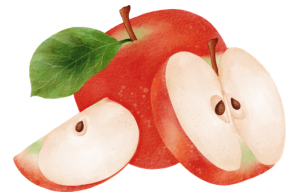


# RUSSELL MERCIER SENIOR CENTER



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

## SEPTEMBER 2026 NEWSLETTER

### Lunch and Legislative Update with Steve Weir

**Wednesday, September 16 at 12:30PM**

**Cost: Free**

Join State Representative Steve Weir for lunch and a legislative update. A light lunch will be provided for free..

### AARP Driver Safety Class

**Tuesday, September 22**

**from 8:50AM to 1:00 PM**

**Cost: \$20 for AARP members/ \$25 for non-AARP members payable by cash or check**

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. Please arrive at 8:45AM to fill out paperwork. Bring AARP Card/Number for discounted price. Bring the exact amount for payment as no change will be available. No bills over \$20 will be accepted for payment.

### 10 Warning Signs of Dementia

**Wednesday, September 23 at 1:00 PM**

**Cost: Free**

Join Dr. Howard A. Selinger, chairman of the Department of Family Medicine at the Frank H. Netter, MD School of Medicine, Quinnipiac University, for this informative presentation on how to recognize the signs of dementia.

### Oktoberfest Celebration

**Wednesday, September 30 at 12:30 PM**

**Cost: \$10 per person**

Join us for a festive Oktoberfest celebration featuring classic Bavarian fare and live music by Brian Gillie. Enjoy lunch from 12:30 PM to 1:00 PM, followed by music from 1:00 PM to 2:00 PM. Our Oktoberfest menu includes a choice of bratwurst with sauerkraut, German potato salad, and braised red cabbage, with Bavarian cream cake for dessert. Come gather with friends, savor traditional German favorites, and enjoy an afternoon of great food, music, and Oktoberfest cheer!

### 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  
extension 202 rreinwald@hebronct.gov

### Table of Contents

**Page 1: Special Monthly Programs**

**Page 2: Announcements & Updates**

**Page 3: Ongoing Events and Activities**

**Page 4: Ongoing Events and Trips**

**Page 5: Fitness**

**Page 6: Wellness and Transportation**

**Page 7: Save the Date & Hebron**

**Happenings**

**Page 8 & 9: Social Services**

**Page 10: Monthly Calendar**

# ANNOUNCEMENTS & UPDATES

## Adventure Awaits!

### Take a Trip with the Hebron Senior Center

Exciting adventures await! We're offering a variety of trips designed for every interest. Enjoy a memorable afternoon at *Annie* at The Goodspeed Opera House, explore the beauty of the season on our leaf-peeping kayak trip, or gather with friends for a seafood feast at Lenny & Joe's.

There's something for everyone, so don't wait. Reserve your spot today! More trip information can be found on page 4.



## 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.

## Seasonal Crafters Meeting

**Tuesday, September 8 at 10:00AM**

The holiday season will be here before we know it, and we're excited to roll up our sleeves and bring some creativity to the community! This year, we'll be taking part in two festive local events: the Annual Scarecrow Contest on Main Street in Hebron, hosted by the Town Center Project, and the Festival of Trees at the Wadsworth Atheneum in Hartford. We're looking for senior members to help with the planning, designing, and bringing these projects to life. Whether you're crafty, handy, artistic, or just looking for a fun way to get involved, we'd love to have you on the team! Join us for our first Seasonal Crafters meeting in the conference room. Let's make this holiday season one to remember.

## 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:** We are seeking creative volunteers to help decorate the Senior Center each month and for special events throughout the year.

**Wednesdays Meals on Wheels Driver:**

Friendly and reliable volunteer needed for Wednesday MOW delivery. You need to have reliable transportation. Training provided. -

**If you are interested in volunteering please call 860-228-1700.**

# ONGOING EVENTS & ACTIVITIES

## Tech Connect

**Tuesdays 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.

## 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. Join the Sunshine Singers who are a group who love to sing. 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 12:45PM 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.

