

**Every SUNDAY      Every MONDAY      Every TUESDAY      Every WEDNESDAY      Every THURSDAY      Every FRIDAY      Every SATURDAY**

1:00 Mah Jongg  
 1:30 Sunday Movie  
 2:00 Scrabble

8:00 **Senior Golf** \$  
 8:45 **Tai Chi** \$  
 9:00 Hiking  
 9:30 Current Affairs  
 9:45 **Primetime Fitness** \$  
 9:50 *Aerobic Dance* \$  
 10:00 Writing for Healing & Growth \$  
     Sew & Sews  
     Getting Better at Bridge  
 10:30 Chair Yoga  
 11:00 **Parkinson's Yoga** \$  
 12:30 Chess Club  
 1:00 **Ageless Grace** \$ (beginning Sept 11)  
 1:15 *Water Workout* \$  
 1:30 Mah-Jongg [Chinese]  
 2:30 Member Social  
 4:00 *Member Social Dinner* \$  
 6:45 **Pickleball** \$

9:00 Full Life Fitness  
     Mani/Pedicures \$, *Bowling* \$  
 9:30 **Primetime Fitness** \$  
     *Retreads* (thru Nov.)  
 10:00 **Ceramics** \$  
     **Medicare Consulting** (by appt.)  
 10:15 *Water Workout* \$  
 10:30 **Arthritis Exercise** \$  
 10:45 Second-Wind Band \$  
 12:00 Men's Poker, Beginner's Bridge  
 1:00 Tuesday Social Bridge  
 2:00 **Ballroom Dance** \$ (beg)  
     (Ladies free the 1st Tuesday!)  
     **Pickleball** \$  
 3:00 **Ballroom Dance** \$ (adv)  
     (Ladies free the 1st Tuesday!)  
 6:00 Singles' Schmooze \$

8:00 Hiking  
 8:45 **Tai Chi** \$  
 9:30 **BeMoved** \$, Crafty Ladies,  
     Dominoes, **Seated Massage** \$  
 9:45 **Primetime Fitness** \$  
 10:00 *Bowling* \$  
 10:45 **First-Wind Band**  
 11:30 Canasta  
 12:00 **TOPS**, Poker, **Pickleball** \$  
 1:00 Scrabble, Mah-Jongg  
 1:15 *Water Workout* \$  
 1:30 **Ageless Grace** \$  
 3:00 Knit-Wits  
 4:00 **Square Dancing Lessons**  
 6:30 **International Folk Dancing**,  
     **Line Dance** (beg)  
 7:30 **Tai Chi** \$, **Line Dance** (adv)

9:00 Party Bridge,  
     *Ivy Creek Walking Group*  
 9:30 **Primetime Fitness** \$  
     *Retreads* (thru Nov.)  
 10:15 *Aerobic Dance* \$  
 10:00 **AA**, Recorder Lessons  
 10:15 *Water Workout* \$  
 10:30 **Arthritis Exercise** \$  
 10:45 **Parkinson's Yoga** \$  
 11:15 Craft DIY  
 12:30 Duplicate Bridge  
 1:00 Albemarle Carvers,  
     Apple/Mac Users Group,  
     Financial Counseling (by appt.),  
 3:15 Chair Yoga  
 4:30 **Medicare Consulting** (by appt.)  
 5:00 **Pickleball** \$

8:45 **Tai Chi** \$  
 9:00 Full Life Fitness, Mah-Jongg  
 9:30 Friday Art Group  
 10:00 **PrimeTime Fitness** \$  
     *Northside Walking Group*  
 9:50 *Aerobic Dance* \$  
 10:30 **Bingo**  
 10:45 Flashbacks \$  
 11:00 *Water Workout* \$  
 12:00 Writing for Pleasure  
 1:00 Still Sharp Singers \$  
     **Fun Time Line Dancing** (beg)  
 2:15 **Pickleball** \$  
 2:30 Barbershop Belles & Beaux  
     **Line Dancing** (adv)  
 3:00 **Bereavement Support Group**

9:30 **Tennis**  
 1:00 **Pickleball** \$



October ▶

**KEY:** Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change.  
 Check for updates and additions at seniorcenterinc.org, or visit our Facebook page.

