



# The Thompson

Your resource to age well

## PROGRAM CALENDAR - SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		<b>1</b>	<b>2</b>	<b>3</b>
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; CLASSES</b>		9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	<b>9:30 1:1 Benefits Assistance</b> 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Labor Day Closed	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>1 Advisory Meeting</b> <b>2 Mystick Seaport Program</b> 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10 VeggieVanGo 10:30 Sun 73 Forms in tent <b>1 Bazaar Craft Workshop</b>	<b>9-2:30 Foot Clinic 10 Medicare Classes</b> 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	<b>Senior Center BBQ</b> 10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9 Coffee Talk 11 Walking Group	10:30 am Strengthen & Stretch Zoom Class <b>1 Caregiver Support in tent</b> 1 Mahjong <b>1 Falls Prevention Program</b> <b>2 Smithsonian National Portrait Gallery Program</b>	<b>8 Board Meeting</b> 9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	<b>9:30 1:1 Benefits Assistance</b> 10:30 am Strengthen & Stretch Zoom <b>1 Mills Program</b>	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>8:30 Newsletter Folding</b> 9 Coffee Talk 11 Walking Group	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 FDR Presidential Library &amp; Museum Program</b> <b>4 Life Transitions: Home vs. Move Discussion- Virtual</b>	9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent <b>12:15 Hood Museum Meet-Up</b> <b>1 Bazaar Craft Workshop</b>	<b>Birthday Day</b> 10:30 am Strengthen & Stretch Zoom	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
9 Coffee Talk 11 Walking Group	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 Buffalo Bill Center of the West Program</b> 3 Bone Builders in tent <b>5:30 Fast Forward at Pentangle</b>	9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent <b>1 Medicare Program</b>	<b>9:30 1:1 Benefits Assistance</b> <b>9-2:30 Foot Clinic</b> 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	