



CLOVERDALE SENIOR CENTER

Event Calendar - September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Senior Center Closed for Labor Day Holiday	4 8:45-9:45 am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10-11:10am Line Dancing 11:30-12:30 Lunch 1:30pm Strength Training 6:00pm Meditation Circle	5 8:15am Walking Group 8:45-9:45 am Yoga 10:00 am SRJC Art Class 11:30-12:30 Lunch	6 8:45-9:45 am Yoga 10:15am Nimble Fingers 11:30-12:30 Lunch 1:30pm Strength training	9 8:15am Walking group 10am Senior Produce Market 10-2 Legal Aid by appt. 11:30-12:30 Lunch 1:15pm-5pm Games	8 Pancake Breakfast 8:00-12:00
9	8 8:15am Walking Group 8:45-9:45 am Restorative Yoga 10-11 am Qigong Tai Chi 11am ADV Spanish 11:30-12:30 Lunch 1:15pm Bingo 3:15 BUNCO	9 8:45-9:45 am Yoga 10 am Women's Group 10-11:10am Line Dancing 11:30-12:30 Lunch 1:30pm Strength Training 6:00pm Meditation Circle	12 8:15am Walking Group 8:45-9:45 am Yoga 10:00 am SRJC Art Class 10:30-1 Podiatrist by appt 11:30am-1pm Blood Pressure Check 11:30-12:30 Lunch 2pm Collage Group	13 8:45-9:45 am Yoga 10:15am Nimble Fingers 11:30-12:30 Lunch 1-3:30 pm Watercolor Class 1:30pm Strength training	14 8:15am Walking Group 10 am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth by appt. 11:30-12:30 Lunch 1:15-pm-5pm Games	15 Literary Luncheon with Tania Romanov 12:00-2:30
16	17 8:15am Walking Group 8:45-9:45 am Yoga 10-11 am Qigong Tai Chi 11am ADV Spanish 11:30-12:30 Lunch 1:15pm Bingo	18 8:45-8:45-9:45 am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10-11:10am Line Dancing 11:30-12:30 Lunch 1:30pm Strength Training 6:00pm Meditation Circle	19 8:15am Walking Group 8:45-9:45 am Yoga 10:00 am SRJC Art Class 11:30-12:30 Lunch 2:30 pm Fermentation and More	20 8:45-9:45 am Yoga 10:15am Nimble Fingers 11:30-12:30 Lunch 12:30 Monthly BIRTHDAY PARTY! 1-3:30 pm Watercolor Class 1:30pm Strength training  5:00pm Board Meeting	21 8:15am Walking group 10am Senior Produce Market 10-2 Legal Aid by appt. 11:30-12:30 Lunch 1:15-5:00pm Games	22



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23	24 8:15am Walking Group 8:45-9:45 am Yoga 10-11 am Qigong Tai Chi 11am ADV Spanish 11:30-12:30 Lunch 1:15pm Bingo	25 9am 8:45-9:45am Yoga 10am Women's' Group 10-11:10am Line Dancing 11:30-12:30 Lunch 1:30pm Strength Training 6:00pm Meditation Circle	26 8:15am Walking Group 8:45-9:45 am Yoga 10:00 am SRJC Art Class 10-11am Singing for Fun 11:30am-1pm Blood Pressure Check 11:30-12:30 Lunch 1-3pm Foster Grandparents In- service 2pm Collage Group	27 8:45-9:45 am Yoga 9:30-11:30 am Caregivers Group 10:15am Nimble Fingers 11:30-12:30 Lunch 1-3:30pm Watercolor class 1:30pm Strength training	28 8:15am Walking group 10am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth by appt. 11:30-12:30 Lunch 1:15-5:00pm Games	29 Celebration of Life for Ginny Carroll Pot Luck Luncheon Time: 11:30 – 2:00 Cloverdale Senior Center Contact Melanie Hall

NEW THIS YEAR:

September 26, 10:00-11:00

Singing for Fun with Michele Holland

September 14th and 24th, Friday, 10:30-11:30

Guitar Lessons with Beth by appointment

September 19th, at 2:30

Fermentation and More

Thursdays at 8:45-9:45

Yoga with Bruce Johnson

SPECIAL EVENT:

September 8th, 8:00-12:00

Pancake Breakfast

SPECIAL PRESENTATION:

September 15, 12:00-2:30

Literary Luncheon with Tania Romanov

SAVE THE DATE:

October 11, 9:00-12:00 Age Well Drive Smart

October 27th Card Party/Potluck

November 17th Craft Fair

December 8th Christmas Tea