**NO Ageless Grace on Thursdays at 9am. Now Mondays at 1pm and Wednesdays at 1:30pm**

3  
**Closed for Labor Day**

4  
**Closed for Labor Day**

5  
 10:00 **Blood Pressure Screenings**  
 11:00 **Hearing Screening**  
 12:00 **Try It Out Tuesday**  
 1:00 **Ageless Grace** \$ (Sept 5 only)  
 2:30 Encore Players

6  
 9:30 Kingfishers Fishing Club  
 10:00 **Travel Workshop**  
 11:00 Book Group  
 5:00 Travel Buddies

7  
 10:45 **Parkinson's Caregivers Support**  
 1:00 Ladies' Poker  
 3:00 Socrates Cafe  
 5:30 Member September Wine and Cheese Social  
 4:00 **Duplicate Bridge Forum**

8  
 10:00 **Religion, Science, & Spirituality**  
 12:00 **Art Composition** \$  
 2:00 **Navigating the Medicare Maze**

10

11  
 1:00 **Senior Council**  
 1:00 **All Things Digital**  
 1:00 **Piedmont Pastelists**

12  
 9:00 **Good Life Design**  
 10:00 **Money & You with Jorgen Vik**  
 1:30 **Gallery Talk**  
 2:00 **A Taste of Spanish**  
 2:30 Encore Players  
 3:00 **Keeping Up Your Spanish**

13  
 1:30 **Senior Statesmen of Virginia**  
 3:00 Ping Pong

14  
 10:00 Investment Visions  
 2:00 Le Cercle Français  
 4:00 **Essential Tremor Support Group**

15  
 10:00 Investors' Forum  
 12:00 **Art Composition** \$

17  
 2:00 **About Life with Shaman Ross Bishop**

18  
 2:00 Bunko

19  
 10:00 **Elder Law with Doris Gelbman**  
 10:00 **What's In Your Attic**  
 1:00 **Hope for Health**  
 2:00 **A Taste of Spanish**  
 2:30 Encore Players  
 3:00 **Civil War Nuts and Bolts** \$  
 3:00 **Keeping Up Your Spanish**  
 6:00 **Hope for Health** (Encore)

20  
 10:00 **Hearing Health**  
 11:30 **Monthly Luncheon** \$  
 2:00 **Cville Time Bank Orientation**

21  
 1:00 Ladies' Poker  
 3:00 Socrates Cafe  
 7:00 **Round Dancing Lessons** (beg.)  
 8:00 **Round Dancing Lessons** (int.)

22  
 11:30 am Dr. Ho's Food Truck  
 12:00 **Art Composition** \$  
 12:30 **Active Aging Fair**

24

25

26  
 2:30 Encore Players  
 3:00 **Civil War Nuts and Bolts** \$  
 6:15 **Sleep Apnea AWAKE Fair**

27  
 1-4 Legal Consultation (call for appt.)  
 1:30 **Windows Workshop**  
 3:00 Ping Pong  
 6:00 Making the Most of Your Retirement Account (session 1)

28  
 11:30 am Spice Sea Food Truck  
 10:00 Investment Visions  
 2:00 Le Cercle Français  
 6:00 Making the Most of Your Retirement Account (session 2)  
 7:00 **Round Dancing Lessons** (beg.)  
 8:00 **Round Dancing Lessons** (int.)

