

Redesigned
with you
in mind!

RUSSELL MERCIER SENIOR CENTER

HOURS: MONDAY-THURSDAY 8:00 AM-4:30 PM, FRIDAYS 8:00AM-1:00 PM

AUGUST 2026 NEWSLETTER

Trip to Logee's Greenhouse with Lunch at Zip's Diner

Tuesday, August 18 at 10:00 AM

Cost: \$5, plus money for shopping and lunch

Logee's Greenhouse, located in Danielson, CT, is world-famous nursery specializing in rare, tropical, and edible fruiting container plants for northern climates. Spend the morning strolling through their six greenhouses and retail plant store. After Logee's, the bus will stop for lunch at the legendary Zip's Diner in Dayville. Seating is limited to 10 people. Register by 8/13.

Family Ties: Tie Dye Ice Cream Social

Wednesday, August 19 at 1:00 PM

Cost: \$2 per person

This program is for the young and young at heart, so bring your kids, grandkids, or come on your own. Travel back to the summer of 1969 at the Senior Center! Each participant will get a tea towel or bandana to dye and can bring up to three other items of their own to dye (shirts and socks work great!). Enjoy a walking sundae on the patio (weather permitting), listen to some groovy tunes, and spend time with friends as we celebrate the spirit of the era. Please register yourself and your guests by 8/13.



End of Summer Cookout

Wednesday, August 26 at 12:30 PM

Cost: \$5 per person

Come celebrate the end of summer with a cookout at the Senior Center! We will be firing up the grill and enjoying good company, yard games, and delicious food. The menu for the afternoon will include Cheeseburgers, Beans, Pasta Salad, Watermelon, and cake for dessert. Stick around after lunch for a group game of "Heads Up". Please register by 8/20.

Contact Information

12 Stonecroft Drive, Hebron CT 06248

Phone (860) 228-1700 Fax (860) 228-4213

Sharon Garrard-Hoffman, Director/Municipal Agent
extension 203 sgarrardhoffman@hebronct.gov

Dennis Farrar, Adult and Sr. Services Social Worker
extension 204 dfarrar@hebronct.gov

Ruth Reinwald, Program Coordinator
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ANNOUNCEMENTS & UPDATES

A Message from Ruth

Hello everyone,

I'd like to take a moment to introduce myself. My name is Ruth Reinwald, and I am excited to join the Russell Mercier Senior Center as your new Program Coordinator. I started at the beginning of July and have already enjoyed meeting many of our members and becoming part of this wonderful community.

I know the Senior Center has experienced a great deal of change recently, and while change can sometimes be challenging, it also brings new opportunities. My goal is to build on the Center's strong foundation by offering creative, engaging, and meaningful programs that provide something for everyone.

A little about me: I have been a Hebron resident for the past 11 years and live here with my husband and our two young daughters. Prior to joining the Russell Mercier Senior Center, I worked with the Colchester and East Hartford Senior Centers. My educational background is in Fine Art, and in my free time I enjoy gardening, attending live music events, and hiking. Whether you'd like to sign up for a program, share ideas for future activities, or simply stop by for a conversation, I encourage you to visit my office. My door is always open, and I look forward to getting to know each of you.

Warm regards,

Ruth Reinwald

Senior Center Program Coordinator

Hebron Commission on Aging

Next Meeting Wednesday, September 2 at 8:30AM
Meetings are open to the public.

Chairperson: Sandy Waldo

Members: Cathy Litwin, Jo Souza, Rebecca Tamsin, Margaret Gibbs

Alternate: Kirk Smallidge, 1 open alternate seat available

Mission Statement: The Commission on Aging promotes and supports a livable, caring community for Hebron's aging population, focusing on their well-being, and supports the Senior Center through active engagement.

Vision Statement: The Commission on Aging is dedicated to fostering a vibrant, informed, and empowered community of older adults in Hebron. We strive to ensure that seniors have access to the resources, supports and opportunities needed to maintain their independence and thrive in every stage of aging.

To all my wonderful friends and acquaintances at the Hebron Senior Center,

This is one of the hardest letters I've had to write. I want to thank each and every one of your beautiful people for the huge outpouring of love, generosity, appreciation, and hugs during this difficult transition. I have loved seeing you all almost every day! You will all be missed!

