

Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
1:00 Mah-Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:30 Current Affairs 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$, Sew & Sews, Getting Better at Bridge 10:45 Chair Yoga 12:00 Seated Massage \$ 12:30 Chess Club 1:15 Ageless Grace \$, <i>Water Workout</i> \$ 1:30 Mah-Jongg (Chinese) 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second-Wind Band 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Tuesday Social Bridge 1:15 Round Dancing \$ (beg) 2:00 Pickleball \$, Mah-Jongg (Western) 2:15 Round Dancing \$ (int) 6:00 Singles' Schmooze \$	8:45 Tai Chi \$ 9:00 Hiking 9:30 BeMoved \$, Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:30 Canasta 12:00 TOPS , Poker, <i>Pickleball</i> \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:30 International Folk Dancing, Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ 10:00 AA , Recorder Lessons (inter.) 10:15 <i>Water Workout</i> \$ Tap Dancing \$ (beg.) 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (beg.) 11:15 Craft DIY, Tap Dancing \$ (int.) 12:00 NIA - Moving to Heal \$ 12:30 Duplicate Bridge 1:00 Albarmarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 1:30 Essentrics \$ 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Fun Time Line Dancing (beg) Still Sharp Singers 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux, Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$
		1 Center Closed	2 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies	3 10:45 Parkinson's Caregiver Support Group 12:00 Sheepshead - New! 1:00 Ladies' Poker 3:00 Socrates Cafe	4 10:00 Investors' Forum	5
6	7 11:00 Silver Swans Ballet Class 1:00 Senior Council 2:00 Bunko	8 10:00 Money & You w/ Jorgen Vik 10:00 Robust Aging Toolbox 12:00 Try It Out Tuesday 1:00 Taste of Spanish (beg.) 1:00 Abstract Art Class \$ 1:30 Art Gallery Talk 2:00 Advanced Beginner Spanish	9 1:30 Senior Statesmen of Virginia	10 10:00 Investment Visions 12:00 Sheepshead - New! 2:00 Le Cercle Français 2:00 Backgammon 4:00 Essential Tremor Support Grp	11 10:00 Religion, Science, and Spirituality 2:15 Enjoying Short Stories	12
13 1:15 Central Virginia Dowers	14 11:00 Silver Swans Ballet Class 1:00 Piedmont Pastelists	15 10:00 Bracelets, a Necklace & Beads 10:00 Robust Aging Toolbox 10:00 Elderlaw with Doris Gelbman 1:00 Taste of Spanish (beg.) 1:00 A Touch of Sage-ing 1:00 Abstract Art Class \$ (cont.) 2:00 Advanced Beginner Spanish 3:15 Keeping Up Your Spanish	16 10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Town Hall Meeting	17 10:00 Creating a Bird-Friendly Environment 12:00 Sheepshead - New! 1:00 Ladies' Poker 3:00 Socrates Cafe	18 10:00 Investors' Forum 11:00 Long-Term Care Q&A (call for appt) 2:15 Enjoying Short Stories	19
20	21 2:00 Bunko	22 10:00 Robust Aging Toolbox 11:00 Caring for Your Wellbeing 10:30 Balanced Exercise for Seasoned Adults 1:00 Abstract Art Class \$ (cont.)	23 10:00 Low Vision Support Group 1-4 Legal Consultation (call for appt)	24 10:00 Investment Visions 12:00 Sheepshead - New! 1:00 Backgammon 2:00 Le Cercle Français	25 12:00 Writing for Pleasure Coffeehouse 2:15 Enjoying Short Stories	26
27	28 10 am-3 pm DMV Connect Onsite	29 10:00 Robust Aging Toolbox 10:00 Staying Healthy with Spectrum Physical Therapy 1:00 Taste of Spanish (beg.) 1:00 Abstract Art Class \$ (cont.) 2:00 Advanced Beginner Spanish 3:15 Keeping Up Your Spanish	30	31 12:00 Sheepshead - New!		



KEY: Programs ... *in italics* are off-site; **in bold** are open to the public; with a fee have a \$. Subject to change. Check for updates and additions at thecentercville.org, or visit our Facebook page.

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1:00 Mah-Jongg 1:30 Sunday Movie 2:00 Scrabble	8:45 Tai Chi \$ 9:00 Hiking 9:30 Current Affairs 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$, Sew & Sews Getting Better at Bridge 10:45 Chair Yoga 12:00 Seated Massage \$ 12:30 Chess Club 1:15 Ageless Grace \$, Water Workout \$ 1:30 Mah-Jongg (Chinese) 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 Pickleball \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 Primetime Fitness \$ 10:00 Medicare Consulting (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 Arthritis Exercise \$ 10:45 Second Wind Band 12:00 Bridge Tune-Up 12:00 Men's Poker 1:15 Round Dancing \$ (beg) 2:00 Pickleball \$, Mah-Jongg (Western) 2:15 Round Dancing \$ (int) 6:00 Singles' Schmooze \$	8:45 Tai Chi \$ 9:00 Hiking 9:30 BeMoved \$ Crafty Ladies, Dominoes, Seated Massage \$ 9:45 Primetime Fitness \$ 10:00 Tap Dancing \$ (all levels) 10:00 <i>Bowling</i> \$ 10:45 First-Wind Band 11:30 Canasta 12:00 TOPS , Poker, <i>Pickleball</i> \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 Ageless Grace \$ 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:30 International Folk Dancing , Line Dance (beg) 7:30 Tai Chi \$, Line Dance (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 Primetime Fitness \$ 10:00 AA , Recorder Lessons (int.) 10:15 <i>Water Workout</i> \$ Tap Dancing \$ (beg) 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons (beg.) 11:15 Craft DIY, Tap Dancing \$ (int.) 12:00 NIA - Moving to Heal \$ 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group Financial Counseling (by appt.) 1:30 Essentrics \$ 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 Pickleball \$	8:45 Tai Chi \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , PrimeTime Fitness \$ 10:30 Bingo 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Fun Time Line Dancing (beg) Still Sharp Singers 2:15 Pickleball \$ 2:30 Barbershop Belles & Beaux Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$
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		5 10:00 Blood Pressure Screenings 10:00 Robust Aging Toolbox 10:00 All About the Beads - New! 11:00 Hearing Screenings 12:00 Try It Out Tuesday 1:00 Abstract Art Class \$ (cont.)	6 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies 5:00 Cooking Demo with UVA Interns	7 10:45 Parkinson's Caregiver Support Group 12:00 Sheepshead - New! 1:00 Ladies' Poker 3:00 Socrates Cafe	1 10:00 Investors' Forum 2:15 Enjoying Short Stories	2
3	4 11:00 Silver Swans Ballet Class 1:00 Senior Council 2:00 Bunko	12 10:00 Money & You w/ Jorgen Vik 10:00 Robust Aging Toolbox 1:00 Taste of Spanish (beg.) 1:00 Abstract Art Class \$ (cont.) 2:00 Advanced Beginner Spanish 3:15 Keeping Up Your Spanish	13 12:00 The Center's 59th Birthday Celebration 1:30 Senior Statesmen of Virginia	14 10:00 Investment Visions 12:00 Sheepshead - New! 2:00 Backgammon 2:00 Le Cercle Français 4:00 Essential Tremor Support Grp	8 10:00 Religion, Science, and Spirituality 2:15 Enjoying Short Stories	9
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24 2:00 Hamner Theater Presents... About the Chekov Unbound Project	25					

