

☀️ This Week at the Thurmont Senior Center | July 27–31 ☀️

There's something happening every day at the Thurmont Senior Center! Join us for great food, fun activities, fitness, and friendship. Here's what's on the schedule this week:

💖 Monday, July 27

💪 10:30 AM – Strength & Balance Class

💃 12:30 PM – Chair Dancing

🍽️ Lunch: Fried Shrimp, Scalloped Potatoes, Green Beans & Dessert

🌑 Tuesday, July 28

💪 10:30 AM – Strength & Balance Class

🗂️ 11:30 AM – MD Insurance Administration Presentation

🎲 1:00 PM – Cards & Games

🎨 1:00 PM – Pretty Little Rocks (Rock Painting)

🍽️ Lunch: Chicken Tenders, French Fries, Applesauce & Dessert

🎉 Wednesday, July 29

🧘 10:30 AM – Chair Yoga

🎲 1:00 PM – 50/50 BINGO

💵 \$5 for 3 packs of 20 games • Last game \$1.00 winner-take-all

🍽️ Lunch: Meatloaf, Baked Potatoes (with butter & sour cream), California Blend Vegetables & Dessert

♠️ Thursday, July 30

💪 10:30 AM – Strength & Balance Class

🎲 1:00 PM – Cards & Games

🍽️ Lunch: Cheese Pizza, Salad & Dessert

🎵 Friday, July 31

🕒 9:30 AM – FREE Zumba Gold with Kellie Bevard

💪 10:30 AM – Strength & Balance Class

 12:30 PM – Solo Together

 1:00 PM – Cards & Games

 Lunch: Smoked Turkey Breast Sandwich, Macaroni Salad, Cottage Cheese & Dessert

 Lunch is served at 12:00 PM. Please call 301-271-7911 to reserve your meal.

We hope you'll join us for another fun-filled week at the Thurmont Senior Center—Where Friends Gather!