

Lots on offer to do during October at Silvermont Senior Center

OCTOBER SCHEDULE FOR SILVERMONT SENIOR CENTER

Silvermont's Senior Center will be busy during October.

A number of free programs will be offered this month. On Wednesday, Oct. 4, Shannon Poehler will speak at 10 a.m. during her lecture "Who is Hopscotch Health?"

Friday, Oct. 13, someone from FYZICAL Therapy and Balance Centers will discuss occupational therapy from 10 a.m. to 10:45 a.m. The "Stride For Your Health Program" continues Friday, Oct. 6, at 10 a.m. and Wednesday, Oct. 18, from noon to 12:30 p.m. The Senior Center is open Monday through Friday 8 a.m. to 4 p.m. and Thursday from 7:30 to 9:30 p.m.

All programs are free except Ageless Grace, which costs \$10 per class, and Dance Fit, Chair Yoga and Zumba which cost \$5 per class. Silvermont Museum Tours are available Thursdays 9:30-11 a.m. and Fridays 1-3:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre	3 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-3:30 Pumpkin Fest Meeting 1:00-3:00 Card Club 7:30-9:00 Music Circle at Silvermont	4 9:30-12:00 Lunch Plus 10:00-10:45 Seminar: "What is Hopscotch Health?" 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace 1:00-3:45 Glen Cannon Bridge	5 9:30-12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	6 9:30-12:00 Lunch Plus 10:00-10:30 Stride for Health 11:00-11:30 Strength & Stretch 12:30-2:30 Joys of Connecting
9 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre	10 8:30-9:30 Tai Chi 9:30-12:00 Lunch Plus 10:30-11:45 Senior Games Board 11:15-12:00 Chair Yoga 1:00-3:45 Friends Meeting 1:00-3:00 Card Club 7:30-9:30 Music Circle at Silvermont	11 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace	12 9:30-12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	13 9:30-12:00 Lunch Plus 10:00-10:45 FYZICAL Seminar Occupational Therapy 11:00-11:30 Strength & Stretch 1:30-3:45 Mtn. Laurel Investment 12:30-2:30 Joys of Connecting
16 10:15-11:00 Range of Motion 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre	17 9:00-9:45 Dance Fit 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-3:00 Card Club 7:30-9:00 Music Circle at Silvermont	18 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 12:00-12:30 Stride for Health 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace 1:00-3:45 Glen Cannon Bridge	19 9:30-12:00 Lunch Plus 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs 2:00-3:45 Wood Carvers	20 9:30-12:00 Lunch Plus 11:00-11:30 Strength & Stretch 12:30-2:30 Joys of Connecting
23 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre	24 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-3:00 Card Club 7:30-9:00 Music Circle at Silvermont	25 9:30-12:00 Lunch Plus 10:00-12:00 Sit & Stitch 1:00-3:45 Mah-Jongg 1:00-1:50 Ageless Grace 1:00-3:30 Humana	26 9:30-12:00 Lunch Plus 9:00-9:45 Dance Fit 11:00-11:45 Chair Yoga 12:30-3:00 Super Scrabble 1:00-3:00 Mountain Memoirs	27 9:30-12:00 Lunch Plus 11:00-11:30 Strength & Stretch 12:30-2:30 Joys of Connecting
30 9:30-12:00 Lunch Plus 10:15-11:00 Range of Motion 1:00-3:30 Open Art 1:00-2:30 Readers' Theatre	31 9:30-12:00 Lunch Plus 11:15-12:00 Chair Yoga 1:00-3:00 Card Club Happy Halloween!			

MONDAY, OCTOBER 2, 2023 • THE TRANSYLVANIA TIMES