As I start a new chapter in my life, I will always remember the talks, the smiles and the fun parties we had. Keep smiling and remember that you are all thought about with great love,

Miss you already,
Linda Zaccaro

ONGOING EVENTS & ACTIVITIES

***NEW* Popcorn and a Movie**

Mondays, August 10 and 17 at 1:00 PM

Cost: Free

August 10: Song Sung Blue: Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. Starring Hugh Jackman and Kate Hudson **(2025, PG-13, 2h 13m)**

Sharon's Review: 5 Stars! ★★★★★

August 17: Project Hail Mary: Science teacher Ryland Grace wakes up on a spaceship with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out. Starring Ryan Gosling **(2026, PG-13, 2h 36m)**

Knit, Crochet, Needle Group

Tuesdays from 10:00AM to 11:30AM

Cost: Free

For those who knit, crochet, or do any kind of needle work this is a chance for you to come connect, share ideas, techniques, patterns, & maybe even teach others a new skill.

Hand and Foot Canasta

Tuesdays from 12:30PM to 3:30PM

Cost: Free

Hand and Foot is a popular variation from the rummy type game of Canasta. Hand and Foot uses about 5 or 6 decks of standard playing cards and is played with 2-6 players.

Card Making Class

Tuesdays from 1:00PM to 2:15PM

Cost: \$35 for 4 weeks

In this class you will learn the basics as well as advanced techniques of rubber stamping and card making! No previous experience is required. You'll be amazed at how simple it is to create beautiful cards that will bring joy to family and friends. Themes include birthday, holiday, seasonal, and more. The class runs continuously and the cost is \$35 for 4 consecutive weeks; includes instruction and all supplies. You can pay the instructor at your first class, but must pre-register for the class.

Sunshine Singers

Thursdays from 10:15AM to 11:45AM

Cost: Free

The Sunshine Singers welcome any and all who enjoy singing and would love to share their talents with others. This group loves to sing and have fun—if that sounds like you then join today! . Pre-registration is required if it's the first time attending.

Bingo

Thursdays from 1:00PM to 3:00PM

Cost: First Card \$1, \$.50 for each additional

Come try your luck and have some fun! Sign-up is required if it's the first-time attending.

Mah Jongg

Thursdays from 12:45 PM to 3:15PM

Cost: Free

The goal of American Mah Jongg is similar to poker, in that the aim is to make matching sets and pairs. A set is three or four identical tiles or three consecutive tiles (also known as 'melds'), and a pair is two of the same tiles (often called 'eyes'). To win Mah Jongg a player must form four sets and one pair.

***NEW* Cooking Demo: Summer Rolls**

Wednesday, August 12 at 1:00PM

Cost: Free

Join us as we prepare a delicious, healthy, seasonal recipe from start to finish! This month, Ruth will demonstrate how to make **fresh summer rolls paired with a flavorful peanut dipping sauce**. After the demonstration, you'll have the opportunity to create your own summer rolls using a variety of fresh ingredients. Please register by 8/6.

***NEW* Tech Connect**

Tuesdays beginning August 11 from 9:00AM to 11:00 PM by appointment

Cost: Free

Sign up for a 15 minute session with Ruth to answer any of your simple smartphone, laptop, or tablet questions. Bring your device with you.

ONGOING EVENTS & ACTIVITIES

***NEW* Pottery Workshop**

Instruction Time: Fridays August 14 & 21 and September 4 & 11 9AM to 11AM

Cost: \$35 for 4 weeks (includes 25lbs of clay- more clay available for purchase)

Get creative with clay in this fun and relaxing hand built pottery workshop. Learn simple techniques to make your own unique pottery pieces—no experience needed. All materials provided. In this session we will be learning the art of coil building. Sign up early. Space is limited to 6 people. **Open Studio Time: Tuesdays from 12PM to 3PM and Wednesdays from 9AM to 12PM**

***NEW* Beginners Paint Along**

Monday, August 31 at 1:00PM

Cost: \$5 per person

Join Ruth as she leads you step by step through this beautiful beach scene painting. We will be using gouache paint (similar to watercolors) on paper. All materials will be provided, no experience necessary!



TRIPS

Scoop Shuttle: Trip to The UCONN Dairy Bar

Thursday, August 27 at 1:00PM

Cost: \$2 per person

Treat yourself to a delicious day out at the famous UConn Dairy Bar! Enjoy award-winning ice cream, great company, and a fun outing with friends from the Senior Center. Please register by 8/20.

