



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	8:00 <i>Senior Golf</i> 8:45 Tai Chi \$ 9:00 Hiking 9:45 Primetime Fitness \$ 10:00 Writing for Healing & Growth \$, Sew & Sews, Getting Better at Bridge 10:45 Chair Yoga 11:00 Silver Swans Ballet Class (Resumes September 9) 12:30 Chess Club 1:00 Mah-Jongg (Chinese) 1:15 Ageless Grace \$, (Will not meet September 30) <i>Water Workout</i> \$ 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 Social Bridge, Men's Poker 1:00 Beginning Spanish , (Meets September 3, 10, 17) 1:15 Round Dancing \$ (beg) 2:00 Pickleball \$, Mah-Jongg (Western) 2:10 Intermediate Spanish (Meets September 3, 10, 17) 2:15 Round Dancing \$ (int) 3:20 Advanced Spanish (Meets September 3, 17) 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> \$ 1:15 Ageless Grace \$ 3:00 Knit-Wits, Ping Pong 4:00 Square Dancing Lessons 6:00 International Folk Dancing , Line Dance (beg) 7:00 Overeaters Annoymous 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 \$ (beg.) 10:15 <i>Water Workout</i> \$, Tap Dancing \$ (beg.) 10:30 Arthritis Exercise \$ 11:00 Recorder Lessons \$ (int.), Craft DIY 11:15 Tap Dancing \$ (int.) 12:00 NIA - Moving to Heal \$, Sheepshead 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.) 3:15 Chair Yoga 4:30 Medicare Consulting (by appt.) 5:00 <i>Pickleball</i> \$ 6:30 Drumming Group 7:30 Swing Swap Swing Dance	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 \$ Euchre 2:15 <i>Pickleball</i> \$, Enjoying Short Stories 2:30 Barbershop Belles & Beaux, Line Dancing (adv) 3:00 Bereavement Support Group	1:00 <i>Pickleball</i> \$

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.

1 Closed for Labor Day	2 Closed for Labor Day	3 10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday	4 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies	5 10:00 Long Term Care Ombudsman Program 10:45 Parkinson's Caregiver Support Group 1:00 Ladies' Poker 3:00 Socrates Cafe 5:30 We Got Game! Night	6 10:00 Investors' Forum 12:00 Intro to Drawing \$ (cont.)	7
8 1:15 Central Virginia Dowers	9 1:00 Senior Council 1:00 Piedmont Pastelists 1:00 All Things Digital	10 10:00 Money & You w/ Jorgen Vik 4:00 Are You Ready for an Emergency? 4:00 Moving to the Rhythm \$ 6:00 Planning for Your Retirement \$	11 10:00 Retirement: Now What? 1:00 Make Your Money Last \$ 1:30 Senior Statesmen of Virginia 3:00 Building Anniversary Celebration	12 10:00 Investment Visions 10:00 Dealing with Transition 1:30 Move for Health with Darcy Higgins 2:00 Le Cercle Français 2:00 Backgammon 4:00 Essential Tremor Support Group 6:30 Diversity Lecture Series	13 10:00 Religion, Science, and Spirituality 12:00 Intro to Drawing \$ (cont.)	14 10:00–2:00 Just Rewards
15	16 2:00 Bunko	17 10:00 Elder Law w/Doris Gelbman 10:00 Intro to Pastel Drawing \$ 1:00 Staying Healthy with SPECTRUM Physical Therapy 4:00 Moving to the Rhythm \$ 6:00 Planning for Your Retirement \$ (cont.)	18 10:00 Hearing Health 11:30 Monthly Luncheon \$ 1:00 Make Your Money Last \$ (cont.)	19 10:00 Navigating Long Distance Care 1:00 Ladies' Poker 3:00 Socrates Cafe 5:30 We Got Game! Night	20 10:00 Investors' Forum 11:00 Long-Term Care Q&A (call for appt) 12:00 Intro to Drawing \$ (cont.)	21
22	23 2:30 Fall Risk Reduction & Physical Fitness	24 9:30–2:30 DMV Connect Onsite 10:00 Intro to Pastel Drawing \$ (cont.) 4:00 Moving to the Rhythm \$ 6:00 Planning for your Retirement \$ (cont.)	25 10:00 Low Vision Support Group 11:00 Medicare Special Plans 1:00–4:00 Legal Consultation (call for appt) 1:00 Make Your Money Last \$ (cont.)	26 11:30 am-1:30 pm Food Truck 10:00 Investment Visions 10:00 Understanding the Aging Brain 2:00 Backgammon 2:00 Le Cercle Français 6:30 Diversity Lecture Series	27 11:30–1:30 Two Brothers Food 12:00 Writing for Pleasure Coffeehouse 12:00 Drawing on Location \$ 12:30–3:30 Active Aging Fair	28
29	30					

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

8:00 **Senior Golf**
 8:45 **Tai Chi** \$
 9:00 Hiking
 9:45 **Primetime Fitness** \$
 10:00 Writing for Healing & Growth \$,
 Sew & Sews
 Getting Better at Bridge
 10:45 Chair Yoga
 12:30 Chess Club
 1:15 **Ageless Grace** \$,
 Water Workout \$
 1:30 Mah-Jongg (Chinese)
 2:30 Member Social
 4:00 *Member Social Dinner* \$
 6:45 **Pickleball** \$

