


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 <b>Tai Chi</b> \$ 9:00 Hiking 9:30 Current Affairs 9:45 <b>Primetime Fitness</b> \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:45 Chair Yoga 12:00 <b>Seated Massage</b> \$ 12:30 Chess Club 1:15 <b>Ageless Grace</b> \$ 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 <b>Pickleball</b> \$	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 <b>Primetime Fitness</b> \$ <i>Retreads</i> (thru Oct.) 10:00 <b>Medicare Consulting</b> (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 <b>Arthritis Exercise</b> \$ 10:45 Second-Wind Band \$ 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Tuesday Social Bridge 1:30 <b>Round Dancing</b> \$ (beg) 2:00 <b>Pickleball</b> \$ 2:30 <b>Round Dancing</b> \$ (int) 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 <b>Tai Chi</b> \$ 9:30 <b>BeMoved</b> \$, Crafty Ladies, Dominoes, <b>Seated Massage</b> \$ 9:45 <b>Primetime Fitness</b> \$ 10:00 <b>Tap Dancing</b> \$ (beg) <i>Bowling</i> \$ 10:45 <b>First-Wind Band</b> 11:00 <b>Tap Dancing</b> \$ (int) 11:30 Canasta 12:00 <b>TOPS</b> , Poker, <b>Pickleball</b> \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 <b>Ageless Grace</b> \$ 3:00 Knit-Wits, Ping Pong 4:00 <b>Square Dancing Lessons</b> 6:30 <b>International Folk Dancing, Line Dance</b> (beg) 7:30 <b>Tai Chi</b> \$, <b>Line Dance</b> (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 <b>Primetime Fitness</b> \$ <i>Retreads</i> (thru Oct.) 10:00 <b>AA</b> , Recorder Lessons (Inter.) 10:15 <i>Water Workout</i> \$ 10:30 <b>Arthritis Exercise</b> \$ 11:00 Recorder Lessons (Beg.) 11:15 Craft DIY 12:00 <b>NIA - Moving to Heal</b> \$ 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.), 1:30 <b>Essentrics</b> \$ 3:15 Chair Yoga 4:30 <b>Medicare Consulting</b> (by appt.) 5:00 <b>Pickleball</b> \$	8:45 <b>Tai Chi</b> \$ 9:00 Full Life Fitness, Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , <b>PrimeTime Fitness</b> \$ 10:30 <b>Bingo</b> 10:45 Flashbacks \$ 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 <b>Fun Time Line Dancing (beg)</b> , Still Sharp Singers 2:15 <b>Pickleball</b> \$ 2:30 Barbershop Belles & Beaux <b>Line Dancing</b> (adv) 3:00 <b>Bereavement Support Group</b>	1:00 <i>Pickleball</i> \$
	1 1:00 Senior Council 2:00 Bunko	2 10:00 <b>Autumn World of Walking</b> 10:00 <b>Blood Pressure Screenings</b> 11:00 <b>Hearing Screening</b> 12:00 <b>Try It Out Tuesday</b>	3 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies	4 10:45 <b>Parkinson's Caregivers Support</b> 1:00 Ladies' Poker 3:00 Socrates Cafe 3:30 <b>Stained Glass Making Class</b> \$ (cont.) 5:30 <b>Investing to Retire</b> \$ (cont.)	5 10:00 Investors' Forum 12:00 Drawing on Location (cont.)	6
	7	8 1:00 <b>All Things Digital</b> 1:00 <b>Piedmont Pastelists</b>	9 9:00 <b>Good Life Design</b> 10:00 <b>Autumn World of Walking</b> 10:00 <b>Money &amp; You with Jorgen Vik</b> 10:30 <b>Long-Term Care Q&amp;A</b> <i>(by appt. only)</i> 1:00 <b>Taste of Spanish</b> (beg.) 2:00 <b>Advanced Beginner Spanish</b> 3:00 <b>Reuse, Recycle, Repurpose</b> 3:15 <b>Keeping Up Your Spanish</b>	10 1:30 <b>Senior Statesmen of Virginia</b>	11 10:00 Investment Visions 11:00 <b>Veterans Benefits: What You Need to Know</b> 2:00 Le Cercle Français 2:00 Backgammon & Cribbage 3:30 <b>Stained Glass Making Class</b> \$ (cont.) 4:00 <b>Essential Tremor Support Grp</b> 5:30 <b>Investing to Retire</b> \$ (cont.)	12 10:00 <b>Religion, Science, &amp; Spirituality</b> 12:00 <b>Writing for Pleasure</b> 12:00 Drawing on Location (cont.)
