

 Here's what's happening at the Thurmont Senior Center the week of September 21–25!


Come join us for a week full of exercise, games, social activities, music, and delicious lunches! There's always something fun happening at the Senior Center. ❤️

 MONDAY, SEPTEMBER 21

 Lunch: Tuna Salad Sandwich, French Fries, Tropical Fruit & Dessert

 9:30 AM – Chair Exercise

 10:30 AM – Strength & Balance Class

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

 12:30 PM – Chair Dancing

 1:00 PM – Armchair Travel: India (sponsored by FCPL)

 TUESDAY, SEPTEMBER 22

 Lunch: Turkey Club Sandwich, Fruit Cup & Dessert

 9:30 AM – Chair Exercise

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 WEDNESDAY, SEPTEMBER 23

 Lunch: Slippery Chicken Pot Pie, Roll, Fruit Cocktail & Dessert

 9:30 AM – Chair Exercise

 10:30 AM – Chair Yoga

 1:00 PM – FREE CONCERT featuring DeeJ Kessinger, award-winning fiddle player!

 THURSDAY, SEPTEMBER 24

 Lunch: Meat Ravioli, Salad & Dessert

 9:30 AM – Chair Exercise

 10:30 AM – Strength & Balance Class

 1:00 PM – Cards & Games

 FRIDAY, SEPTEMBER 25

 Lunch: 2-Piece Broasted Chicken, Scalloped Potatoes, Green Beans & Dessert

 9:30 AM – Zumba Gold with Kellie Bevard

 10:30 AM – Strength & Balance Class

 12:30 PM – Solo Together (Guest Speaker: “Downsizing”)

 1:00 PM – Cards & Games

 Lunch is served at 12:00 PM for just \$7. Please call ahead to reserve your meal!

 Thurmont Senior Center

806 E. Main Street, Thurmont

 301-271-7911

Come for lunch, stay for the fun, and bring a friend! 