

MONONA SENIOR CENTER CALENDAR • SEPTEMBER 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>3 Senior Center is Closed</p>  <p>HAPPY LABOR DAY!</p> | <p>4</p> <p>8:45 Senior Shape-up 9:30 East Towne 10:00 Chorus 10:00 Band 11:15 Chair Yoga 12:00 Carve In 12:30 500/Hand & Foot 12:30 Dan's Phone/Video 1:00 Scrabble 2:45 Dan's Open Lab</p> | <p>5</p> <p>8:00 Stretch & Tone 9:00 Pilates 12:00 Canasta 12:40 Foot Clinic \$22 12:45 Euchre 1:00 Mah Jongg</p> | <p>6</p> <p>8:45 Senior Shape-up 9:00 Walk With Ease 9:00 Walking Group 10:00 Crafts 11:15 Chair Yoga 12:00 Dominoes 12:00 Bingo & Lunch 12:30 Foot Clinic \$22</p> | <p>7</p> <p>8:00 Stretch & Tone 9:00 Walk With Ease 9:00 Cribbage 9:00 Pilates 9:00 Spanish 1 10:00 Four Seasons Theatre 12:15 Sheepshead 1:00 Movie</p> |
| <p>10</p> <p>8:00 Stretch & Tone 8:30 Quilters 9:00 Walk With Ease 9:00 Pilates 9:00 MATC Comp. 10:00 Tai Chi 11:15 Tai Chi 12:00 Adult Coloring 12:00 Reflexology 12:30 Bridge 1:00 Sip N Swipe</p> | <p>11</p> <p>8:45 Senior Shape-up 9:00 Woodmans 10:00 Chorus 10:00 Band 11:15 Chair Yoga 12:00 Carve In 12:30 500/Hand & Foot 12:30 Dan's Phone/Video 1:00 Scrabble 2:45 Dan's Open Lab 6:30 Writer's Group</p> | <p>12</p> <p>8:00 Stretch & Tone 9:00 Pilates 10:30 Veterans Group 12:00 Canasta 12:45 Euchre 1:00 Mah Jongg</p> | <p>13</p> <p>8:45 Senior Shape-up 9:00 Walking Group 10:00 Cooking/Spices! 10:00 Crafts 11:15 Chair Yoga 12:00 Dominoes 1:00 Stamp Camp 3:30 Friends Board</p> | <p>14</p> <p>8:00 Stretch & Tone 9:00 Cribbage 9:00 Pilates 9:00 Spanish 1 10:00 Scholarly Scoop 12:15 Sheepshead 1:00 Movie</p> |
| <p>17</p> <p>8:00 Stretch & Tone 8:30 Quilters 9:00 Pilates 9:00 MATC Comp. 10:00 Tai Chi 11:15 Tai Chi 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe</p> | <p>18</p> <p>8:45 Senior Shape-up 10:00 Chorus 10:00 Band 11:15 Chair Yoga 12:00 Carve In 12:30 500/Hand & Foot 12:30 Dan's Phone/Video 1:00 Scrabble 2:45 Dan's Open Lab</p> | <p>19</p> <p>8:00 Stretch & Tone 9:00 Pilates 9:30 Foot Clinic \$22 9:30 Knit 'n Stitch 12:00 Canasta 12:45 Euchre 1:00 Conversation Pod 1:00 Mah Jongg</p> | <p>20</p> <p>8:45 Senior Shape-up 9:00 Walking Group 9:00 Reflexology 10:00 Crafts 11:15 Chair Yoga 12:00 Dominoes 1:00 Fashion Show</p>  | <p>21</p> <p>8:00 Stretch & Tone 9:00 Cribbage 9:00 Pilates 9:00 ROMEO Breakfast 9:00 Spanish 1 12:15 Sheepshead 1:00 Movie</p> |
| <p>24</p> <p>8:00 Stretch & Tone 8:30 Quilters 9:00 Pilates 10:00 Tai Chi 11:15 Tai Chi 12:00 Adult Coloring 12:00 Diabetic Foot Clinic \$25 12:30 Bridge</p> | <p>25</p> <p>8:45 Senior Shape-up 10:00 Chorus 10:00 Band 11:15 Chair Yoga 12:00 Carve In 12:30 500/Hand & Foot 12:30 Dan's Phone/Video 1:00 Scrabble 2:45 Dan's Open Lab 6:30 Writer's Group</p> | <p>26</p> <p>8:00 Stretch & Tone 8:00 Chair Massage 9:00 Pilates 10:00 Demo Ballroom 12:00 Canasta 12:00 Diabetic Foot Clinic \$25 12:45 Euchre 1:00 Mah Jongg</p> | <p>27</p> <p>8:45 Senior Shape-up 9:00 Walking Group 10:00 Crafts 10:00 Freezer Meals! 11:15 Chair Yoga 11:30 Gourmet Lunch And Euchre 12:00 Dominoes 3:00 Volunteer Mtg</p> | <p>28</p> <p>8:00 Stretch & Tone 9:00 Cribbage 9:00 Pilates 9:00 Spanish 1 11:00 Low Vision 12:15 Sheepshead 1:00 Movie</p> |

