


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| See our newsletter for a full list of programs and descriptions, available on our website: www.wadsworthcity.com/SopremaSeniorCenter | | *PROGRAMS MARKED WITH AN * ARE IN PERSON AND ZOOM | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
|  Labor Day City Holiday/Center Closed | Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 10:30 Euchre 12:30 General Caregivers Support* 1:00 | Day Trip Fremont Gentle Exercise 10:00 Chess 11:00 Beg. Sign Language 11:30 Walking Track 12:00-2:00 Dominoes & Games 1:00 Senior Feud 2:00 | Mah Jong 9:30 Learn to Draw 10:00-11:30 Autobiography 10:00 Walking Track 10:00-12:00 Bridge 11:00 Wadsworth Library Fun 1:00 Fall Decorating Demo 2:00 | Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00 |
| 12 | 13 | 14 | 15 | 16 |
| Pinochle 10:00 A Matter of Balance 10:00 Walking Track 12:00-2:00 Movie at Wads. Library 1:00 Coloring Club 1:00 Dr. Dan 2:00 Medicare 101 * 3:00 | Crafts/Puzzles w/Windfall 10:00 Walking Track 10:00-12:00 Coupon Clippers 10:30 Table Talk with Dr. Patel *12:00 Euchre 12:30 | Summa Health Chat * 10:00 Chess 11:00 Beg. Sign Language 11:30 Walking Track 12:00-2:00 Dominoes & Games 1:00 Laugh & Learn with Brookdale* * 2:00 pm | Mah Jong 9:30 Sewing Seniors 9:30-11:00 Autobiography 10:00 Walking Track 10:00-12:00 Bridge 11:00 Yoga and Balance 1:00 Virtual Bingo (Zoom) 1:00 County Assistance (in person by appt.) 2:00 | Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Local Author Talk * 1:00 Genealogy 2:00 |
| 19 | 20 | 21 | 22 | 23 |
| Pinochle 10:00 A Matter of Balance 10:00 Blood Press. Checks 11:00 Walking Track 12:00-2:00 Coloring Club 1:00 Baseball Watch Party 1:00 | Walking Track 10:00-12:00 Watercolor 10:00 Coupon Clippers 10:30 Euchre 12:30 Parkinson's Caregivers * 1:00 | Gentle Exercise 10:00 Chess 11:00 Beg. Sign Language 11:30 Walking Track 12:00-2:00 Healthy Living w/Humana* 1:00 Dominoes & Games 1:00 | Mah Jong 9:30 Learn to Draw 10:00-11:30 Autobiography 10:00 Walking Track 10:00-12:00 Bridge 11:00 Senior Book Club 1:00 | Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00 |
| 26 | 27 | 28 | 29 | 30 |
| Pinochle 10:00 A Matter of Balance 10:00 Walking Track 12:00-2:00 Coloring Club 1:00 Cooking with Liberty 2:00 | Walking Track 10:00-12:00 Coupon Clippers 10:30 Garden Chat * 11:00 Euchre 12:30 Tech Tuesday 2:00-4:00 | Gentle Exercise 10:00 Chess 11:00 Beg. Sign Language 11:30 Walking Track 12:00-2:00 Dominoes & Games 1:00 | Mah Jong 9:30 Autobiography 10:00 Walking Track 10:00-12:00 Bridge 11:00 Grief Recovery 1:00-3:00 | Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00-2:00 Genealogy 2:00 |