

# >>> SEPTEMBER 2022

Goal of the month: ..... Celebrate Senior Center's Month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 9:30 Osteo 12:00 Lunch <b>Happy 35 Years of Outreach Pattie Pero!</b>	<b>2</b> 9:00 Pitch 11:00 Learn Mahjong 11:00 Chair Yoga	<b>3</b>
<b>4</b> Sunday Lunch: 1:00 Host: COA	<b>5</b> <b>Senior Center Closed</b> <b>LABOR DAY</b>	<b>6</b> 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	<b>7</b> 9:00 Veteran's Agent 10:00 Shake Soul <b>1:00 Aging Mastery</b>	<b>8</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	<b>9</b> 9:00 Pitch  <b>11:30 FIELD DAY!!</b>	<b>10</b>
<b>11</b>	<b>12</b> 9:30 Line Dancing 12:00 Lunch <b>1:00 Movie: Family Camp</b>	<b>13</b> 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	<b>14</b> 9:00 Foot Care 10:00 Shake Your Soul <b>1:00 Aging Mastery</b> 1:00 Friends 3:30 COA Board	<b>15</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	<b>16</b> 9:00 Pitch 11:00 Learn Mahjong <b>1:00 Life After Loss Group</b> 11:00 Chair Yoga	<b>17</b>
<b>18</b> Sunday Lunch Host: BFCN	<b>19</b> 9:30 Line Dancing 12:00 Lunch <b>1:00 BINGO</b>	<b>20</b> 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	<b>21</b> 9:00 Veteran's Agent 10:00 Shake Your Soul <b>1:00 Aging Mastery</b> <b>1:00 TRIAD &amp; AT Lab</b>	<b>22</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	<b>23</b> 9:00 Pitch 11:00 Learn Mahjong 11:00 Chair Yoga	<b>24</b>
<b>25</b>	<b>26</b> 9:30 Line Dancing 12:00 Lunch <b>12:30 Camp Lejeune Toxic Water Talk</b>	<b>27</b> 9:30 Osteo 11:15 Tai Chi 12:00 S&S 1:00 Painting 1:00 Knitting	<b>28</b> 9:00 Veteran's Agent 10:00 Shake Your Soul <b>1:00 Aging Mastery</b>	<b>29</b> 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge	<b>30</b> 9:00 Pitch 11:00 Learn Mahjong 11:00 Chair Yoga <b>1:00 Medical Cannabis Talk</b>	

**Please sign up in advance for Field Day for food preparation! Items in red font are special events!**  
**Soup & Sandwich (S&S) Register by the Friday before: Fee \$5.00.**  
**Sunday Lunch is held at the Dalton Senior Center. Free & open to the public. Donations are appreciated**