

Monday	Tuesday	Wednesday	Thursday	Friday
7 LABOR DAY CENTER CLOSED	8 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Cards	9 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support 12:00 CRAFT CLASS: COLLAGED BOOKMARKS 12:30 Table Tennis (exp.) 1:00 Nifty Knitters	10 10:00 Pickleball 10:00 Intermediate Bridge 10:30 Alzheimer's NJ Caregiver Support Group 11:00 Monthly Birthday & Game 11:45 Free BP Screening 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie 1:15 Pickleball	11 9:00 Stable & Able Exercise (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong
14 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club 11:00 MAXIMIZING RETIREMENT INCOME 12:00 Tai Chi 12:00 Bingo 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	15 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 2:00 Table Tennis (beg.) 2:00 Open Cards	16 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support 12:00 THE ROAD TO 9-11 12:30 Table Tennis (exp.) 1:00 Nifty Knitters	17 10:00 Pickleball 10:00 Duplicate Lite 11:00 Classic Movie & Group Discussion 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 1:15 Pickleball	18 9:00 Stable & Able Exercise (int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:30 Play Reading 12:45 Advanced Mahjong



Senior Center of the Chathams
 58 Meyersville Road (lower level), Chatham, NJ
 973-635-4565
 chathamseniorcenter.or
 Weekdays, 9AM-3PM, Tuesdays until 4PM

Monday	Tuesday	Wednesday	Thursday	Friday
21 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club 12:00 Tai Chi 12:00 Bingo 12:00 FALL FLORAL ARRANGEMENTS 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	22 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Writing Workshop (Z) 10:00 Grief Support Group 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 1:15 Pickleball 2:00 Table Tennis (beg.) 2:00 Open Cards	23 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Tech Support 12:00 MORRIS COUNTY PROSECUTOR'S OFFICE: SCAM TRENDS TARGETING OLDER ADULTS 12:30 Table Tennis (exp.) 1:00 Nifty Knitters	24 10:00 Pickleball 10:00 Intermediate Bridge 11:00 FALL PREVENTION WORKSHOP & BALANCE ASSESSMENTS WITH LIGHT LUNCH 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie 1:15 Pickleball	25 9:00 Stable & Able Exercise (Int.) 10:00 Men's Basketball 10:00 Self Discovery 11:00 Fundamentals of Storytelling Writing Workshop 10:30 Men's Disc. Group 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong
28 9:00 BRIDGE PARTY FUNDRAISER & LUNCH 9:30 Canasta - Experienced 10:00 Canasta - New to Game 10:00 Men's Basketball 10:30 Chess Club 12:00 Tai Chi 12:30 Table Tennis (exp.) 12:30 Advanced Bridge Open Play 1:30 Line Dancing	29 9:00 Balance, Flex & Stretch (Int.) 10:00 Pickleball 10:00 Grief Support Group 10:00 Writing Wksp (Zoom) 10:30 Documentary 11:00 Scrabble 12:00 Backgammon 12:20 Balance, Flex & Stretch (gentle) 12:30 Grief Support* 1:00 Women's Circle 1:00 Fiction Book Group 2:00 Table Tennis (beg.) 2:00 Open Cards	30 9:00 Hatha Yoga (int.) 10:00 Beginner Bridge 10:00 Pickleball 10:00 Garden Club 10:00 Tech Support 10:00 FREE HIGH DOSE FLU SHOTS FOR SENIORS 12:30 Table Tennis (exp.) 1:00 Nifty Knitters 1:00 MORRISTOWN IMPROV - ENCORE PERFORMANCE	1 10:00 Pickleball 10:00 Duplicate Lite 10:30 Alzheimer's NJ Caregiver Support Group 11:00 Monthly Birthdays & Game 11:45 Free BP Screening 12:20 Balance, Flex & Stretch (gentle) 12:30 Table Tennis (beg.) 12:30 Movie 1:15 Pickleball 	2 9:00 Stable & Able Exercise (Int.) 10:00 Men's Basketball 10:00 Self Discovery 10:30 Men's Disc. Group 11:00 Fundamentals of Storytelling Writing Workshop 12:15 Conversational Spanish Lessons 12:30 Table Tennis (exp.) 12:30 Pickleball 12:45 Advanced Mahjong

****PAPER SHRED SATURDAY, OCTOBER 24,**
9AM-NOON, CHATHAM MIDDLE SCHOOL
RAIN OR SHINE**

*This group is at capacity. Please call to sign up for the morning session: 973-635-4565.



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