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:45 Mah Jongg 1:00-2:30 Readers' Theatre Live Performance	30 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-1:50 Tai Chi 1:00-3:00 Card Club 7:00-9:00 Music Circle at Silvermont					