14 1:15 <b>Central Virginia Dowers</b> 2:00 <b>Death Cafe</b>	15 2:00 Bunko	16 10:00 <b>Autumn World of Walking</b> 10:00 <b>Elder Law w/ Doris Gelbman</b>	17 10:00 <b>Hearing Health</b> 11:30 <b>Monthly Luncheon</b> \$ 2:00 <b>Cville Time Bank Orientation</b>	18 1:00 Ladies' Poker 3:00 Socrates Cafe 3:30 <b>Stained Glass Making Class</b> \$ (cont.) 5:30 <b>Investing to Retire</b> \$ (cont.)	19 10:00 Investors' Forum	20
21	22	23 10:00 <b>Autumn World of Walking</b> 1:00 <b>Taste of Spanish</b> (beg.) 2:00 <b>Advanced Beginner Spanish</b> 3:00 <b>Backyard Birding</b> 3:15 <b>Keeping Up Your Spanish</b>	24 10:00 <b>Low Vision Support Group</b> 11:00 <b>Caring for Your Wellbeing Series</b> 1-4 Legal Consultation (call for appt)	25 11:30-1:30 Food Truck 10:00 Investment Visions 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 3:30 <b>Stained Glass Making Class</b> \$ (cont.)	26 12:00 <b>Writing for Pleasure Coffeehouse</b>	27 10:00 Just Rewards
28	29	30 10:00 <b>Autumn World of Walking</b> 1:00 <b>Taste of Spanish</b> (beg.) 2:00 <b>Advanced Beginner Spanish</b>	31 11:00 <b>Town Hall Meeting</b> 1:00 <b>Sock Hop</b> <i>(at Carver Recreation Center)</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.

**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 <b>Tai Chi</b> \$ 9:00 Hiking 9:30 Current Affairs 9:45 <b>Primetime Fitness</b> \$ 10:00 Writing for Healing & Growth \$ Sew & Sews Getting Better at Bridge 10:45 Chair Yoga 12:00 <b>Seated Massage</b> \$ 12:30 Chess Club 1:15 <b>Ageless Grace</b> \$ 1:15 <i>Water Workout</i> \$ 1:30 Mah-Jongg [Chinese] 2:30 Member Social 4:00 <i>Member Social Dinner</i> \$ 6:45 <b>Pickleball</b> \$ (Starts September 10)	9:00 Full Life Fitness Mani/Pedicures \$, <i>Bowling</i> \$ 9:30 <b>Primetime Fitness</b> \$ <i>Retreads</i> (thru Oct.) 10:00 <b>Medicare Consulting</b> (by appt.) 10:15 <i>Water Workout</i> \$ 10:30 <b>Arthritis Exercise</b> \$ 10:45 <b>Second Wind Band</b> (Will not meet September 4) 12:00 Bridge Tune-Up 12:00 Men's Poker 1:00 Tuesday Social Bridge 1:30 <b>Round Dancing</b> \$ (beg) (Starts September 18) 2:00 <b>Pickleball</b> \$ 2:30 <b>Round Dancing</b> \$ (int) (Starts September 18) 2:30 Encore Players 6:00 Singles' Schmooze \$	8:00 Hiking 8:45 <b>Tai Chi</b> \$ 9:30 <b>BeMoved</b> \$ 9:30 Crafty Ladies, Dominoes, <b>Seated Massage</b> \$ 9:45 <b>Primetime Fitness</b> \$ 10:00 <b>Tap Dancing</b> \$ (beg) 10:00 <i>Bowling</i> \$ 10:45 <b>First-Wind Band</b> (Will not meet September 5) 11:00 <b>Tap Dancing</b> \$ (int) 11:30 Canasta 12:00 <b>TOPS</b> , Poker, <b>Pickleball</b> \$ 1:00 Scrabble, Mah-Jongg 1:15 <i>Water Workout</i> \$ 1:30 <b>Ageless Grace</b> \$ 3:00 Knit-Wits, Ping Pong 4:00 <b>Square Dancing Lessons</b> 6:30 <b>International Folk Dancing,</b> <b>Line Dance</b> (beg) 7:30 <b>Tai Chi</b> \$, <b>Line Dance</b> (adv)	9:00 Party Bridge, <i>Ivy Creek Walking Group</i> 9:30 <b>Primetime Fitness</b> \$ <i>Retreads</i> (thru Oct.) 10:00 <b>AA</b> , Recorder Lessons (Inter.) 