## Cooking Demo: All Things Tomato!

**Wednesday, September 9 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 salsa and bruschetta using fresh garden tomatoes!** Samples will be available. Please register by 9/3.

## Popcorn and a Movie

**Monday, September 14 at 1:00 PM**

**Cost: Free**

**Michael:** MICHAEL is the cinematic portrayal of the life and legacy of one of the most influential artists the world has ever known. The film tells the story of Michael Jackson's life beyond the music, tracing his journey from the discovery of his extraordinary talent as the lead of the Jackson Five to become the biggest entertainer in the world. **(PG-13, 2026, 2h 7min)**

## Back to School Trivia Challenge

**Monday, September 21 at 1:00 PM**

**Cost: Free**

Join us for some friendly competition, light refreshments, and serious fun! This trivia game will feature a variety of categories so there's something for everyone. Teams will compete for bragging rights!

# ONGOING EVENTS & ACTIVITIES

## Pottery Workshop

**Instruction Time: Tuesdays 12PM to 3PM**

**New Session 9/22, 9,29, 10/6, 10/13**

**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: Fridays from 9AM to 12PM and Mondays from 9AM to 3PM**

## Beginners Paint Along

**Monday, September 28 at 1:00PM**

**Cost: \$5 per person**

Join Ruth as she leads you step by step through this Fall pumpkin painting. We will be using gouache paint (similar to water-colors) on paper. All materials will be provided, no experience necessary!



# TRIPS

## Weekly Shopping Trip

**Thursdays at 8:15AM**

**Cost: \$2 per person**

9/3: Big Y, 9/10: Wal-Mart, 9/17: Stop & Shop, 9/24: Big Y, 10/1: Wal-Mart

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

## Lunch Outing: Lenny and Joe's

**Tuesday, September 8 at 11:00 AM**

**Cost: \$2 per person, plus money for lunch**

Catch the bus to savor the last of Summer at Lenny and Joe's in Westbrook. Please register by 9/3.

## 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.**

## Leaf Peeping Kayak Trip with Wanderlust EcoTours

**Friday, October 16 (rain date 10/23)**

**Meet at the Senior Center at 8:15 AM**

**Cost: \$65 per person**

Come enjoy a relaxed, guided kayaking trip designed for beginners and nature lovers alike. We'll paddle the Mattabesset river in Cromwell at an easy pace, taking in the brilliant colors of fall reflected in the water. All equipment included. Beginner friendly, minimum physical requirements required to be able to paddle and enter and exit a sit-inside kayak.

## 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 3.**



# FITNESS

| Class                            | Day/Time                                | Session/ | Description                                                                                                                                                                                                                                                  | Suggested Donation          |
|----------------------------------|-----------------------------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| Enhance Fitness                  | Monday, Wednesday, Friday<br>9:00-10:00 | 9/2-9/30 | 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                        |
| <b>*NEW*</b><br>Zumba Gold Video | Wednesdays<br>10:15-11:15               | 9/2-9/30 | The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.                                                      | FREE                        |
| Yoga                             | Thursdays<br>9:00-10:00                 | 9/3-9/24 | Laurie Pasteryak is an experienced yoga instructor whose energetic, positive classes welcome both beginners and experienced yogis, with floor and chair-based options available.                                                                             | \$12/Session<br>\$5/Drop In |
| Tai Chi                          | Thursdays<br>10:15-11:15                | 9/3-9/24 | 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<br>\$5/Drop In |
| FABBS                            | Fridays<br>10:45-11:45                  | 9/4-9/25 | 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.                               | \$12/Session<br>\$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. There will be 50-minute time slots from 9AM – 3PM Monday – Thursday (last time slot at 2:00pm) 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, September 11 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, September 18 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**

**Friday, September 25 from 11:00AM to 12:30PM**

If you are 60 or older and interested in participating is 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, September 28 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, September 28 at 10:30 AM**

Chatham Health's August presentation will focus on **vaccines**. 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**

**Wednesdays and Thursdays, from 9:00AM 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](mailto:wordwoman777@gmail.com).

