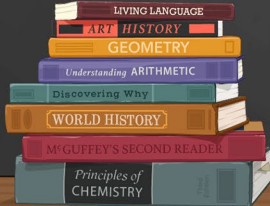


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 CSC Closed for Labor Day Labor Day	3 9:00 Making Memories 9:45 Tai Chi 10:00 Program Registration Opens 12:30 Pinochle 1:30 Bingo 1:30 AARP Chapter #4019 Meeting	4 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 1:00 Line Dancing	5 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage NO Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	6 10:00 Sit & Be Fit 10:00 Connection Game Day 10:30 Senior Serenaders Choral Group 11:00 Yoga 1:30 Bingo	7 
8 Exploring Scotland & Ireland Trip departs **See additional information regarding departure in travel documents** Grandparents Day	9 8:30 Garden Club 9:00 Making Memories 9:00 COA Meeting (TH) 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 11:15 Facts about Fiber 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	10 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 10:30 Seasonal Crafting 12:30 Pinochle 12:30 CHOICES Counseling 1:30 Bingo 7:00 SCBC Meeting (CSC)	11 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Legacy Letters Lunch & Learn 1:00 Sewing Circle 1:30 Cardio Drumming 2:30 CSC Staff Meeting	12 School Picture Day 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage NO Sr. Benefits Counsel 12:30 Dominoes 1:00 Knit & Crochet	13 9:30 Train Trip Departs 10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 10:45 BP Clinic 11:00 Yoga 11:15 Chatham Health Education Series 12:00 Tech Time w/ Harry 1:30 Bingo	14
15	16 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	17 9:00 Making Memories 9:45 Tai Chi 10:00 Ted Talk Connections 12:30 Pinochle 1:30 Bingo	18 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Farewell "Moving Day Luncheon 1:00 Line Dancing 1:00 Sewing Circle	19 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	20 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group 11:00 Yoga 11:00 TVCCA Lunch Served 12:00 Senior Center Closed for Staff Training NO Bingo	21 Celebrate Colchester 1-5 pm Oktoberfest Begins
22  Autumn Begins	23 9:00 Making Memories 9:00 Exercise w/ Anne 9:30 Falls Prevention Breakfast & Jeopardy 10:00 Sittersize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	24 9:00 Making Memories 9:45 Tai Chi 10:30 Book Club 12:30 In the Know 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting (Z)	25 9:00 Making Memories 9:00 Walking Group 10:00 Alzheimer's Walk Around Town 10:00 Adult Coloring 10:00 Sit & Be Fit 11:30 – 3:30 AARP Driver Safety Course NO Sewing Circle 1:30 Cardio Drumming	26 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12-3 Senior Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	27 9:00-10:00 CarFit (PL) 10:00 Sit & Be Fit 10:30 Senior Serenaders Choral Group @ Rocky Hill Veterans Home 11:00 Yoga 12:00 Lunch Bunch at Fresca Tequila Bar/Grill 1:30 Bingo	28 
29	30 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittersize 10:00 Stitch & Fix 10:00 Slate Pumpkin Painting Workshop 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Set Back	 September 2024 Colchester Senior Center 				

Key: Z = Zoom, TH = Town Hall Hybrid Meeting, PL = Parking Lot