

















Welcome to The Medford Senior Center

SEPTEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
1:30 Bingo  5:30 Square Dance *	 CLOSED	8:30 Skipbo 9:00 Bridge 9:30 Stretch 10:00 Spanish 11:00 Piano Music Bob B /Shirley G 11:30 BP Clinic 11:30 YOGA 12:00 Canasta 12:30 Dominoes	8:30 Skipbo 8:45 Tai Chi 10:00 Knit/Crochet Club 10:00 Senior Boot Camp 11:00 Piano Music - Art Lumley 12:00 Pinochle 1:00 Legal by Appt 1:30 BINGO  7:00 Square Dance *	8:30 Skipbo 9:15 Writers 9:30 Stretch 11:00 Keyboard Music-Bob Shepard 1:00 Jog Your Memory 1:00 Line Dance	8:30 Skipbo 9:00 Rock Painting 11:00 "Mostly Country" Musical Band 12:30 Dominoes 12:30 Pinochle	12:30 Bingo 
8	9	10	11	12	13	14
1:30 Bingo  5:30 Square Dance * HAPPY GRANDPARENT DAY	8:30 Skipbo 10:00 MEMBER Movie: The Pink Panther 10:00 Senior Boot Camp 11:15 Alzheimers Support Group	8:30 Skipbo 9:00 Bridge 9:30 Stretch 10:00 Spanish 11:00 Piano Music-Bob B /Shirley G 11:30 YOGA 12:00 Canasta 12:30 Dominoes	8:30 Skipbo 8:45 Tai Chi 10:00 Knit/Crochet Club 10:00 Senior Boot Camp 11:00 String Band 12:00 Pinochle 1:30 BINGO  7:00 Square Dance *	8:30 Skipbo 9:15 Writers 9:30 Stretch 11:00 Keyboard Music-Bob Shepard 11:00 EZ Bird Feeder 1:00 Jog Your Memory 1:00 Line Dance	8:00 Hearing Clinic 8:30 Skipbo 9:00 Rock Painting 11:00 "Mostly Country" Musical Band 12:30 Bunco 12:30 Dominoes 12:30 Pinochle	12:30 Bingo 
15	16	17	18	19	20	21
1:30 Bingo  5:30 Square Dance *	8:30 Skipbo 10:00 MEMBER Movie: Road to Morocco 10:00 Senior Boot Camp 11:15 Alzheimers Support Group	8:30 Skipbo 9:00 Bridge 9:30 Stretch 10:00 Spanish 11:00 Piano Music-Bob B /Shirley G 11:30 BP Clinic 11:30 YOGA 12:00 Canasta 12:30 Dominoes	8:30 Skipbo 8:45 Tai Chi 10:00 Knit/Crochet Club 10:00 Senior Boot Camp 11:00 Piano Music - Art Lumley 12:00 Pinochle 1:30 BINGO  7:00 Square Dance *	8:30 Skipbo 9:15 Writers 9:30 Stretch 11:00 FLU SHOT CLINIC 11:00 Keyboard Music-Bob Shepard 1:00 Jog Your Memory 1:00 Line Dance	8:30 Skipbo 9:00 Rock Painting 11:00 "Mostly Country" Musical Band 10:00 Senior Boot Camp 12:30 Dominoes 12:30 Pinochle PIE AND ICE CREAM SOCIAL	12:30 Bingo 
22	23	24	25	26	27	28
1:30 Bingo  5:30 Square Dance *	8:30 Skipbo 9:00 Book Club 10:00 MEMBER Movie: Rugged Gold 10:00 Senior Boot Camp 11:15 Alzheimers Support Group FALL BEGINS!	8:30 Skipbo 9:00 Bridge 9:30 Stretch 10:00 Spanish 11:00 Piano Music-Bob B /Shirley G 11:30 YOGA 12:00 Canasta 12:30 Dominoes 1:00 BOARD MEETING	8:30 Skipbo 8:45 Tai Chi 10:00 Knit/Crochet Club 10:00 Senior Boot Camp 11:00 Piano Music - Art Lumley 12:00 Pinochle 12:00 Canasta 12:30 Dominoes 1:30 BINGO  7:00 Square Dance*	8:30 Skipbo 9:15 Writers 9:30 Stretch 11:00 Keyboard Music-Bob Shepard 11:00 Pompom Seal or Sheep Bookmark 1:00 Jog Your Memory 1:00 Line Dance	8:30 Skipbo 9:00 Rock Painting 10:00 Senior Boot Camp 11:00 "Mostly Country" Musical Band 12:30 Dominoes 12:30 Pinochle	12:30 Bingo 
29	30	Oct-1	Oct-2	Oct-3	Oct-4	Oct-5
1:30 Bingo  5:30 Square Dance *	8:30 Skipbo 10:00 MEMBER Movie Made for Each Other 10:00 Senior Boot Camp 11:15 Alzheimers Support Group	8:30 Skipbo 9:00 Bridge 9:30 Stretch 10:00 Spanish 11:00 Piano Music-Bob B /Shirley G 11:30 YOGA 12:00 Canasta 12:30 Dominoes	8:30 Skipbo 8:45 Tai Chi 10:00 Knit/Crochet Club 10:00 Senior Boot Camp 11:00 Piano Music - Art Lumley 12:00 Pinochle 1:00 Legal by Appt 1:30 BINGO  7:00 Square Dance *	8:30 Skipbo 9:15 Writers 9:30 Stretch 11:00 Keyboard Music-Bob Shepard 1:00 Jog Your Memory 1:00 Line Dance	8:30 Skipbo 9:00 Rock Painting 10:00 Senior Boot Camp 11:00 "Mostly Country" Musical Band 12:30 Dominoes 12:30 Pinochle	12:30 Bingo 

Lunch
Tues through Fri
11:30-1230
Pre-registration is required!

Tues | 11:30am
YOGA | \$5 Drop In

Wed | 8:45 am
Tai Chi | \$2 Drop In

Mon, Wed | 10am
Senior Boot Camp | \$3 Drop In
Adding Fri Begin 20th

Wed | 10am
Knit-Crochet Club

Sept 9 | Mon | 10am
MEMBER Movie

Sept 16 | Mon | 10am
MEMBER Movie

Sept 19 | Thurs | 11am
FLU SHOT CLINIC
Pick up papers at Office

Sept 20 | Fri | 11:30am
PIE AND ICE CREAM SOCIAL
Sponsored by AVAMERE

Sept 23 | Mon | 10am
MEMBER Movie

Sept 24 | Tues | 1:00
Board Meeting

Sept 30 | Mon | 10am
MEMBER Movie

Some programs are only available to members of the Center. If you are not a member please check with the front desk for specifics about programs you are interested in.

* Square Dance is for anyone in the community. The program is managed by Denny. He can be reached at dennylan@imavip.net.