

Sunday

Monday

Tuesday

Wednesday




Thursday

Friday

Saturday

September 2022

Colchester Senior Center

				<p>9:00 Exercise w/ Anne ¹ 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>10:00 Sit & Be Fit ² 10:00 Hearing Clinic 10:30 Free Apple Bingo 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	 <p>Happy Labor Day weekend ³</p>
<p>⁴</p>	<p>⁵ CSC Closed For Labor Day Labor Day</p>	<p>⁶ 9:00 Making Memories 9:15 Blood Pressure Clinic 9:45 Tai Chi 12:30 Pinochle 1:30 Bingo 1:30 AARP Meeting 2:00 AARP Program Update from SCBC</p>	<p>⁷ 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit NO Line Dancing 2:00 Tech Time with Harry</p>	<p>⁸ 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>⁹ 9:00 Back to School Breakfast 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	<p>¹⁰</p>
 <p>HAPPY Grand Parents Day</p>	<p>¹² 8:30 Garden Club 8:30 COA Meeting 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 11:00 Pet Therapy 12:30 Mah Jongg 12:45 Setback 1:00 Bridge 1:30 Fall Flavors Cooking Demo</p>	<p>¹³ 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 10:30 Ride to the Polls 12:30 Pinochle 12:30-3:30 CHOICES Counseling 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>¹⁴ 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 12:30 Reel Friends Movie "Sylvie's Love" NO Line Dancing 2:30 CSC Staff Meeting</p>	<p>¹⁵ 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>¹⁶ 9:30 Paint with Ruth 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 1:30 Bingo</p>	 <p>Oktoberfest Begins ¹⁷</p>
<p>¹⁸</p>	<p>¹⁹ 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge</p>	<p>²⁰ 9:00 Making Memories 9:45 Tai Chi 10:00 Trip to High Hopes Farm 10:30 Book Club 12:30 Pinochle 1:30 Bingo</p>	<p>²¹ 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Color Your World Special Event NO Line Dancing</p>	<p>²² 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet 4:30 SECT Regional Event "Rockin' Block Party" Autumn Begins</p>	<p>²³ 10:00 Sit & Be Fit 10:00 Card Making 10:30 Choral Group 11:00 Yoga 11:00 Falls Prevention Lunch and Learn 1:30 Bingo</p>	<p>²⁴ 9:30 Walk to End Alzheimer's-Eastern CT at Ocean Beach Park in New London The Memory Makers Go TEAM!</p>
 <p>Happy Rosh Hashanah</p> <p>7:30 am Berkshire Trip Departs Rosh Hashanah Begins</p>	<p>²⁶ 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 10:00 Stitch Fix 11:00 Learn to Sign 12:30 Mah Jongg 12:45 Setback 1:00 Bridge</p>	<p>²⁷ 9:00 Making Memories 9:45 Tai Chi 12:30 Pinochle 12:30 In The Know 1:30 Bingo 7:00 SCBC Meeting (Z)</p>	<p>²⁸ 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit NO Line Dancing 1:30 Seasonal Crafting</p>	<p>²⁹ 9:00 Exercise w/ Anne 9:30 Strategic Planning Team Meeting 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12:30 Dominoes 1:00 Knit & Crochet</p>	<p>³⁰ 10:00 Sit & Be Fit 10:30 Choral Group 11:00 Yoga 11:00 Lunch Bunch Outing to The Main Moose 12:00 Apple A Day Contest Drawing 1:30 Bingo</p>	

Key: Z=on zoom CC= on Conference Call

*Scheduled programs are subject to change