

MERIDEN SENIOR CENTER CALENDAR OF ACTIVITIES

**September, 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Meriden Senior Citizens' Center</b>  <b>22-26 W. Main St. Meriden, CT</b>  <b>203 237-0066</b>  <b>Open 8:30-5:00</b></p>	<p>9/8 10:30 CT Money School – “Important Papers-Your Travel Log”            9/29 10:30 Attorney Dan Tully “Asset Protection &amp; Estate Planning”  <b>Move &amp; Soothe is Back! Tues. @ 12:30</b></p>	<p><b>1</b>            9:30 Acrylic Painting            9:30 Wii Bowling            10-11:30 Social Worker            11:00 Aerobics            12:45 Bingo</p>	<p><b>2</b>            9:30 Acrylic Painting            9:30 Antique Veterans            12:30 Knit &amp; Crochet            12:30 Ceramics            12:30 Wii bowling            12:30 Strength &amp; Tone            1:00 Poker Club            1:30 Tai Chi Gong</p>	<p><b>3</b>  <b>9:00 Advisory Board on Aging</b>            10:00 Yoga            11:00 Aerobics            12:30 Ceramics            1:00 Setback Club</p>
<p><b>6</b>    <b>Labor Day</b>  <i>Center Closed</i></p>	<p><b>7</b>            9:00 Woodcarving            10:00 Yoga            11:00 Weight Training            12:30 Ceramics            12:30 Scrabble  <b>12:30 Move &amp; Soothe No Tai Chi Gong</b></p>	<p><b>8</b>            9:30 Acrylic Painting            9:30 Wii Bowling  <b>10:00-11 Stamps Sold</b>  <b>10:30 CT Money School – “Important Papers: Your Travel Log”</b>            10-11:30 Social Worker            11:00 Aerobics            12:45 Bingo  <b>1:30 AARP Meeting</b></p>	<p><b>9</b>            9:30 Acrylic Painting            9:30 Antique Veterans            12:30 Knit &amp; Crochet            12:30 Ceramics            12:30 Wii bowling            12:30 Strength &amp; Tone            1:00 Poker Club  <b>No Tai Chi Gong</b></p>	<p><b>10</b>  <b>10:00 Trip Signup in the front office for Elisabeth von Trapp Concert &amp; Lunch. Nov. 17<sup>th</sup> Cost: \$91</b>            10:00 Yoga            11:00 Aerobics            12:30 Ceramics            1:00 Setback Club</p>
<p><b>13</b>            9:30 Art Class            9:30 Sewing/Craft Class            10:30 Sit Down/Tone Up            11:00 Aerobics            12:00 Strength &amp; Tone II            12:45 Bingo            1:00 Line Dancing w/Jim</p>	<p><b>14</b>            9:00 Woodcarving            10:00 Yoga  <b>10-12 Hearing Aid Service</b>            11:00 Weight Training            12:30 Ceramics            12:30 Scrabble            12:30 Move &amp; Soothe  <b>No Tai Chi Gong</b></p>	<p><b>15</b>            9:30 Acrylic Painting            9:30 Wii Bowling            10-11:30 Social Worker            11:00 Aerobics  <b>12:15 Ice Cream Social-Sponsored by Apple Rehab-Coccoma</b>            12:45 Bingo</p>	<p><b>16</b>            9:30 Acrylic Painting            9:30 Antique Veterans            12:30 Knit &amp; Crochet            12:30 Ceramics            12:30 Wii bowling            12:30 Strength &amp; Tone            1:00 Poker Club  <b>No Tai Chi Gong</b></p>	<p><b>17</b>            10:00 Yoga            11:00 Aerobics  <b>12:15 Movie: “Ghostwriter”</b>            12:30 Ceramics            1:00 Setback Club  <b>1:00 Pool Tournament in Wallingford</b></p>
<p><b>20</b>  <b>8:30 Trip Departs to The Big E</b>            9:30 Art Class            9:30 Sewing/Craft Class            10:30 Sit Down/Tone Up            11:00 Aerobics            12:00 Strength &amp; Tone II            12:45 Bingo            1:00 Line Dancing w/Jim  <b>6:15 Trip Returns</b></p>	<p><b>21</b>            9:00 Woodcarving            10:00 Yoga  <b>10:30 Book Club</b>            11:00 Weight Training  <b>11:30 Veteran’s Serv.</b>            12:30 Ceramics            12:30 Scrabble            12:30 Move &amp; Soothe  <b>No Tai Chi Gong</b></p>	<p><b>22</b>            9:30 Acrylic Painting            9:30 Wii Bowling            10-11:30 Social Worker            11:00 Aerobics  <b>11:15 Willene’s Place-Presentation by A&amp;B Homecare</b>  <b>12:30 Military Whist</b>            12:45 Bingo</p>	<p><b>23</b>            9:30 Acrylic Painting            9:30 Antique Veterans            12:30 Knit &amp; Crochet            12:30 Ceramics            12:30 Wii bowling            12:30 Strength &amp; Tone            1:00 Poker Club  <b>No Tai Chi Gong</b></p>	<p><b>24</b>            10:00 Yoga            11:00 Aerobics            12:30 Ceramics            1:00 Setback Club</p>
<p><b>27</b>            9:30 Art Class            9:30 Sewing/Craft Class            10:30 Sit Down/Tone Up            11:00 Aerobics            12:00 Strength &amp; Tone II            12:45 Bingo            1:00 Line Dancing w/Jim  <b>1:00 Red Hat Society</b></p>	<p><b>28</b>            9:00 Woodcarving            10:00 Yoga  <b>10:30 DVD Series</b>            11:00 Weight Training            12:30 Ceramics            12:30 Scrabble            12:30 Move &amp; Soothe            1:30 Tai Chi Gong</p>	<p><b>29</b>            9:30 Acrylic Painting            9:30 Wii Bowling            10-11:30 Social Worker  <b>10:30 Attorney Dan Tully “Estate Planning &amp; Asset Protection”</b>            11:00 Aerobics            12:45 Bingo</p>	<p><b>30</b>            9:30 Acrylic Painting            9:30 Antique Veterans            12:30 Knit &amp; Crochet            12:30 Ceramics            12:30 Wii bowling            12:30 Strength &amp; Tone            1:00 Poker Club            1:30 Tai Chi Gong</p>	