9:00 Full Life Fitness
 Mani/Pedicures \$,
 Bowling \$
 9:30 **Primetime Fitness** \$
 10:00 **Medicare Consulting** (by appt.)
 10:00 **Robust Aging Toolbox**
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 10:45 Second Wind Band
 12:00 Bridge Tune-Up
 12:00 Men's Poker
 1:00 **Taste of Spanish** (beg.),
 (Meets August 13, 20, 27)
 Social Bridge
 1:15 **Round Dancing** \$ (beg)
 (Will not meet August 6)
 2:00 **Pickleball** \$,
 Mah-Jongg (Western)
 2:10 **Advanced Beginner Spanish**
 (Meets August 13, 20, 27)
 2:15 **Round Dancing** \$ (int)
 (Will not meet August 6)
 3:20 **Keeping Up Your Spanish**
 (Meets August 6 offsite; August 13, 27)
 6:00 Singles' Schmooze \$

8:45 **Tai Chi** \$
 9:00 Hiking
 9:30 **BeMoved** \$ (Resumes on August 28)
 Crafty Ladies,
 Dominoes,
Seated Massage \$
 9:45 **Primetime Fitness** \$
 10:00 *Bowling* \$
 10:45 **First-Wind Band**
 11:30 Canasta
 12:00 **TOPS**, Poker, **Pickleball** \$
 1:00 Scrabble, Mah-Jongg
 1:15 *Water Workout* \$
 1:15 **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,
Ivy Creek Walking Group
 9:30 **Primetime Fitness** \$
 10:00 **AA**,
 Recorder Lessons (int.)
 10:15 *Water Workout* \$
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** \$
 12:00 **Sheepshead**
 12:30 Duplicate Bridge
 1:00 Albemarle Carvers,
 Apple/Mac Users Group
 Financial Counseling (by appt.)
 3:15 Chair Yoga
 4:30 **Medicare Consulting**
 (by appt.)
 5:00 **Pickleball** \$
 5:30 American Mah-Jongg Lessons
 + Beginners Game
 6:30 **Swing Dance Lessons**
Drumming Group
 7:30 **Swing Swap Swing Dance**

8:45 **Tai Chi** \$
 9:00 Full Life Fitness,
 Mah-Jongg
 9:30 Friday Art Group
 9:45 *Northside Walking Group*,
PrimeTime Fitness \$
 10:30 **Bingo**
 10:45 Flashbacks \$
 11:00 *Water Workout* \$
 12:00 Writing for Pleasure
 1:00 **Fun Time Line Dancing** (beg)
 Still Sharp Singers \$
 Euchre
 2:15 **Pickleball** \$
 2:30 Barbershop Belles & Beaux
Line Dancing (adv)
 3:00 **Bereavement Support Group**

1:00 *Pickleball* \$



September on reverse side

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<p>4</p>	<p>5</p> <p>1:00 Senior Council 2:00 Bunko</p>	<p>6</p> <p>10:00 Blood Pressure Screenings 11:00 Hearing Screenings 12:00 Try It Out Tuesday</p>	<p>7</p> <p>9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies</p>	<p>1 10:45 Parkinson's Caregiver Support Group 1:00 Ladies' Poker 3:00 Socrates Cafe</p>	<p>2</p> <p>10:00 Investors' Forum 12:00 Intro to Drawing \$ 2:15 Enjoying Short Stories</p>	
<p>11</p>	<p>12</p> <p>1:00 Piedmont Pastelists 1:00 All Things Digital</p>	<p>13</p> <p>10:00 Money & You w/ Jorgen Vik 10:00 Paint Party \$</p>	<p>14</p> <p>1:30 Senior Statesmen of Virginia</p>	<p>8 10:00 Investment Visions 1:30 Move for Health with Darcy Higgins 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 4:00 Essential Tremor Support Group 5:30 We Got Game! Night</p>	<p>9</p> <p>12:00 Intro to Drawing \$ (cont.) 2:15 Enjoying Short Stories</p>	
<p>18</p>	<p>19</p> <p>2:00 Bunko</p>	<p>20</p> <p>10:00 Elderlaw with Doris Gelbman</p>	<p>21</p> <p>10:00 Hearing Health 11:30 Monthly Luncheon \$</p>	<p>15 1:00 Ladies' Poker 3:00 Socrates Cafe 6:00 Smart Phone? Smart Photos!</p>	<p>16 10:00 Investors' Forum 11:00 Long-Term Care Q&A (call for appt) 12:00 Intro to Drawing \$ (cont.) 2:15 Enjoying Short Stories 3:00 Ice Cream Social</p>	
<p>25</p>	<p>26</p>	<p>27</p> <p>10:00 Staying Healthy with SPECTRUM Physical Therapy</p>	<p>28 9:30–2:30 DMV Connect Onsite 10:00 Low Vision Support Group 1:00–4:00 Legal Consultation (call for appt)</p>	<p>22 11:30 am-1:30 pm Food Truck 10:00 Investment Visions 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 5:30 We Got Game! Night</p>	<p>23</p> <p>12:00 Intro to Drawing \$ (cont.) 2:15 Enjoying Short Stories</p>	
				<p>29 11:00 Town Hall Meeting</p>	<p>30 12:00 Intro to Drawing \$ (cont.) 12:00 Writing for Pleasure Coffeehouse 2:15 Enjoying Short Stories</p>	