

**THURMONT SENIOR CENTER OCTOBER 2022 MENU**

October 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	<b>4</b> 10:00 Coffee & Chat 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>5</b> 1:00 50/50 BINGO \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all 11:15-11:45- Balance and Strength Class w/ Ruth	<b>6</b> COLORFEST YARD SALE	<b>7</b> COLORFEST YARD SALE  1:00 Cards & Games	<b>8</b>  COLORFEST
<b>9</b>  COLORFEST	<b>10</b> CLOSED COLUMBUS DAY	<b>11</b> 10:00 Coffee & Chat 11:00- Bridge 11:15-11:45- Balance and Strength Class w/ Ruth 11-2:00 Knitting/ Crocheting Group for Newborn Hats & any other projects 1:00 Cards & Game	<b>12</b> (Lunch served today) Senior Center closes today at 1:00 for board meeting. 11:00- Bridge 11:15-11:45- Balance and Strength Class w/ Ruth	<b>13</b> 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Bunko 1:00 Cards & Games 5-8pm Fundraiser Night and Bake Sale at Roy Rogers, MENTION TSC inside or drive thru when ordering	<b>14</b> 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard  1:00 Cards & Games	<b>15</b>
<b>16</b>	<b>17</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	<b>18</b> 10:00 Coffee & Chat 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games 1:00 Crafting Fun with Pauline's Pals	<b>19</b> 10:30-1:00 Library Day at the Center 1:00 50/50 BINGO \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	<b>20</b> 11:15-11:45- Balance and Strength Class w/ Ruth 10:30-12:30 Seated Massage with Marie Free 12:30 Monthly Birthday Party Music by Patty and Brent Progecene	<b>21</b> 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard  1:00 Cards & Games	<b>22</b>
<b>23</b>	<b>24</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth	<b>25</b> 10:00 Coffee & Chat 11:00-Bridge 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>26</b> 11:00-Bridge 11:15-11:45- Balance and Strength Class w/ Ruth 12:00 Pot Luck and General Meeting	<b>27</b> 10:00 PIVOT Physical Therapy Balance Screening schedule appt time. 11:15-11:45- Balance and Strength Class w/ Ruth 1:00 Farkle 1:00 Cards & Games	<b>28</b> 9:00- Ellie Williams Medicare Consult APPT. ONLY please call center for availability 10:15 – 11 ZUMBA GOLD, \$24.00 for 8 session punch card or \$5.00 each. Taught by Kellie Bevard 1:00 Cards & Games	<b>29</b>
<b>30</b>	<b>31</b> 9:30-10:30- YOGA with Jon Phebus 11:15-11:45- Balance and Strength Class w/ Ruth 12:30 Halloween Party					

THURMONT SENIOR CENTER, 806 E. MAIN STREET, THURMONT, MD 21788, 301-271-7911, [thurmontseniorcenter@zoho.com](mailto:thurmontseniorcenter@zoho.com), also on Facebook, and on [the web at thurmontseniorcenter.org](http://the.web.at.thurmontseniorcenter.org). Open M-F 9:00am. to 3:00p.m. Lunch served at 12 Noon M-F for \$6.00. **PLEASE SEE OUR EVENTS CALENDAR ON THE REVERSE SIDE.** Overflow parking is located behind the Police Station (follow the paved path to our parking lot), out front on the street. Call for more information on any event to the center 301-271-7911. We provide rides for homebound seniors within a 6 mile radius for doctors/dentists appointments in Thurmont, grocery store, hair dresser, etc. & we deliver carryout lunches for \$6.00 ea. for homebound seniors within 6 miles. Call the center for details.