


# **THURMONT SENIOR CENTER October 2023 Activities**

October 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> 9:30-10:30- YOGA with Jon Phebus 11:00- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>3</b> 10:00 Coffee & Chat 11:00- Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>4</b> 1:00 50/50 BINGO \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	<b>5</b> 11:00- Balance and Strength Class w/ Ruth 12:30 Dominoes	<b>6</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>7.</b> 
<b>8</b>	<b>9</b> 9:30-10:30- YOGA with Jon Phebus 11:00 Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>10</b> 10:00 Coffee & Chat 11:00- Balance and Strength Class w/ Ruth 11-2:00 Knitting/ Crocheting Group for Newborn Hats & any other projects 1:00 Cards & Game	<b>11</b> (Lunch served today) Senior Center closes today at 1:00 for board meeting.	<b>12</b> 11:00-Balance and Strength Class 12:30 Dominoes 1:00- Bunko 1:00 Cards and Games  5-8p.m. Fundraiser night & Bake Sale at Roy Rogers.	<b>13</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>14</b>
<b>15</b>	<b>16</b> 9:30-10:30- YOGA with Jon Phebus 11:00 Balance and Strength Class w/ Ruth 10:30 Blood Pressure Checks Thurmont Ambulance Company 1:00 Cards & Games	<b>17</b> 9:00 Ellie Williams Medicare part D drug plan reviews, call to make an appointment 10:00 Coffee & Chat 11:00 Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>18</b> 10:00 Library Day 1:00 50/50 BINGO \$5.00 for 3 pack of 20 games, last game \$1.00 winner take all	<b>19</b> 11:00 Balance and Strength Class w/ Ruth 10:30-12:30 Seated Massage with Marie Free 12:30 Monthly Birthday Party 12:30 Dominoes	<b>20</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>21</b>
<b>22</b>	<b>23</b> 9:30-10:30- YOGA with Jon Phebus 11:00 Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>24</b> 10:00 Coffee & Chat 11:00 Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>25</b> 10:00 -12:00 Meet the candidates 1:00 Cards and Games	<b>26</b> 11:00 Balance and Strength Class w/ Ruth 12:30 Dominoes  1:00- Farkle 1:00 Cards & Games	<b>27</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>28</b>
<b>29</b>	<b>30</b> 9:30-10:30- YOGA with Jon Phebus 11:00 Balance and Strength Class w/ Ruth 1:00 Cards & Games	<b>31</b> 10:00 Coffee & Chat 11:00 Balance and Strength Class w/ Ruth 1:00 Cards & Games 1:00 Halloween Party	<p><b>SEE OUR MENU CALENDAR ON THE OTHER SIDE.</b>  Mark your calendars for all the events going on at the Thurmont Senior Center  <b>Reminder 5:00 to 8:00 p.m. on 2<sup>nd</sup> Thursday of each month is Fundraiser Night at Roy Rogers for the Sr. Center. Please mention the Thurmont Sr. Center when you order inside or outside and we receive 25% of the sales from 5:00-8:00p.m. THANK YOU! Also stop by our bake sale that night for some treats!!!!!!</b></p> <p><b>Don't forget to call at least 24hrs. before to order lunch to 301-271-7911.</b></p>			

[thurmontseniorcenter@zoho.com](mailto:thurmontseniorcenter@zoho.com), also on Facebook, and on the web at [thurmontseniorcenter](http://thurmontseniorcenter.com). Overflow parking is located behind the Police Station (follow the paved path to our parking lot), out front on the street & across the street at the school. 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.