Hello, November! 🧡We've got another fun-filled week planned at the Thurmont Senior Center! From exercise and games to crafting, Bingo, and delicious lunches, there's something for everyone!

🎉HERE'S WHAT'S HAPPENING!

🍁MONDAY, NOVEMBER 2
💪10:30 AM – Strength & Balance Class
💃12:30 PM – Chair Dancing
💅12:15–3:00 PM – Manicure Monday (Appointments booked in advance)
🧶1:00 PM – Stitch & Chat

🍽️LUNCH: Pulled Pork Sandwich, Coleslaw, Chips & Dessert – Bollinger's

🍁TUESDAY, NOVEMBER 3
💪10:30 AM – Strength & Balance Class
🃏1:00 PM – Cards & Games
👥1:00 PM – Aging Independently Peer Group

🍽️LUNCH: Chicken Tenders, Small Salad, Fruit Cup & Dessert – Fratelli's

🍁WEDNESDAY, NOVEMBER 4
🧘10:30 AM – Chair Yoga
🎉1:00 PM – 50/50 BINGO!
Just $5 for a pack of 3 cards and 20 games, plus a $1 winner-take-all game! Come join the fun and maybe win a little cash! 💰

🍽️LUNCH: Salisbury Steak, Mashed Potatoes, Green Beans, Bread & Dessert – Mountain Gate

🍁THURSDAY, NOVEMBER 5
💪10:30 AM – Strength & Balance Class
🃏1:00 PM – Cards & Games
🎨1:00 PM – Craftin' in the Catoctins: Fall Garland! 🍂
Come get creative with us! No cost or sign-up required!

🍽️LUNCH: Lasagna, Salad, Applesauce & Dessert – Rocky's

🍁FRIDAY, NOVEMBER 6
💃9:30 AM – Zumba Gold with Kellie Bevard ($5)
💪10:30 AM – Strength & Balance Class
🃏1:00 PM – Cards & Games

🍽️LUNCH: Hot Turkey Sandwich, Mashed Potatoes, Cranberry Sauce & Dessert – Kountry Kitchen

🍴Lunch is served daily at 12:00 noon for just $7 per person!
📞Please call the day before to reserve your lunch!

❤️NEW FRIENDS ARE ALWAYS WELCOME!

Whether you're looking to stay active, learn something new, enjoy a delicious meal, or simply spend time with friends, we'd love to see you!

📍Thurmont Senior Center
806 E. Main Street, Thurmont, MD
📞301-271-7911
🕘Open Monday–Friday, 9 AM–3 PM

Everyone 55 or better is welcome! ❤️

🍂Come for an activity, stay for lunch, and leave with a smile! We can't wait to see you!