

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| Please RSVPs for all programs. See our newsletter for a full list of programs and descriptions. You can find it — along with SSC updates, resources and program flyers — on our website: https://www.wadsworthcity.com/285/Soprema-Senior-Center . | | 1 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Yoga (virtual) 9:00 Walking Track 12:00-2:00 SSC Bonus Bingo (Zoom) 1:00 <i>Fall Walking Challenge Begins</i> | 2 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Mah Jong (in person) 9:30 Sewing (in person) 9:30-11:00 Walking Track 10:00-12:00 Alzheimer's Caregivers Hybrid (in person & Zoom) 1:00 Active Living (by phone) 2:00 | 3 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Bingo (in person) 10:00 Make Me H.H. (Zoom) 11:00 Walking Track 12:00-2:00 Claire's Needlecraft Group (in person) 12:30 Genealogy (in person) 2:00 |
|  6 City Holiday — Staff Off | 7 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Watercolor (in person) 10:00 Walking Track 10:00-12:00 Coupon Clip. (in person) 12:00 General Caregivers Hybrid (in person & Zoom) 1:00 | 8 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Summa Wellness Chat Hybrid (in person & Zoom) 10:00 Yoga (virtual) 9:00 Walking Track 12:00-2:00 Lunch & Learn with Brookdale (in person) 1:00 pm | 9 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Mah Jong (in person) 9:30 Chair Fitness (in person) 9:30 Walking Track 10:00-12:00 Wadsworth Library Fun (in person) 1:00 Active Living (by phone) 2:00 | 10 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Bingo (in person) 10:00 Make Me H.H. (Zoom) 11:00 Walking Track 12:00-2:00 Claire's Needlecraft Group (in person) 12:30 Genealogy (in person) 2:00 |
| 13 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Walking Track 12:00-2:00 Movie at Wadsworth Public Library (remote) 1:00 Medicare 101 Hybrid (in person & Zoom) 3:00 | 14 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Walking Track 10:00-12:00 Coupon Clip. (in person) 12:00 Storytime with Wade (Zoom) 3:30 | 15 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Table Talk with Dr. Patel Hybrid (in person & Zoom) 12:00 Walking Track 12:00-2:00 | 16 Mah Jong (in person) 9:30 Sewing (in person) 9:30-11:00 Autobiography Hybrid (in person & Zoom) 10:00-12:00 Walking Track 10:00-12:00 WRAAA Bingo (Zoom) 1:00 County Assistance (in person by appt.) 2:00 Active Living (by phone) 2:00 | 17 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Bingo (in person) 10:00 Make Me H.H. (Zoom) 11:00 Walking Track 12:00-2:00 Claire's Needlecraft Group (in person) 12:30 Video Fun (in person) 1:00 Genealogy (in person) 2:00 |
| 20 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Walking Track 12:00-2:00 Chair Fitness (in person) 2:00 | 21 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Watercolor (in person) 10:00 Walking Track 10:00-12:00 Coupon Clip. (in person) 12:00 Parkinson's Caregivers Hybrid (in person & Zoom) 1:00 | 22 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Yoga (virtual) 9:00 Walking Track 12:00-2:00 MCSSN Scattegories (Zoom) 1:00 | 23 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Mah Jong (in person) 9:30 Autobiography Hybrid 10:00 Walking Track 10:00-12:00 Senior Book Club Hybrid (in person & Zoom) 1:00 Active Living (by phone) 2:00 | 24 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Bingo (in person) 10:00 Make Me H.H. (Zoom) 11:00 Walking Track 12:00-2:00 Claire's Needlecraft Group (in person) 12:30 Genealogy (in person) 2:00 |
| 27 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Walking Track 12:00-2:00 | 28 Walking Track 10:00-12:00 Master Gardeners Hybrid (in person & Zoom) 11:00 Coupon Clip. (in person) 12:00 Cooking with B.C. Hybrid (in person & Zoom) 1:00 | 29 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Yoga (virtual) 9:00 Walking Track 12:00-2:00 | 30 In-Person Table RSVPs 9:30-11:30, 1:30-3:30 Mah Jong (in person) 9:30 Autobiography Hybrid 10:00 Walking Track 10:00-12:00 Active Living (by phone) 2:00 | |