

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 June 2024 Colchester Senior Center  											
 PRIDE MONTH	2 8:30 Garden Clun 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	3 9:00 Making Memories 9:45 Tai Chi 10:45 Healthy Brain Series: Sleep 12:30 Pinochle 1:30 Bingo 12:30 AARP # 4019 Officer Installation Luncheon @ Papa Z's	4 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 10:30 Life Review Writing 12:30 3 Before Stonewall w/ Discussion 1:30 Line Dancing	5 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12 Sr Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	6 10:00 Sit & Be Fit 10:00 "Songs that ask a Question" Senior Serenaders' Show 11:00 Yoga 1:30 Bingo	7	8				
	9 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 11:15 TVCCA Food Safety at Home 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	10 9:00 Making Memories 9:45 Tai Chi 10:00 Regional LTC Ombudsman Meeting 12:30 CHOICES Counsel. 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting Zoom Shavuot Begins	11 9:00 Making Memories 9:00 Walking Group 10:00 Adult Coloring 10:00 Sit & Be Fit 11:00 Lunch & Learn – Pet Therapy 1:00 Sewing Circle 1:30 Cardio Drumming 2:30 CSC Staff Meeting	12 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 10:30 Shopping Trip 11:00 Yoga 12:00 Chair Massage 12 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	13 10:00 Sit & Be Fit 10:00 No Choral Group 10:15 Across the Ages 10:45 BP Clinic 11:00 Yoga 11:15 Chatham Health Education Series 1:30 Bingo Flag Day (US)	14	15 				
 Father's Day	16 9:00 Making Memories 9:00 Exercise w/ Anne 10:00 Sittercize 11:00 Learn to Sign 12:30 Mah Jongg 12:30 Bridge 12:45 Setback	17 9:00 Making Memories 9:30 Grilling & Smoking Tips and Recipes 9:45 Tai Chi 11:00 All American BBQ Luncheon 12:30 Pinochle 1:30 No Bingo	18 CSC Closed for Juneteenth Day Holiday Juneteenth	19 9:00 Exercise with Anne 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet Summer Begins	20 10:00 Sit & Be Fit 10:00 Card Making w/ Barbara 10:00 Choral Group 11:00 Yoga 1:00 Tech Time w/ Harry, by appointment 1:30 Bingo	21	22 				
	23 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 12:30 Bridge 12:45 Setback	24 9:00 Making Memories 9:45 Tai Chi 10:00 Shrinky Dink Repeat 10:30 Book Club 12:30 In the Know 12:30 Pinochle 1:30 Bingo 7:00 SCBC Meeting Zoom	25 9:00 Making Memories 9:00 Walking Group 9:30 – 11 AARP SD TEK 10:00 Adult Coloring 10:00 Sit & Be Fit 11:30 AARP Driver Safety 1:00 Sewing Circle 1:30 Cardio Drumming	26 9:00 Exercise with Anne 9:15 Newport Trip Departs 10:00 Sittercize 10:00 Wii Bowling 11:00 Yoga 12:00 Chair Massage 12 Sr. Benefits Counseling 12:30 Dominoes 1:00 Knit & Crochet	27 10:00 Sit & Be Fit 10:00 Choral Group 11:00 Yoga 11:00 Lunch Bunch to Maggie McFly's in Manchester 1:30 Bingo	28	29 				
	 PAGE 9 							30			