Weekly Shopping Trip

Thursdays at 8:15AM

Cost: \$2 per person

8/6: Stop and Shop

8/13: Big Y

8/20: Wal-Mart

8/27: Stop and Shop

9/3 Big Y

To register for a shopping trip please call (860) 228-1700 by at least noon the day before the trip.

Anyone attending a trip must have a Form 5 filled out prior to departure.

Annie at the Goodspeed Opera House

with Lunch at the Gelston House

Thursday, December 3

Bus Departs Sr Center at 10:30AM

Cost: \$112 per person (includes lunch and ticket)

Don't miss this exciting trip to the historic Goodspeed Opera House to experience the beloved musical Annie! Enjoy unforgettable songs, heartwarming characters, and a story that has delighted audiences for generations. Gather for a pre-show lunch at the Gelston House that includes salad, 5 entree choices, and dessert. **Space is limited. Tickets must be purchased by October 2.**



Trip to the Big E

Wednesday, September 23

Bus Departs Senior Center at 8:45AM and returns at approximately 4:00PM

Cost: \$5 per person (purchase your own tickets online or at the gate for \$16)

It's Connecticut Day at the Big E! Leave the driving to us and skip the parking hassle. Take in the sights and sounds of the largest fair on the East coast. Space is limited. **Hebron residents may sign up beginning 8/24, non-residents sign-ups begin 9/8.**

FITNESS

Class	Day/Time	Session	Description	Suggested Donation
Enhance Fitness	Monday, Wednesday, Friday 9:00-10:00	8/3-8/31	Enhance Fitness focuses on four key areas: stretching and flexibility, low-impact aerobics, strength training, and balance. Participants will join instructor Paul Smith via Zoom in the multi-purpose room for this engaging and effective fitness class.	FREE
FABBS	Wednesday & Friday 10:45-11:45	8/5-8/28	FABBS (Flexibility, Agility, Better Balance & Strength) combines chair exercises, weights, resistance bands, stretching, strength training, ballet-inspired movements, and tai chi balance exercises. Led by Hilary Celentano.	\$24/Session \$5/Drop In
Video Yoga	Thursdays 9:00-10:00	8/6-8/27	Laurie Pasteryak is an experienced yoga instructor whose energetic, positive classes welcome both beginners and experienced yogis, with floor and chair-based options available. Free video yoga will be offered for the month of August due to instructor availability. Laurie will be back in September!	FREE
Tai Chi	Thursdays 10:15-11:15	8/6-8/27	This class consists of soft, fluid, circular movements that build into a flowing meditation. This motion will promote better balance, improve flexibility, and will be enjoyed for its beauty, artistry, and therapeutic qualities. Led by Hilary Celentano.	\$12/Session \$5/Drop In

Exercise Equipment Room

Open Daily

Cost: Free!

The Exercise Equipment room at the Senior Center is free and open for use by reservation only. This room is equipped with a variety of cardio machines, free weights, and resistance benches. Sign up for a 50-minute time slot from 9AM – 3PM Monday – Thursday (last time slot at 2:00pm) and Fridays 9AM-12PM (last time slot at 11:00am). To reserve a time please call 860-228-1700.



WELLNESS PROGRAMS

Pet Loss Support Group

Friday, August 14 from 11:00AM to 12:00PM

We know from experience that sharing your grief and pain with others also on their journey lightens the burden and opens the heart and mind to moving forward, to healing. This group offers a unique space to help you heal from the loss of a beloved pet.

Caregiver Support Group

Friday, August 21 from 11:00AM to 12:30PM

The Caregiver Support Group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one and learning about resources and ideas to assist you in the process. The Support Group will meet the 3rd Friday of the month at the Senior Center.

Men's "Golden Oldies" Social Group

No Men's Group in August

If you are 60 or older and interested in participating in a social activities group with other men, please contact our Social Worker, Dennis Farrar, MSW at 860-228-1700, ext. 204 to register.

Monthly Blood Pressure Screenings

Monday, August 24 at 10:00 AM

Public Health Nurse, Vicki Han, RN from Chatham Health will be offering free Blood Pressure screenings and educating you on how to monitor it at home and how to reduce your risks for heart attacks and strokes.

