

ACTIVITIES September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Shake your Soul 11:30 Veteran's Agent	2 9:30 Pole Walk 9:30 Osteo 12:00 Lunch 1:00 Bridge	3 9:00 Pitch 11:00 Chair Yoga 12:00 Quilting	4
5	6 Labor Day Closed	7 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	8 Foot Care by appointment 10:00 Shake your Soul 1:00 Friends 6:00 COA	9 9:30 Pole Walk 9:30 Osteo 12:00 Lunch 1:00 Bridge	10 9:00 Pitch 11:00 Chair Yoga 10:00 Brunch with Chief Strout Scam Talk	11
12	13 8:00 Men's Meet Cafe 9:30 Line Dancing 12:00 Lunch	14 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	15 10:00 Shake your Soul 11:30 Veteran's Agent 1:00 Triad	16 9:30 Pole Walk ** 9:30 Osteo 12:00 Lunch 1:00 Bridge book/puzzle swap	17 9:00 Pitch 11:00 Chair Yoga 12:00 Quilting	18
19	20 8:00 Men's Meet Cafe 9:30 Line Dancing 12:00 Lunch	21 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting 1:00 Caregivers	22 10:00 Shake your Soul 11:30 Veteran's	23 9:30 Pole Walk ** 9:30 Osteo 12:00 Lunch 1:00 Bridge	24 9:00 Pitch 11:00 Chair Yoga 12:00 Quilting	25
26	27 8:00 Men's Meet Cafe 9:30 Line Dance 12:00 Lunch 1:00 Movie: Here Today	28 9:30 Osteo 11:15 Tai Chi 1:00 Painting 1:00 Knitting	29 10:00 Shake your Soul 11:30 Veteran's Agent	30 9:30 Pole Walk 9:30 Osteo 12:00 Lunch 1:00 Bridge	Oct 1 10:00 FIELD DAY!	

Book & Puzzle Swap 9/16-9-2. Rain date 9/23

Care Givers will meet via Zoom Tuesday September 14 at 1:00 Call for link or phone number to join. Programs in blue font are new programs. Programs in red font are special events. Events are held at the Dalton Senior Center 40 Field St. Ext. 684-2000