Senior Center of the Chathams
Be Active. Be Connected.

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **LABOR DAY** **CENTER CLOSED**	**3** 9:00 Balance,Flex & Stretch (int.) 10:00 Pickleball 10:00 Grief Support - Closed Group 10:30 Documentary 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support - Open 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Bridge	**4** 9:00 Hatha Yoga (int.) 9:45 Beginner Bridge 10:00 Open Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters	**5** 9:30 Pickleball 9:45 Dup. Lite Bridge **10:30 Alzheimer's NJ Caregiver Support** 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie	**6** 9:00 Low Impact Cardio (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group **11:00 Writing Workshop** 12:30 Table Tennis 12:30 Pickleball 1:00 Adv. Beg. Mahjong
9 10:00 Men's basketball 10:00 Canasta 10:30 Chess Club **11:00 SALSA DANCE LESSON** **12:00 Tai Chi** 12:30 Table Tennis 1:30 Line Dancing	**10** 10:00 Pickleball 10:00 Grief Support - Closed Group 10:30 Documentary 12:30 Grief Support - Open 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Bridge	**11** 9:00 Hatha Yoga (int.) 9:45 Beginner Bridge 10:00 Open Bridge **11:00 MUSIC THERAPY PERFORMANCE & LUNCH** 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters	**12** 9:30 Pickleball 9:45 Dup. Lite Bridge **11:00 MAXIMIZING TIME AT DOCTOR APPTS.** 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 1:00 Movie	**13** 9:00 Low Impact Cardio (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Writing Workshop 12:30 Table Tennis 12:30 Pickleball 1:00 Adv. Beg. Mahjong
16 10:00 Men's basketball 10:00 Canasta **10:00 Bingo** 10:30 Chess Club 12:00 Tai Chi 12:30 Table Tennis **1:00 NJ SAVE - MEDICARE INFO** 1:30 Line Dancing	**17** 9:00 Balance, Flex & Stretch (int.) 10:00 Pickleball 10:00 Grief Support - Closed Group 10:30 Documentary **11:00 Crafters Corner** 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support - Open **12:45 Play Reading** 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Bridge	**18** 9:00 Hatha Yoga (int.) 9:45 Beginner Bridge 10:00 Open Bridge 10:00 Pickleball **12:00: MUSEUM OF MODERN ART (MOMA) VIRTUAL TOUR** 12:30 Table Tennis 1:00 Nifty Knitters	**19** 9:30 Pickleball 9:45 Dup. Lite Bridge **11:30 Pet Therapy Dog Visit** **11:45 Free BP Screening** **12:00 Monthly Birthdays** 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie **1:00 WHAT IS ARTIFICIAL INTELLIGENCE AND HOW IT IS CHANGING THE WORLD**	**20** 9:00 Low Impact Cardio (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Writing Workshop 12:30 Table Tennis **12:30 FALL PREVENTION WORKSHOP** 12:30 Pickleball 1:00 Adv. Beg. Mahjong
23 10:00 Men's basketball 10:00 Canasta 10:30 Chess Club **11:00 HOLOCAUST SURVIVOR TALK** **11:00 Italian Lessons - Beg.** 12:00 Tai Chi 12:30 Table Tennis **1:00 Italian Lessons - Intermediate** 1:30 Line Dancing	**24** 9:00 Balance, Flex & Stretch (int.) 10:00 Pickleball 10:00 Grief Support - Closed Group 10:30 Documentary 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support - Open **12:45 Fiction Book Group** 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Bridge	**25** 9:00 Hatha Yoga (int.) 9:45 Beginner Bridge 10:00 Open Bridge 10:00 Pickleball 12:30 Table Tennis 1:00 Nifty Knitters	**26** 9:30 Pickleball 9:45 Dup. Lite Bridge **12:00 WELCOME BACK LUAU** 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.)	**27** 9:00 Low Impact Cardio (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Writing Workshop 12:30 Table Tennis 12:30 Pickleball 1:00 Adv. Beg. Mahjong **1:00 Non-Fiction Book Group**
30 10:00 Men's basketball 10:00 Canasta 10:30 Chess Club **11:00 WHITE HOUSE PETS & PESTS + LUNCH**	****MONDAY, 30 - Cont'd.**** 11:00 Italian Lessons - Beg. 12:00 Tai Chi 12:30 Table Tennis 1:00 Italian Lessons - INT. 1:30 Line Dancing			