# TRANSPORTATION

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

Door to door transportation is available for 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. Hebron/Amston Residents. 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

## AHM Halloween Visit!

**Monday, October 19 at 10:30AM**  
**Sign up Begins September 28**

The kids will be coming in their Halloween costumes to make a craft, share a snack, and have some fun! More information and sign-up details will be available in the October Newsletter.

## Vaccination Clinic with Chatham Health

**Wednesday, October 6 at 12:00 to 2:00 PM**

**Sign up Begins September 28**

More information and sign-up details will be available in the October Newsletter.

## Halloween Party with the Sunshine Singers

**Thursday, October 29 at 11:30 AM**

**Sign up Begins September 28**

Throw on your costume, stay for lunch, and rock out with the Sunshine Singers! Get into the spooky spirit –there are killer prizes for the best dressed. You won't want to miss it. More information and sign-up details will be available in the October Newsletter.

# HEBRON HAPPENINGS



## Hebron Harvest Fair

**September 10th through 13th**

Senior Afternoon 9/11 from 12:00PM–4:00PM  
Ages 65+ Free!

## Hebron Veterans Scholarship Golf Tournament

**Saturday, September 12th at 8:00AM**

**At the Chanticlair Golf Course  
in Colchester**

The Hebron American Legion is sponsoring a nine-hole shotgun start golf tournament to raise funds for a scholarship exclusively awarded to RHAM graduating high school seniors who are descendants of veterans. For more information contact Joe Fetta at (203)848-5913 or email Ron Rarkyn at [park1969@comcast.net](mailto:park1969@comcast.net)

## St. Peter's Turkey Dinner

**Saturday, September 19 at 4:00PM**

A portion of each dinner will go to Tara Farm Rescue in Coventry. Take out only.

WEDNESDAY  
SEPTEMBER 9  
6:00-9:00PM  
BURNT HILL PARK OFFICE  
\$40 PER PERSON

**TAKE GREAT  
PHOTOS WITH  
YOUR  
SMARTPHONE**  
(FOR BOTH IPHONES AND ANDROIDS)

TAKE PHOTOS THAT TRULY STAND OUT WITH THE SMARTPHONE YOU ALREADY OWN. LEARN SIMPLE TECHNIQUES TO CAPTURE STUNNING IMAGES WITH ANY ANDROID OR IPHONE. NO SELFIES—JUST CREATIVE PHOTOGRAPHY SKILLS YOU CAN USE EVERY DAY.

PLEASE BRING A FULLY CHARGED IPHONE OR ANDROID SMARTPHONE, CHARGER, AND ANY ACCESSORIES

\*\*THIS CLASS WILL NOT COVER TAKING OF SELFIES\*\*

FOR MORE INFORMATION AND TO REGISTER VISIT  
[HEBRONCT.RECDESK.COM/COMMUNITY/PROGRAM](http://HEBRONCT.RECDESK.COM/COMMUNITY/PROGRAM)

## 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, September 8, and 22, 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

## Could You Use Some Help With Your Electric and Home Heating Bill?

Starting September 1, applications will be taken for the CT Energy Assistance Program (CEAP). This Program can provide assistance with your home heating bill whether you heat with oil, propane, electricity, natural gas, pellets, wood, etc. The first day for authorization of a deliverable heating source (oil, propane, pellets, wood, etc.) is November 2, and the last day for an authorization of a deliverable heating source (oil, propane, pellets, wood, etc.) is April 1, 2027. The last day that a household heating with electricity or natural gas can apply to establish eligibility is May 31, 2027. In order to qualify for the CT Energy Assistance Program, your household's gross income from all sources cannot exceed the following:

| Family Size                 | 1                | 2                | 3                | 4                | 5                | 6                 | 7                 | 8                 |
|-----------------------------|------------------|------------------|------------------|------------------|------------------|-------------------|-------------------|-------------------|
| Maximum Annual Gross Income | \$48,714         | \$63,703         | \$78,692         | \$93,681         | \$108,669        | \$123,658         | \$126,469         | \$129,279         |
|                             | \$4,059.50/month | \$5,508.58/month | \$6,557.67/month | \$7,806.75/month | \$9,055.75/month | \$10,304.83/month | \$10,539.08/month | \$10,773.25/month |