Chatham Health Ed. Series

Monday, August 24 at 10:30 AM

Chatham Health's August presentation will focus on **hydration**. These presentations are always informative and engaging. The session will be led by Stephanie Reyes, who holds a Master of Public Health degree and brings valuable expertise on health and wellness topics.

Massage Therapy

Mondays and Thursdays, from 9:00AM to 5:30PM and Wednesdays 12:30PM to 5:30PM by appointment

Massage therapist, Beverly Williams offering 25 minute and 50 minute chair/table or hot stone massages (longer times are available, just ask), for \$25/\$50 accordingly. Please understand there is pre & post massage prep time needed for all appointments. Gift certificates available. To make an appointment, please call or text Beverly at 860-377-2718 or email wordwoman777@gmail.com.

TRANSPORTATION

To Schedule a Ride Please Call (860) 228-1700

Door to door transportation is available for Hebron/Amston seniors (60 years and older) and adult disabled individuals via two handicapped accessible vans and a car for medical care, shopping, banking, or other needs. Dial-a-Ride operates on a first-come-first-served basis with a minimum of 24hr notice (48hrs for new riders). Making appointments sooner versus later increases likelihood of availability.

- Non-emergency medical/pharmaceutical appointments
- Appointments related to financial/homecare/legal assistance programs
- Group clinics/health screenings (e.g., those scheduled at the Senior Center)
- Senior Center social events/outings, informational/educational sessions, etc.
- For personal care needs, trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough)

Suggested donations vary based on destination location.

SAVE THE DATE

Oktoberfest Luncheon

Wednesday, September 30 at 12:30PM

Sign up begins August 24

Join us for classic Bavarian fare and music with Brian Gillie. Come enjoy a fun afternoon with us while we bring the German spirit to Hebron. More information will be available in the September Newsletter.

Legislative Update and Lunch with State Rep. Steve Weir

Wednesday, September 16 at 12:30PM

Sign up begins August 24

Join State Representative Steve Weir for a legislative update. Free lunch will be provided. More information will be available in the September Newsletter.

AARP Driver Safety Course

Tuesday September 22

Sign up begins August 24

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. More information will be available in the September Newsletter.

Wanted: School Pictures

Photos will be scanned and returned to you immediately

Help us celebrate the back-to-school season with a fun guessing game! Bring in a childhood or school photo, and we'll scan it for our display. Then everyone can try to guess who each picture belongs to.

HEBRON HAPPENINGS

St. Peter's Lasagna Dinner

Saturday, August 15 at 4:00PM

A portion of each dinner will go to the Andover Food Bank.



The Town Center Project

SUMMER CONCERT SERIES

MAIN ST. HEBRON, CT
CENTURY 21 LAWN

8/14 ONE PART HARMONY
Folk. Country. Rock

8/21 BONNIE JACOBSON AND FRIENDS
Acoustic Originals

6:00 - 8:00 PM



HEBRON DAY
HEBRON PARKS AND RECREATION

HEBRON DAY 2026

AUGUST 29TH • 10AM - 2PM

Join us in celebrating our parks and community!
Experience a day packed with fun and activities at:
Veteran's Park, 66 Wall Street
AND
St. Peter's Field Pickleball Courts, 70 Church Street

FOOD TRUCKS • BOUNCE HOUSES
KIDS' ACTIVITIES • SKATE JAM
PICKLEBALL TOURNAMENT • VENDORS

More Information Coming Soon!

HEBRONCT.RECDESK.COM/COMMUNITY 860-530-1281

SOCIAL SERVICES

Elderly/Totally Disabled Renters Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits (see below). Renters' rebates can be between \$150 and \$900 for married couples and between \$150 and \$700 for single persons.

Application for the renters' tax relief program must be made, by appointment, with the Hebron Senior Center no later than Wednesday, September 30th. Recipient or spouse must be 65 years of age or older or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one-year state residency requirement. Grants are based upon income requirements.

Renters

Income Eligibility – 2025 Benefit Year

Filing period April 1, 2026 through September 30, 2026

Maximum Gross 2025 Income for a Single Individual is \$46,300

Maximum Gross 2025 Income for a Married Couple is \$56,500

Food Pantry

Hours: Tuesday and Thursdays 9AM–6PM, Fridays 12pm–5pm

Hebron Interfaith Human Services (HIHS) is dedicated to serving the needs of Hebron and surrounding communities through our client-choice food pantry. Location: 26 Pendleton Drive, Hebron, CT 06248.

