

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** \$
 1:15 *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 Autumn World of Walking
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 10:45 Second-Wind Band \$
 12:00 Bridge Tune-Up (*Will not meet Nov. 6*)
 12:00 Men's Poker
 1:00 Tuesday Social Bridge
 (*Will not meet Nov. 6*)
 1:30 **Round Dancing** \$ (beg)
 2:00 **Pickleball** \$
 2:30 **Round Dancing** \$ (int)
 6:00 Singles' Schmooze \$

8:00 Hiking
 8:45 **Tai Chi** \$
 9:30 **BeMoved** \$,
 Crafty Ladies, Dominoes,
Seated Massage \$
 9:45 **Primetime Fitness** \$
 10:00 **Tap Dancing** \$ (beg)
 10:00 *Bowling* \$
 10:45 **First-Wind Band**
 11:00 **Tap Dancing** \$ (int)
 11:30 Canasta
 12:00 **TOPS**, Poker, **Pickleball** \$
 1:00 Scrabble, Mah-Jongg
 1:15 *Water Workout* \$
 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,
Ivy Creek Walking Group
 9:30 **Primetime Fitness** \$
 10:00 **AA**, Recorder Lessons (Inter.)
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 11:00 Recorder Lessons (Beg.)
 11:15 Craft DIY
 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 *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
 2:15 **Pickleball** \$
 2:30 Barbershop Belles & Beaux
 * **Line Dancing** (adv)
 3:00 **Bereavement Support Group**
 * Will not meet November 9 (Yard Sale)

1:00 *Pickleball* \$



◀ October

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 thecenterville.org, or visit our Facebook page.

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5
 11:00 **Silver Swans Ballet Class**
 1:00 Senior Council
 2:00 Bunko
 2:00 Senior Golf Meeting

11
 1:15 **Central Virginia Dowers**

12
 11:00 **Silver Swans Ballet Class**
 11:00 Caring for Your Wellbeing
 1:00 **All Things Digital**
 1:00 **Piedmont Pastelists**

18

19
 11:00 **Silver Swans Ballet Class**
 2:00 Bunko

25

26
 11:00 **Silver Swans Ballet Class**

6
 10:00 **Bracelets, a Necklace & Beads**
 10:00 **Blood Pressure Screenings**
 11:00 **Hearing Screening**
 12:00 **Try It Out Tuesday**

13
 9:00 **Good Life Design**
 10:00 **Bracelets, a Necklace & Beads**
 10:00 **Money & You with Jorgen Vik**
 10:30 **Long-Term Care Q&A**
(by appt. only)
 1:00 **Taste of Spanish** (beg.)
 1:30 **Art Gallery Talk**
 2:00 **Advanced Beginner Spanish**
 3:15 **Keeping Up Your Spanish**

20
 1:00 **Taste of Spanish** (beg.)
 2:00 **Advanced Beginner Spanish**

27
 10:00 **Health Series**
by Spectrum Physical Therapy
 10:00 **Bracelets, a Necklace & Beads**
 1:00 **Taste of Spanish** (beg.)
 2:00 **Advanced Beginner Spanish**
 3:15 **Keeping Up Your Spanish**

7
 9:30 Kingfishers Fishing Club
 11:00 Book Group
 5:00 Travel Buddies

14
 10:00 **Imagine Your Healthiest Self**
 11:30 **Monthly Luncheon** \$
 1:30 **Senior Statesmen of Virginia**
 2:00 **Cville Time Bank Orientation**

21
 10:00 **Hearing Health**
 1-4 **Legal Consultation** (call for appt.)
Center Closes at 4:30 pm

28
 10:00 **Low Vision Support Group**
 10:00 **What am I to Do?**
The Caregivers Challenge

1
 10:45 **Medicare Special Plans - What's Right for You?**
 10:45 **Parkinson's Caregivers Support**
 11:00 **Create Your Own Plan for Extended Care**
 1:00 Ladies' Poker
 3:00 Socrates Cafe

8
 10:00 Investment Visions
 2:00 Le Cercle Français
 2:00 Backgammon & Cribbage
 4:00 **Essential Tremor Support Grp**

15
 10:30 **Functional Evaluations: Prevent Problems Before They Start**
 1:00 Ladies' Poker
 3:00 Socrates Cafe

22
Center Closed
 12:00 **Community Thanksgiving Potluck**

29
 11:00 **Town Hall Meeting**

2
 10:00 Investors' Forum
 12:00 **Art - Multimedia Color** (cont.)

9
 10:00 **Religion, Science, & Spirituality**
 12:00 **Art - Multimedia Color** (cont.)
 4:30-6:30 **Yard Sale Preview**

16
 10:00 Investors' Forum
 12:00 **Art - Multimedia Color** (cont.)

23
Center Closed

30
 12:00 **Art - Multimedia Color** (cont.)