29  
 12:00 **Writing for Pleasure Coffeehouse**  
 12:00 **Art Composition** \$

30

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1:00 Mah Jongg 1:30 Sunday Movie 2:00 Scrabble	8:00 <b>Senior Golf</b> \$ 8:45 <b>Tai Chi</b> \$ 9:00 Hiking 9:30 Current Affairs 9:45 <b>Primetime Fitness</b> \$ 9:50 <i>Aerobic Dance</i> \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:30 Chair Yoga 11:00 <b>Parkinson's Yoga</b> \$ 12:30 Chess Club 1:00 <b>Ageless Grace</b> \$ 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 <b>Pickleball</b> \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 <b>Primetime Fitness</b> \$ <i>Retreads</i> (thru Nov.) 10:00 <b>Ceramics</b> \$ <b>Medicare Consulting</b> (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 <b>Arthritis Exercise</b> \$ 10:45 Second-Wind Band \$ 12:00 Men's Poker, Beginner's Bridge 1:00 Tuesday Social Bridge 2:00 <b>Ballroom Dance</b> \$ (beg) (Ladies free the 1st Tuesday!) <b>Pickleball</b> \$ 3:00 <b>Ballroom Dance</b> \$ (adv) (Ladies free the 1st Tuesday!) 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 <b>Tai Chi</b> \$ 9:30 <b>BeMoved</b> \$ 9:30 Crafty Ladies, Dominoes, <b>Seated Massage</b> \$ 9:45 <b>Primetime Fitness</b> \$ 10:00 <i>Bowling</i> \$ 10:45 <b>First-Wind Band</b> 11:30 Canasta 12:00 <b>TOPS</b> , Poker, <b>Pickleball</b> \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 <b>Ageless Grace</b> \$ 3:00 Knit-Wits 4:00 <b>Square Dancing Lessons</b> 6:30 <b>International Folk Dancing</b> , <b>Line Dance</b> (beg) 7:30 <b>Tai Chi</b> \$, <b>Line Dance</b> (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 <b>Primetime Fitness</b> \$ <i>Retreads</i> (thru Nov.) 10:15 <i>Aerobic Dance</i> \$ 10:00 <b>AA</b> , Recorder Lessons 10:15 <i>Water Workout</i> \$ 10:30 <b>Arthritis Exercise</b> \$ 10:45 <b>Parkinson's Yoga</b> \$ 11:15 Craft DIY 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 3:15 Chair Yoga 4:30 <b>Medicare Consulting</b> (by appt.) 5:00 <b>Pickleball</b> \$	8:45 <b>Tai Chi</b> \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 10:00 <b>PrimeTime Fitness</b> \$ <i>Northside Walking Group</i> 9:50 <i>Aerobic Dance</i> \$ 10:30 <b>Bingo</b> 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers \$ <b>Fun Time Line Dancing</b> (beg) 2:15 <b>Pickleball</b> \$ 2:30 Barbershop Belles & Beaux <b>Line Dancing</b> (adv) 3:00 <b>Bereavement Support Group</b>	9:30 <b>Tennis</b> 1:00 <b>Pickleball</b> \$



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8 1:15 <b>Central Virginia Dowers</b>	9 10:00 <b>Hope for Health</b> 1:00 <b>Piedmont Pastelists</b> 1:00 <b>All Things Digital</b> 1:00 <b>Get Your Ducks in a Row</b>	10 9:00 <b>Good Life Design</b> 10:00 <b>Money &amp; You with Jorgen Vik</b> 2:00 <b>A Taste of Spanish</b> 3:00 <b>Civil War Nuts and Bolts</b> \$ 6:00 <b>Hope for Health</b> (Encore)	11 1:30 <b>Senior Statesmen of Virginia</b> 3:00 Ping Pong	12 10:00 Investment Visions 2:00 Le Cercle Français 4:00 <b>Essential Tremor Support Grp</b> 7:00 <b>Round Dancing Lessons</b> (beg.) 8:00 <b>Round Dancing Lessons</b> (int.)	13 10:00 <b>Religion, Science, &amp; Spirituality</b> 12:00 <b>Art Composition</b> \$	14
15	16 1:00 <b>Get Your Ducks in a Row</b> 2:00 Bunko	17 10:00 <b>Elder Law with Doris Gelbman</b> 1:00 <b>Hope for Health</b> 2:00 <b>A Taste of Spanish</b> 3:00 <b>Civil War Nuts and Bolts</b> \$ 3:00 <b>Keeping Up Your Spanish</b> 6:00 <b>Hope for Health</b> (Encore)	18 10:00 <b>Hearing Health</b> 11:30 <b>Monthly Luncheon</b> \$ 2:00 <b>Cville Time Bank Orientation</b>	19 1:00 Ladies' Poker 3:00 Socrates Cafe 7:00 <b>Round Dancing Lessons</b> (beg.) 8:00 <b>Round Dancing Lessons</b> (int.)	20 10:00 Investors' Forum 12:00 <b>Art Composition</b> \$	21
22	23	24 1:00 <b>Matter of Balance</b> \$	25 10:00 <b>Shredding Truck</b> 1-4 Legal Consultation (call for appt.) 1:30 Windows Workshop 3:00 Ping Pong	26 11:30 am Bavarian Chef Food Truck 10:00 Investment Visions 1:00 <b>Matter of Balance</b> \$ 2:00 Le Cercle Français 7:00 <b>Round Dancing Lessons</b> (beg.) 8:00 <b>Round Dancing Lessons</b> (int.)	27 12:00 <b>Art Composition</b> \$ 12:00 <b>Writing for Pleasure Coffeehouse</b>	28
29	30	31 2:00 <b>A Taste of Spanish</b> 3:00 <b>Keeping Up Your Spanish</b>				