September 2008 — SENIOR CENTER CALENDAR — 651-9161

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Labor Day** **Senior Center** **Closed** 9:30 Widows Breakfast(F)	2 10-2:30 Ceramics 10:00 Tai Chi Club 12:30 Bowling(BF) 1-3 Mahjongg	3 8:00 Codgers(F) 10:00 Massage 1-3 *Social Security(appts* **Policeman's Picnic** **Simsbury Farms** **Ice Rink 12 noon**	4 10:00 Tai Chi Club 12:30 Card Sharks	5 *9:30-1:30 VNA Footcare(appt)* **9:30 Chiropractor** 1:00 Line Dancing **Book Sale at SHS 6th & 7th**
8 8-10 Rink Walkers(ISC) 10-12 Making cards w/stamps 10:00 Snuggles Knitting 12-3 Bridge **"Try it for Free" Day** **9:00 Tai Chi** **9:45 Perfect Fit** **10:15 Yoga** **11:15 Exercise w/Mary Root**	9 10-2:30 Ceramics 10:00 Bereavement Group 11:30 Retired Men's Lunch 12:30 Bowling(BF) 1-3 Mahjongg	10 8:00 Codgers(F) 9:00 Bird Watchers(GP) **10:00 "Meet the Author"** 12-1 Brown Bag for Charity 12:00 Cardio Exercise(N) 1:00 Balance Exercise(N)	11 10/10:45/11:30/12:25 Tai Chi(N 12:30 Card Sharks 2-4 Investment Club **Trip: A Day at the Beach**	12 *9:30-1:30 VNA Footcare(appt)* 9:00/10:30 Bridge Lessons(N) 12:15-1:15 Blood Pressure 12:00 Cardio Exercise(N) 1:00 Balance Exercise(N) 1:00 Line Dancing **Simsbury Woman's Club** **Arts & Craft Festival** **Sat & Sun 10-5**
15 8-10 Rink Walkers(ISC) 10-12 Making cards w/stamps 10:00 Snuggles Knitting 12-3 Bridge 12:00 /1:00 Exercise Classes)	16 9:00 Personal Training(N) 10-2:30 Ceramics(L) 10/10:45/11:30/12:25 Tai Chi **12:30 Souper Tuesday** 12:30 Bowling(BF) No Mahjongg	17 8:00 Codgers(F) 10:00 Massage 10-12 Intonations(N) 12:00 Cardio Exercise 1:00 Balance Exercise **1:00 "When Bad things Happen to Good Ears"**	18 9:00 Personal Training 10/10:45/11:30/12:25 Tai Chi **9-12 Veterans' Service Office(drop in)(TH)** 12:30 Card Sharks 12:30 Tap Dance(N) **2-4 & 5:30-7:30 Avoiding 6 Common Mistakes for Retirement** **4-5:30 Caregivers**	19 *9:30-1:30 VNA Footcare(appt)* 9:00/10:30 Bridge Lessons 10-12 Choices(appts) 10:00 Cooking w/Elaine 12:00 / 1:00 Exercise Classes 1:00 Line Dancing(L) **Sat. Trip to Foxwoods**
22 8-10 Rink Walkers(ISC) 9:15 Exercise(N) 10-12 Making cards w/stamps 10:00 Snuggles Knitting 12-3 Bridge 12:00 / 1:00 Exercise Classes	23 9:00 Personal Training 10/10:45/11:30/12:25 Tai Chi 10-2:30 Ceramics(N) 10:30 Hearing Clinic 12:30 Bowling(BF) 1-3 Mahjongg	24 8:00 Codgers(F) 9:00 Bird Watchers(BS) **No Exercise or Yoga** **No Intonations** 10:00 Book Club 10:30 Writing(N) 10:30 Cheese Day **12-1:30 Coney Island Day**	25 9:00 Personal Training 10/10:45/11:30/12:25 Tai Chi 11:00 Painting Class(N) 12:30 Tap Dance **1:30 Film Fest** **Trip to LL Bean @ Shops at Evergreen Walk**	26 9:15 Exercise *9:30-1:30 VNA Footcare(appt)* 9:00/10:30 Bridge Lessons 10:30 Yoga(N) 12:00 / 1:00 Exercise Classes 1:00 Line Dancing(N)
29 **9-1 AARP Safe Driving** 8-10 Rink Walkers(ISC) 9:15 Exercise 10-12 Making cards w/stamps 10:00 Snuggles Knitting 10-12 *Blood Pressure* 12-3 Bridge 12:00 / 1:00 Exercise Classes	30 **9-1 AARP Safe Driving** 9:00 Personal Training 10/10:45/11:30/12:25 Tai Chi 10-2:30 Ceramics 12:30 Bowling(BF) 1-3 Mahjongg		**(N) New Class Begins** **(L) Last class** **(TH) Town Hall**	**(BF) Blue Fox Rock & Bowling** **(F) Friendly's, Rt 44, Avon** **(GP) Great Pond** **(BS) Band Shell off Iron Horse Blvd**