

 Here's what's happening at the Thurmont Senior Center this week! 

MONDAY, SEPTEMBER 28

 9:30 AM – Strength & Balance Class

 10:30 AM – Strength & Balance Class

 12:15 PM – Manicure Monday (call for appointment)

 12:30 PM – Chair Dancing

 Lunch: BLT Wrap, Broccoli Salad, Chips & Dessert

TUESDAY, SEPTEMBER 29

 9:30 AM – Strength & Balance Class

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 1:00 PM – Craftin' in the Catoctins: Wine Bottle Vase

 Lunch: Meatball Sub, Small Salad, Applesauce & Dessert

WEDNESDAY, SEPTEMBER 30

 10:30 AM – Chair Yoga

 1:00 PM – 50/50 BINGO

 \$5.00 for a 3-pack of 20 games, last game \$1.00 winner-take-all

 Lunch: Baked Chicken, Rice Pilaf, Tossed Salad & Dessert

THURSDAY, OCTOBER 1

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 1:00 PM – Craftin' in the Catoctins: Mini Canvas Art

 Lunch: Rigatoni Bolognaise, Salad & Dessert

FRIDAY, OCTOBER 2

 9:30–10:15 AM – Zumba Gold with Kellie Bevard (\$5)

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 Lunch: Crispy Chicken Sandwich, Tater Tots, Peaches & Dessert

 Lots of ways to stay active, creative and connected this week! We hope to see you at the Center! 

 Thurmont Senior Center

806 E. Main Street, Thurmont

 301-271-7911

 Here's what's happening at the Thurmont Senior Center this week! 

MONDAY, SEPTEMBER 28

 9:30 AM – Strength & Balance Class

 10:30 AM – Strength & Balance Class

 12:15 PM – Manicure Monday (call for appointment)

 12:30 PM – Chair Dancing

 Lunch: BLT Wrap, Broccoli Salad, Chips & Dessert

TUESDAY, SEPTEMBER 29

 9:30 AM – Strength & Balance Class

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 1:00 PM – Craftin' in the Catoctins: Wine Bottle Vase

 Lunch: Meatball Sub, Small Salad, Applesauce & Dessert

WEDNESDAY, SEPTEMBER 30

 10:30 AM – Chair Yoga

 1:00 PM – 50/50 BINGO

 \$5.00 for a 3-pack of 20 games, last game \$1.00 winner-take-all

 Lunch: Baked Chicken, Rice Pilaf, Tossed Salad & Dessert

THURSDAY, OCTOBER 1

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 1:00 PM – Craftin' in the Catoctins: Mini Canvas Art

 Lunch: Rigatoni Bolognese, Salad & Dessert

FRIDAY, OCTOBER 2

 9:30–10:15 AM – Zumba Gold with Kellie Bevard (\$5)

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 Lunch: Crispy Chicken Sandwich, Tater Tots, Peaches & Dessert

 Lots of ways to stay active, creative and connected this week! We hope to see you at the Center! 

 Thurmont Senior Center

806 E. Main Street, Thurmont

 301-271-7911