10:15 <i>Water Workout</i> \$ 10:30 <b>Arthritis Exercise</b> \$ 11:00 Recorder Lessons (Beg.) 11:15 Craft DIY 12:00 <b>NIA - Moving to Heal</b> \$ 12:30 Duplicate Bridge 1:00 Albemarle Carvers, Apple/Mac Users Group, Financial Counseling (by appt.) 1:30 <b>Essentrics</b> \$ 3:15 Chair Yoga 4:30 <b>Medicare Consulting</b> (by appt.) 5:00 <b>Pickleball</b> \$	8:45 <b>*Tai Chi</b> \$ 9:00 <b>*Full Life Fitness</b> , Mah-Jongg 9:30 Friday Art Group 9:45 <i>Northside Walking Group</i> , <b>*PrimeTime Fitness</b> \$ 10:30 <b>*Bingo</b> 10:45 Flashbacks \$ (Will not meet September 7) 11:00 <i>Water Workout</i> \$ 12:00 Writing for Pleasure 1:00 Still Sharp Singers \$ <b>*Fun Time Line Dancing</b> (beg) 2:15 <b>Pickleball</b> \$ 2:30 Barbershop Belles & Beaux <b>*Line Dancing</b> (adv) 3:00 <b>Bereavement Support Group</b> *Will not meet September 28 (Active Aging Fair)	1:00 <i>Pickleball</i> \$
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October

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2 Center Closed	3 Center Closed	4 10:00 <b>Autumn World of Walking</b> 10:00 <b>Blood Pressure Screenings</b> 11:00 <b>Hearing Screenings</b> 12:00 <b>Try It Out Tuesday</b>	5 9:30 Kingfishers Fishing Club 11:00 Book Group 5:00 Travel Buddies	6 10:00 <b>Better Balance with Phoenix Rehab</b> 10:45 <b>Parkinson's Caregiver Support Group</b> 1:00 Ladies' Poker 3:00 Socrates Cafe	7 10:00 Investors' Forum 12:00 Drawing on Location (cont.)	8 5:30-8:30 pm <b>Fall Fling with the Flashbacks</b>
9 1:15 <b>Central Virginia Dowers</b> 1:15 <b>Toastmasters Workshop</b>	10 11:00 <b>Silver Swan Ballet Demo</b> 1:00 <b>Piedmont Pastelists</b> 1:00 <b>All Things Digital</b> 1:00 <b>Senior Council</b>	11 9:00 <b>Good Life Design</b> 10:00 <b>Autumn World of Walking</b> 10:00 <b>Money &amp; You w/ Jorgen Vik</b> 10:30 <b>Long-Term Care Q&amp;A</b> <i>(by appt. only)</i> 1:00 <b>Taste of Spanish</b> (beg.) 1:30 <b>Art Gallery Talk</b> 2:00 <b>Advanced Beginner Spanish</b> 3:00 <b>Reuse, Recycle, Repurpose</b> 3:15 <b>Keeping Up Your Spanish</b>	12 10:00 <b>Hearing Health</b> 11:00 <b>Caring for Your Wellbeing series</b> 1:30 <b>Senior Statesmen of Virginia</b> 6:00 <b>Investing 102</b>	13 10:00 Investment Visions 10:00 <b>Know Your Knees with Phoenix Rehab</b> 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 4:00 <b>Essential Tremor Support Group</b>	14 10:00 <b>Religion, Science, and Spirituality</b> 12:00 Drawing on Location (cont.)	15
16	17 2:00 Bunko	18 10:00 <b>Autumn World of Walking</b> 10:00 Elder Law w/ Doris Gelbman 1:00 <b>Taste of Spanish</b> (beg.) 2:00 <b>Advanced Beginner Spanish</b> 2:00 <b>Town Hall Meeting</b>	19 10:00 <b>Hearing Health</b> 11:30 <b>Monthly Luncheon</b> \$ 2:00 <b>Cville Time Bank</b>	20 10:00 <b>Investing 102</b> (encore of 9/12) 1:00 Ladies' Poker 3:00 Socrates Cafe	21 10:00 Investors' Forum 12:00 Drawing on Location (cont.)	22
23 30	24	25 10:00 <b>Autumn World of Walking</b> 1:00 <b>Taste of Spanish</b> (beg.) 2:00 <b>Advanced Beginner Spanish</b> 3:00 <b>Backyard Birding</b> 3:15 <b>Keeping Up Your Spanish</b>	26 10:00 <b>Low Vision Support Group</b> 11:00 <b>U.S. Immigration: The Basics</b> 1-4 Legal Consultation (call for appt)	27 11:30 am-1:30 pm Taste of Home Southern Cuisine Food Truck 10:00 Investment Visions 10:00 <b>Aging Should Not Be a Pain in the Neck with Phoenix Rehab</b> 2:00 Backgammon & Cribbage 2:00 Le Cercle Français 5:30 <b>Investing to Retire</b> \$	28 12:00 <b>Active Aging Fair</b> 12:00 <b>Writing For Pleasure Coffeehouse</b> 12:00 Drawing on Location (cont.)	29