

Thurmont Senior Center

Events & Meals Week of September 7–11

We have a great week planned at the Thurmont Senior Center! Come join us for exercise, games, crafts, and delicious lunches. Remember, lunches are just \$7 and reservations are appreciated!

us Monday, September 7

CLOSED — Labor Day

No lunch or activities today. We'll see you Tuesday!

 Tuesday, September 8

9:30 AM — Chair Exercise

10:30 AM — Strength & Balance Class

1:00 PM — Cards & Games

1:00 PM — Craftin' in the Catoctins: Crows

Lunch:  BBQ Bacon Cheeseburger,  Small Salad,  Fruit Cup,  Dessert

 Wednesday, September 9

9:30 AM — Chair Exercise

10:30 AM — Chair Yoga

1:00 PM — CENTER CLOSES FOR BOARD MEETING

Lunch:  Ham Salad Sandwiches, Ham & Bean,  Soup & Crackers,  Fruit Cocktail,  Dessert

 Thursday, September 10

9:30 AM — Chair Exercise

10:30 AM — Strength & Balance Class

1:00 PM — Cards & Games

5:00–8:00 PM — Roy Rogers Bake Sale & Fundraiser

Lunch: Stuffed Shells, 🥗 Salad, 🍰 Dessert

📅 Friday, September 11

9:30 AM — Zumba Gold with Kellie Bavard (\$5)

10:30 AM — Strength & Balance Class

1:00 PM — Cards & Games

Lunch: 🥪 Hot Turkey Sandwich, 🥔 Mashed Potatoes, 🥕 Cranberry Sauce, 🍰 Dessert

📍 Thurmont Senior Center

806 E. Main Street, Thurmont, MD

☎️ Call 301-271-7911 to reserve your lunch!

Come spend the week with us — Where Friends Gather! 💙