The award amount toward your home heating expense varies depending on your income according to a graduated income scale.

Additionally, whether you heat with electricity or not, you may be eligible for Eversource's Low-Income Discount Rate. Your discount will depend on your annual household income and/or receipt of various public assistance programs.

Starting last year, there was a big change in regard to how individuals were allowed to show documentation of their Social Security income. Previously a most recent bank statement with the Social Security deposit was sufficient, BUT....now individuals cannot use a bank statement – they must provide a copy of their verification of benefits letter, also known as the annual COLA notice that beneficiaries receive every December. If someone cannot locate their COLA notice, **reach out to Sharon or Dennis at the Senior Center for assistance 860-228-1700.**

## Medicare Open Enrollment

Every year Medicare's open enrollment period is from October 15 to December 7

Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. The annual open enrollment period is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the upcoming year to best meet their needs.

People in a Medicare health or prescription drug plan should always review whether or not their current plan is changing, and whether the plan will still meet their needs for the following year. What's working for you now, may not work for you in the future based on changes that the plan may be making for the upcoming year.

Through the Senior Center, we can help you with that process and, if indicated, help you in choosing a plan to best suit your needs. **To make an appointment, please call the Senior Center at 860-228-1700.**

## Signing in at the Kiosk

Please remember to sign in at the MySeniorCenter kiosk every time you visit the senior center. This helps us keep accurate statistics so we can continue to provide valuable programs and services. If you need a new MySeniorCenter card please stop by the program registration window to pick one up.