3

10
 8 am-1 pm **Yard Sale**

17

24

Every SUNDAY

1:00 Mah Jongg
 1:30 Sunday Movie
 2:00 Scrabble



Every MONDAY

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** \$
 1:15 *Water Workout* \$
 1:30 Mah-Jongg [Chinese]
 2:30 Member Social
 4:00 *Member Social Dinner* \$
 6:45 **Pickleball** \$



Every TUESDAY

9:00 Full Life Fitness
 Mani/Pedicures \$, *Bowling* \$
 9:30 **Primetime Fitness** \$
Retreads (thru Oct.)
 10:00 **Medicare Consulting** (by appt.)
 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 Tuesday Social Bridge
 1:30 **Round Dancing** \$ (beg)
 2:00 **Pickleball** \$
 2:30 **Round Dancing** \$ (int)
 6:00 Singles' Schmooze \$



Every WEDNESDAY

8:00 Hiking
 8:45 **Tai Chi** \$
 9:30 **BeMoved** \$,
 Crafty Ladies, Dominoes,
Seated Massage \$
 9:45 **Primetime Fitness** \$
 10:00 **Tap Dancing** \$ (beg)
Bowling \$
 10:45 **First-Wind Band**
 11:00 **Tap Dancing** \$ (int)
 11:30 Canasta
 12:00 **TOPS**, Poker, **Pickleball** \$
 1:00 Scrabble, Mah-Jongg
 1:15 *Water Workout* \$
 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)

Every THURSDAY

9:00 Party Bridge,
Ivy Creek Walking Group
 9:30 **Primetime Fitness** \$
Retreads (thru Oct.)
 10:00 **AA**, Recorder Lessons (Inter.)
 10:15 *Water Workout* \$
 10:30 **Arthritis Exercise** \$
 11:00 Recorder Lessons (Beg.)
 11:15 Craft DIY
 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** \$

Every FRIDAY

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
 2:15 **Pickleball** \$
 2:30 Barbershop Belles & Beaux
Line Dancing (adv)
 3:00 **Bereavement Support Group**



Every SATURDAY

1:00 *Pickleball* \$



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	<p>1</p> <p>1:00 Senior Council 2:00 Bunko</p>
7	
	<p>8</p> <p>1:00 All Things Digital 1:00 Piedmont Pastelists</p>
14	<p>1:15 Central Virginia Dowers 2:00 Death Cafe</p>
	<p>15</p> <p>2:00 Bunko</p>
21	
	<p>22</p>
28	
	<p>29</p>

<p>2</p> <p>10:00 Autumn World of Walking 10:00 Blood Pressure Screenings 11:00 Hearing Screening 12:00 Try It Out Tuesday</p>
<p>9</p> <p>9:00 Good Life Design 10:00 Autumn World of Walking 10:00 Money & You with Jorgen Vik 10:30 Long-Term Care Q&A <i>(by appt. only)</i> 1:00 Taste of Spanish (beg.) 2:00 Advanced Beginner Spanish 3:00 Reuse, Recycle, Repurpose 3:15 Keeping Up Your Spanish</p>
<p>16</p> <p>10:00 Autumn World of Walking 10:00 Elder Law w/ Doris Gelbman</p>
<p>23</p> <p>10:00 Autumn World of Walking 1:00 Taste of Spanish (beg.) 2:00 Advanced Beginner Spanish 3:00 Backyard Birding 3:15 Keeping Up Your Spanish</p>
<p>30</p> <p>10:00 Autumn World of Walking 1:00 Taste of Spanish (beg.) 2:00 Advanced Beginner Spanish</p>

<p>3</p> <p>9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies</p>
<p>10</p> <p>1:30 Senior Statesmen of Virginia</p>
<p>17</p> <p>10:00 Hearing Health 11:30 Monthly Luncheon \$ 2:00 Cville Time Bank Orientation</p>
<p>24</p> <p>10:00 Low Vision Support Group 11:00 Caring for Your Wellbeing Series 1-4 Legal Consultation (call for appt)</p>
<p>31</p> <p>11:00 Town Hall Meeting 1:00 Sock Hop <i>(at Carver Recreation Center)</i></p>

<p>4</p> <p>10:45 Parkinson's Caregivers Support 1:00 Ladies' Poker 3:00 Socrates Cafe 3:30 Stained Glass Making Class \$ (cont.) 5:30 Investing to Retire \$ (cont.)</p>
<p>11</p> <p>10:00 Investment Visions 11:00 Veterans Benefits: What You Need to Know 2:00 Le Cercle Français 2:00 Backgammon & Cribbage 3:30 Stained Glass Making Class \$ (cont.) 4:00 Essential Tremor Support Grp 5:30 Investing to Retire \$ (cont.)</p>
<p>18</p> <p>1:00 Ladies' Poker 3:00 Socrates Cafe 3:30 Stained Glass Making Class \$ (cont.) 5:30 Investing to Retire \$ (cont.)</p>
<p>25</p> <p>11:30-1:30 Food Truck 10:00 Investment Visions 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 3:30 Stained Glass Making Class \$ (cont.)</p>

<p>5</p> <p>10:00 Investors' Forum 12:00 Drawing on Location (cont.)</p>
<p>12</p> <p>10:00 Religion, Science, & Spirituality 12:00 Writing for Pleasure 12:00 Drawing on Location (cont.)</p>
<p>19</p> <p>10:00 Investors' Forum</p>
<p>26</p> <p>12:00 Writing for Pleasure Coffeehouse</p>

<p>6</p>
<p>13</p>
<p>20</p>
<p>27</p> <p>10:00 Just Rewards</p>