

  Here's what's happening at the Thurmont Senior Center during the week of August 17-21!

We have a full week of activities, games, crafts, and plenty of opportunities to gather with friends. And, of course, we'll have delicious lunches available each day! ❤️

 Monday, August 17

9:30 AM - Seated Exercise Class

10:30 AM – Strength & Balance Class

12:15 PM – Manicure Monday

12:30 PM – Chair Dancing

1:00 PM – FCPL Program: Landscape Mosaics

Enjoy a fun afternoon of creativity with the Thurmont Regional Library! All materials are provided.

 Lunch: Grilled Ham & Cheese Sandwich, Small Tossed Salad, Peaches & Dessert

 Tuesday, August 18

9:30 AM - Seated Exercise Class

10:30 AM – Strength & Balance Class

1:00 PM – Cards & Games

 Lunch: Fried Shrimp, French Fries, Applesauce & Dessert

 Wednesday, August 19

9:30 AM - Seated Exercise Class

10:30 AM – Chair Yoga

1:00 PM – 50/50 BINGO

\$5.00 for a 3-pack of 20 games, with the last game just \$1.00. Winner takes all!

 Lunch: Chili, Baked Potato w/ Butter & Sour Cream, Vegetable Medley & Dessert

 Thursday, August 20

9:30 AM - Seated Exercise Class

10:30 AM – Strength & Balance Class

10:30 AM–12:30 PM – Seated Massage with Marie (\$1 per min.)

1:00 PM – Cards & Games

1:00 PM – Craftin’ in the Catoctins: Embroidery Hoop Memo Boards

 Lunch: Simply Asia Chicken Lo Mein, Spring Roll & Dessert

 Friday, August 21 NATIONAL SENIOR CITIZEN DAY

9:30 AM – FREE Zumba Gold with Kellie Bevardi

10:30 AM – Strength & Balance Class

12:30 PM – Monthly Birthday Party

1:00 PM – Cards & Games

 Lunch: Liver & Onions, Bacon Gravy, Mashed Potatoes, Lima Beans & Dessert

 Remember to call the Senior Center at 301-271-7911 at least 24 hours in advance to reserve your lunch.

Come spend the week with us — get creative, play a few games, enjoy a delicious meal, and most importantly, enjoy the company of friends! ❤️

Thurmont Senior Center

“Where Friends Gather”