Foodshare Mobile Produce Van

Tuesday, August 11 and 25, 11:15AM–11:45AM

The Foodshare Mobile Produce Van visits every other Tuesday at the Church of Hope (Red Barn), corner of Route 85 and Route 66. Everyone is welcome. No forms are required. Please bring your own bags. Transportation to the Food Pantry or Mobile Produce Van is available as needed. Please call 860-228-1700 to schedule a ride.

For information about pantry services or other HIHS programs, contact the food bank at (860) 228-1681. Director: Christa Goodwin-Babka

Meals on Wheels

If you are 60 years or older you can sign up to have meals delivered to your home Monday–Friday between 11:15am–12:30pm. You can get as many as 14 meals per week if needed. A hot lunch is delivered daily (with an afternoon snack). Currently, due to reduced federal funding we are no longer able to offer evening or weekend meals. A \$3.00 donation per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Once the paperwork is submitted to us and returned to CRT, meals will start within a few days. Referrals are also accepted from doctors, hospitals, VNAs, and town social service departments. So if you, or someone you know, could benefit from receiving meals please contact us at 860-228-1700 and ask to speak with the social worker, Dennis Farrar, ext. 204 or Senior Center Director Sharon Garrard-Hoffman, ext 203.

SOCIAL SERVICES

Eversource Low Income Discount Rate

Eversource offers a Low Income Discount Rate (LIDR) program with percentage discounts off of your monthly bill based on your household income

50% discount (Tier 5): 1 person household income up to \$15,650/year (\$1,304.17/month)

2 person household income up to \$21,150/year (\$1,762.50/month)

And/or enrolled in HUSKY C Community Medicaid

40% discount (Tier 4): 1 person household income up to \$19,562.50/year (\$1,630.21/month)

2 person household income up to \$26,437.50/year (\$2,203.13/month)

20% discount (Tier 3): 1 person household income up to \$25,040/year (\$2,086.67/month)

2 person household income up to \$33,840/year (\$2,820/month)

And/or Parents and Caretakers enrolled in HUSKY A

And/or enrolled in HUSKY D

15% discount (Tier 2): 1 person household income up to \$33,021.50/year (\$2,751.79/month)

2 person household income up to \$44,626.50/year (\$3,718.88/month)

And/or enrolled in the Medicare Savings Program - (QMB)

And/or enrolled in SNAP (Supplemental Nutrition Assistance Program)

And/or have a household member who is a child under age 19 receiving Free or Reduced Lunches or Enrolled in HUSKY A

5% discount (Tier 1): 1 person household income up to \$45,505/year (\$3,792.08/month)

2 person household income up to \$59,507/year (\$4,958.92/month)

And/or receiving heating assistance through (CEAP)

And/or enrolled in HUSKY C Long-Term Supports Program

And/or enrolled in the Medicare Savings Program (SLMB or ALMB)

And/or enrolled in Section 8 Housing/Rental Assistance Program (RAP)

If you have questions regarding the Low Income Discount Rate through Eversource please contact the Senior Center at 860-228-1700



Redesigned with You in Mind!

You may have noticed that this newsletter has a new look! We hope you enjoy this new edition. Please take some time to explore the updated format, and if you have any questions or feedback, feel free to contact Ruth at extension 202.

Program Registration

You may register for programs by calling 860-228-1700 or by coming into the Senior Center. If the program has a fee you must pay at the time of registration with cash or check. Register at the Programs/Transportation office window.

Volunteers Opportunities

Volunteer Receptionist: Key responsibilities include greeting all visitors upon arrival, answering and directing phone calls to the appropriate staff members, and ensuring that all visitors check in at the kiosk upon entering the building.

Hospitality & Decorating Volunteer: Do you enjoy decorating and creating welcoming spaces? We are seeking a creative and dependable volunteer to help decorate the Senior Center each month and for special events throughout the year.

If you are interested in volunteering please speak with Sharon or Ruth.



