

🍁❤️ Fall is in full swing at the Thurmont Senior Center, and we have another great week of activities, friendship, and delicious lunches planned! Check out everything happening October 19–23 and come join us!

 14 Monday, October 19

- 10:00 AM–12:00 PM – FLU SHOT CLINIC
- 10:30 AM – Strength & Balance Class
- 12:15–3:00 PM – Manicure Monday (call for an appointment)
- 12:30 PM – Chair Dancing
- 1:00 PM - Button Making with FCPL

 Lunch: Tuna Fish Sandwich, Fries, Peaches & Dessert

 14 Tuesday, October 20

- 10:30 AM – Strength & Balance Class
- 1:00 PM – Cards & Games

 Lunch: Grilled Ham and Cheese Sandwich, Tomato Soup, Fruit Cup & Dessert

 14 Wednesday, October 21

- 10:30 AM – Introduction to Tai Chi for Arthritis
- 1:00 PM – 50/50 BINGO! 🎲 \$5 for a 3-pack of 20 games, with the last game \$1 winner-take-all!

 Lunch: Baked Chicken, Rice Pilaf, Vegetable Medley & Dessert

 14 Thursday, October 22

- 10:30 AM – Strength & Balance Class
- 12:30 PM – Fall Risk & Prevention presentation with Pivot Physical Therapy — FREE!
- 1:00 PM – Cards & Games

 Lunch: Meat Ravioli, Salad & Dessert

 14 Friday, October 23

- 9:30–10:15 AM – Zumba Gold with Kellie Bevard (\$5)
- 10:30 AM – Strength & Balance Class

- 1:00 PM – Cards & Games

 Lunch: Chicken Salad on Roll, Broccoli Salad, Chips & Dessert

 A few reminders:

- Lunch is served at noon and costs \$7. Please call ahead to reserve your meal.
- We offer free homebound lunch delivery within a 6-mile radius for eligible seniors.
- New visitors are always welcome!

We look forward to seeing you at the Center!