



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 11:30 Age Well 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	2 8:30 Core & Strength 9:00 Watercolor: Color Theory workshop 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	3 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 CSC Board Mtg.	4 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi - Yang 10:00 Memoir Group (full) 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 12:00 Samba- Canasta 1:00 Bone Builders 1:00 Cribbage	5 8:30 Essentrics 9:45 Bone Builders 10:00 Arts Group 12:30 Samba-Canasta 1:00 AI presentation: Can Your Trust Anything Online Anymore? 2:00 Brain Games 3:00-5:00 p.m. Artist Reception- Jim Squires: Underwater Photography	6 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i> 10:00-2:00 p.m. CSC Rental
7	8 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	9 8:30 NO Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon 6:30 Green Mountain Barbershop Chorus	10 8:30 Essentrics 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 12:30 The Internet of Things presentation: What secrets are being told by your fridge? 3:00 Alzheimer's Support Group	11 8:30 NO Core & Strength 9:15 Fiber Arts 9:45 Tai Chi - Yang 10:00 Memoir Group (full) 10:45 NO Beginner Tai Chi 11:30 NO T'ai Chi Practice 12:00 NO Samba-Canasta 1:00 NO Bone Builders 1:00 NO Cribbage The Charlotte Senior Center is closed from 12:00-2:00 p.m. for our Volunteer Appreciation. Thank you to all our	12 7:30 Men's Breakfast 8:30 NO Essentrics 9:00 Kayak Trip: Shelburne Pond 9:45 Bone Builders 10:00 Arts Group 12:30 Samba-Canasta 1:00 Pottery workshop 2:00 Brain Games	13 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i>

				<i>wonderful volunteers!</i>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 2:00-4:00 Photo Discussion <i>(in the café)</i> <i>Topic:</i> <i>Depth of Field</i>	15 8:30 Essentrics 9:00 CVU Conversation Group 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	16 8:30 Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	17 8:30 Essentrics 9:00 Birding Trip 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 1:00 "Colombia: The Birdiest Country in the World" 1:00 Bananas-for-Bingo	18 8:30 Core & Strength 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:00 Memoir Group (full) 10:45 Beginner Tai Chi 11:30 NO T'ai Chi Practice 12:00 Samba-Canasta 1:00 Bone Builders 1:00 Play Reading 1:00 Cribbage 2:00 Living Your Best Life Discussion Group	19 8:30 Essentrics 9:45 Bone Builders 10:00 Beginner Italian 10:00 Arts Group 11:00 Adv. Italian Conv. 12:30 Samba-Canasta 2:00 Brain Games	20 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i> 11:00-12:00 Memory Café <i>(in the café)</i>
21	22 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	23 8:30 NO Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon	24 8:30 Essentrics 9:00 Hiking Trip-Adirondacks 9:45 Bone Builders 10:00 Creative Arts Group 11:00 Yoga Strength 12:30 Exploring Senior Living & Home Care 2:30 Death Café	25 8:30 Core & Strength 9:00 Gentle Walk 9:15 Fiber Arts 9:45 Tai Chi – Yang 10:45 Beginner Tai Chi 11:30 T'ai Chi Practice 12:00 Samba-Canasta 1:00 Bone Builders 1:00 Cribbage	26 8:30 Essentrics 9:00 Kayak Trip: Dead Creek 9:45 Bone Builders 10:00 Beginner Italian 10:00 Arts Group 11:30 Silent Book Club 12:30 Samba-Canasta 2:00 Brain Games	27 10:00-12:00 Learn to Play Pickelball <i>(Charlotte Town Beach)</i> 10:00-5:00 Hidden Garden Tour
28 12:30-2:30 Shape Note Singing <i>(in the café)</i> 10:00-5:00 Hidden Garden Tour Rain Date 3:30-8:30 Senior Center is Closed for a Private Rental	29 8:30 Essentrics 9:45 Bone Builders 11:00 Gentle Yoga 11:30 Monday Munch 12:30 Bridge 2:00 Chess 2:30 French Conversation 6:00 American Mahjong	30 8:30 Core & Strength 12:00 Canasta (Samba) 12:30 Shanghai Mahjong 12:45 American Mahjong 1:00 Bone Builders 3:00 German Conversation 6:00 Backgammon				