AUGUST 2026

Russell Mercier Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-3:00 Exer. Room 9:00-10:00 Enh Fitness via Zoom with Paul 9:00-5:30 Massage	4 9:00-3:00 Exer. Room 10:00-11:30 Knitting 12:30-3:30 Hand & Foot Canasta 1:00-2:15 Card Making	5 9:00-3:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 10:45-11:45 *New Session* FABBS 12:30-5:30 Massage	6 8:15 Stop & Shop 9:00-3:00 Exer. Room 9:00-10:00 Video Yoga 10:15-11:15 *New Session* Tai Chi 10:15 Sunshine Singers 1:00-3:00 BINGO 12:45-3:15 Mah Jongg 9:00-5:30 Massage Sign up deadline for Cooking Demo	7 9:00-12:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 10:45-11:45 FABBS
10 9:00-3:00 Exer. Room 9:00-10:00 Enh Fitness via Zoom with Paul 9:00-5:30 Massage 1:00 Popcorn and a Movie	11 9:00-3:00 Exer. Room 9:00-11:00 Tech Appts 10:00-11:30 Knitting 11:00 Food Truck 12:30-3:30 Hand & Foot Canasta 1:00-2:15 Card Making	12 9:00-3:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 10:45-11:45 FABBS 12:30-5:30 Massage 1:00 Summer Roll Cooking Demo	13 8:15 Big Y 9:00-3:00 Exer. Room 9:00-10:00 Video Yoga 10:15-11:15 Tai Chi 10:15 Sunshine Singers 1:00-3:00 BINGO 12:45-3:15 Mah Jongg 9:00-5:30 Massage Sign up deadline for Tie Dye and Trip to Logee's	14 9:00-12:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 9:00-11:00 Pottery Instruction 10:45-11:45 FABBS 11:00 Pet Loss Support Group
17 9:00-3:00 Exer. Room 9:00-10:00 Enh Fitness via Zoom with Paul 9:00-5:30 Massage 1:00 Popcorn and a Movie	18 9:00-3:00 Exer. Room 9:00-11:00 Tech Appts 10:00 Trip to Logee's 10:00-11:30 Knitting 12:00-3:00 Pottery Open Studio 12:30-3:30 Hand & Foot Canasta 1:00-2:15 Card Making	19 9:00-3:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 9:00-12:00 Pottery Open Studio 10:45-11:45 FABBS 12:30-5:30 Massage 1:00 Tie Dye Ice Cream Social	20 8:15 Wal-Mart 9:00-3:00 Exer. Room 9:00-10:00 Video Yoga 10:15-11:15 Tai Chi 10:15 Sunshine Singers 1:00-3:00 BINGO 12:45-3:15 Mah Jongg 9:00-5:30 Massage Sign up deadline for Cookout and Trip to the Dairy Bar	21 9:00-12:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 9:00-11:00 Pottery Instruction 10:45-11:45 FABBS 11:00 Caregiver's Support Group
24 9:00-3:00 Exer. Room 9:00-10:00 Enh Fitness via Zoom with Paul 10:00-11:00 Chatham Health BP Clinic 10:30-11:30 Chatham Health Ed. Pres.- Hydration 9:00-5:30 Massage	25 9:00-3:00 Exer. Room 9:00-11:00 Tech Appts 10:00-11:30 Knitting 11:00 Food Truck 12:00-3:00 Pottery Open Studio 12:30-3:30 Hand & Foot Canasta 1:00-2:15 Card Making	26 9:00-3:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 9:00-12:00 Pottery Open Studio 10:45-11:45 FABBS 12:30-5:30 Massage 12:30 End of Summer Cookout	27 8:15 Stop & Shop 9:00-3:00 Exer. Room 9:00-10:00 Video Yoga 10:15-11:15 Tai Chi 10:15 Sunshine Singers 1:00-3:00 BINGO 1:00 Trip to the Dairy Bar 12:45-3:15 Mah Jongg 9:00-5:30 Massage	28 9:00-12:00 Exer. Room 9:00-10:00 Enh. Fitness via Zoom with Paul 10:45-11:45 FABBS
31 9:00-3:00 Exer. Room 9:00-10:00 Enh Fitness via Zoom with Paul 9:00-5:30 Massage 1:00 Beginner's Paint Along	Reminder: Sign in to the MySeniorCenter koisk every time you visit the Senior Center!			Anyone attending a trip must have a Form 5 filled out prior to departure.