

🍁 SEPTEMBER IS HERE! 🍁

📅 WEEK OF AUGUST 31 – SEPTEMBER 4 We're kicking off September with a great week at the Thurmont Senior Center! Come join us for lunch, exercise, games, BINGO, crafts, and plenty of time with friends. 💜

🍽️ MONDAY, AUGUST 31 • 10:30 AM – Strength & Balance • 12:15 PM – Manicure Monday • 12:30 PM – Chair Dancing

🍴 Lunch: Hamburger Steak, Scalloped Potatoes, Corn, Dessert

🎨 TUESDAY, SEPTEMBER 1 • 9:30 AM – Chair Exercise • 10:30 AM – Strength & Balance • 1:00 PM – Cards & Games

🍴 Lunch: Grilled Cheese, Tomato Soup, Fruit Cup & Dessert

🎨 WEDNESDAY, SEPTEMBER 2 • 9:30 AM – Chair Exercise • 10:30 AM – Chair Yoga • 1:00 PM – 50/50 BINGO! 💰

🍴 Lunch: Pork BBQ on Rolls, Broccoli, Fruit & Dessert

🎨 THURSDAY, SEPTEMBER 3 • 9:30 AM – Chair Exercise • 10:30 AM – Strength & Balance • 1:00 PM – Cards & Games • 1:00 PM – Craftin' in the Catoctins: Fall Gnome Doorhanger 🍁

🍴 Lunch: 2 Slices of Pepperoni Pizza, Salad & Dessert

👯 FRIDAY, SEPTEMBER 4 • 9:30 AM – Zumba Gold with Kellie Bevard (\$5) • 10:30 AM – Strength & Balance • 1:00 PM – Cards & Games

🍴 Lunch: Ham Steak, Mac & Cheese, Stewed Tomatoes & Dessert

Whether you come for the activities, the food, the exercise, or simply the fellowship, there's always a reason to spend some time with us! ❤️ 📞 Please remember to call at least 24 hours in advance to reserve lunch: 301-271-7911. Come join the fun and start September with us! 💜 Thurmont Senior Center — Where Friends Gather! 💜