## 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.





# SEPTEMBER 2026

Russell Mercier Senior Center



| MONDAY                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                            | THURSDAY                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                           | <b>1</b><br>9:00-3:00 Exer. Room<br>9:00-11:00 Tech Connect<br>10:00-11:30 Knitting<br>12:00-3:00 Pottery Open Studio<br>12:30-3:30 Hand & Foot Canasta<br>1:00-2:15 Card Making                                                                                    | <b>2</b><br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-5:30 Massage<br>10:15-11:15 Video Zumba Gold                                                                  | <b>3</b><br>8:15 Big Y<br>9:00-3:00 Exer. Room<br>9:00-5:30 Massage<br>9:00-10:00 <b>*New Session*</b> Yoga<br>10:15-11:15 <b>*New Session*</b> Tai Chi<br>10:15 Sunshine Singers<br>1:00-3:00 BINGO<br>12:45-3:15 Mah Jongg<br><b>Sign up deadline for Cooking Demo and Lenny &amp; Joe's</b> | <b>4</b><br>9:00-12:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-11:00 Pottery Instruction<br>10:45-11:45 <b>*New Session*</b> FABBS                |
| <b>7</b><br><b>Senior Center Closed for Labor Day</b>                                                                                                                                                                                     | <b>8</b><br>9:00-3:00 Exer. Room<br>9:00-11:00 Tech Connect<br>10:00 Seasonal Crafters Meeting<br>11:00 Lenny & Joe's Trip<br>11:00 Food Truck<br>10:00-11:30 Knitting<br>12:00-3:00 Pottery Open Studio<br>12:30-3:30 Hand & Foot Canasta<br>1:00-2:15 Card Making | <b>9</b><br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-5:30 Massage<br>10:15-11:15 Video Zumba Gold<br>1:00 All About Tomatoes Cooking Demo                          | <b>10</b><br>8:15 Wal-Mart<br>9:00-3:00 Exer. Room<br>9:00-5:30 Massage<br>9:00-10:00 Yoga<br>10:15-11:15 Tai Chi<br>10:15 Sunshine Singers<br>1:00-3:00 BINGO<br>12:45-3:15 Mah Jongg<br><b>Sign up deadline for Legislative Lunch</b>                                                        | <b>11</b><br>9:00-12:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-11:00 Pottery Instruction<br>10:45-11:45 FABBS<br>11:00 Pet Loss Support Group    |
| <b>14</b><br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh Fitness via Zoom with Paul<br>9:00-3:00 Pottery Open Studio<br>1:00 Popcorn and a Movie "MICHAEL"                                                                                     | <b>15</b><br>9:00-3:00 Exer. Room<br>9:00-11:00 Tech Connect<br>10:00-11:30 Knitting<br>12:00-3:00 Pottery Open Studio<br>12:30-3:30 Hand & Foot Canasta<br>1:00-2:15 Card Making                                                                                   | <b>16</b><br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-5:30 Massage<br>10:15-11:15 Video Zumba Gold<br>12:30 Lunch and Legislative Update                           | <b>17</b><br>8:15 Stop & Shop<br>9:00-3:00 Exer. Room<br>9:00-5:30 Massage<br>9:00-10:00 Yoga<br>10:15-11:15 Tai Chi<br>10:15 Sunshine Singers<br>1:00-3:00 BINGO<br>12:45-3:15 Mah Jongg<br><b>Sign up deadline for Big E</b>                                                                 | <b>18</b><br>9:00-12:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-12:00 Pottery Open Studio<br>10:45-11:45 FABBS<br>11:00 Caregiver's Support Group |
| <b>21</b><br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh Fitness via Zoom with Paul<br>9:00-3:00 Pottery Open Studio<br>1:00 Back to School Trivia Challenge                                                                                   | <b>22</b><br>8:50-1:00 AARP Driver Safety<br>9:00-3:00 Exer. Room<br>9:00-11:00 Tech Connect<br>10:00-11:30 Knitting<br>11:00 Food Truck<br>12:00-3:00 <b>*New Session*</b> Pottery Instruction<br>12:30-3:30 Hand & Foot Canasta<br>1:00-2:15 Card Making          | <b>23</b><br>8:45 Trip to the Big E<br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-5:30 Massage<br>10:15-11:15 Video Zumba Gold<br>1:00 Ten Warning Signs of Dementia | <b>24</b><br>8:15 Big Y<br>9:00-3:00 Exer. Room<br>9:00-5:30 Massage<br>9:00-10:00 Yoga<br>10:15-11:15 Tai Chi<br>10:15 Sunshine Singers<br>1:00-3:00 BINGO<br>12:45-3:15 Mah Jongg<br><b>Sign up deadline for Oktoberfest</b>                                                                 | <b>25</b><br>9:00-12:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-12:00 Pottery Open Studio<br>10:45-11:45 FABBS<br>11:00 Men's Social Group        |
| <b>28</b><br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh Fitness via Zoom with Paul<br>9:00-3:00 Pottery Open Studio<br>10:00-11:00 Chatham Health BP Clinic<br>10:30-11:30 Chatham Health Ed. Pres.- Hydration<br>1:00 Beginner's Paint Along | <b>29</b><br>9:00-3:00 Exer. Room<br>9:00-11:00 Tech Appts<br>10:00-11:30 Knitting<br>12:00-3:00 Pottery Instruction<br>12:30-3:30 Hand & Foot Canasta<br>1:00-2:15 Card Making                                                                                     | <b>30</b><br>9:00-3:00 Exer. Room<br>9:00-10:00 Enh. Fitness via Zoom with Paul<br>9:00-5:30 Massage<br>10:15-11:15 Video Zumba Gold<br>12:30 Oktoberfest Celebration                                |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                            |