

**NEW CASTLE SENIOR CENTER
SEPTEMBER
WEEKLY ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
9-3:00 Billiards 9:30 Pool Exercise 9:30 Park Walk 10:00 Crafty Seniors 12:00 Lunch 1:00 Chair Yoga	9-3:00 Billiards 9:30 Shanghai 10:00 Bingo 12:00 Lunch 12:45 Bingo 1:00 Strength Building/Exercise	9-3:00 Billiards 9:00 Pinochle 11:00 Line Dancing 12:00 Lunch 12:30 Qi gong 1:30 Tai Chi	9-7:00 Billiards 9:00 Pinochle 9:30 Nickel Nickel 9:30 Bridge 11:45 Lunch 12:20 Super Market: 1:00 Chair Aerobics (Video) 5:30 Yoga	9-3:00 Billiards 9:30 Knit/ Crochet 10:00 Bingo 12:00 Lunch

SEPTEMBER MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		11:00 Podiatrist 11:00 Angel Food	10:00 Choir 12:20 Pathmark	12:30 Farmer's Market
6	7	8	9	10
CENTER CLOSED LABOR DAY	9:00 Wii Bowling League Meeting	8:00 Trip to Atlantic City 9:30 Computers 10:00 RSVP Care Wear	9:00 Bank & PO 10:00 Choir 10:00 Blood Pressure 11:15 Nutrition Ed: "The Sodium Story" 12:20 Food Lion 5:30 Yoga	10:00 Paper Bingo 12:20 "Getting the Most from Your Doctor's Appt" and Ice Cream Social
13	14	15	16	17
9:30 Seamen's Center Presentation 12:30 Exec. Comm. 12:45 Members Meeting No Yoga		9:30 Computers 9:30 Tour of Old Swedes Church 12:30 Brain Boosters	10:00 Choir 12:20 Pathmark 5:30 Yoga	9:00-12:00 Flu Shot Clinic-sponsored by Happy Harry's 12:20 "Veteran's Deserve"
20	21	22	23	24
11:00 Bazaar Meeting 4:00 Dinner Out Mrs. Robino's	9:00-3:00 AARP Driver Safety Course	9:30 Computers 12:20 "How to Organize Your Life"	9:00 Bank & PO 10:00 Choir 12:20 Food Lion 5:30 Yoga	8:00 Senior Beach Day
27	28	29	30	
9:30 Jewelry Class 12:30 Brain Boosters Birthday Celebrations	9:00-1:00 AARP Driver Safety Refresher Course	9:30 Computers 10:00 "Maintain Your Brain" Presentation 50/50	10:00 Choir 10:00 "Extra Help" Medicare Drug Costs 12:20 Pathmark 5:30 Yoga	