September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
A: Great Room—Front **B: Great Room—Rear** **C: Café/Crafts** **D: Board Room** **E: Health Room**	**Dalton Senior Center** **40 Field Street Ext** **Dalton, MA 01226** **(413) 684-2000**	1 C: Café 8-10 D: Intro to Writing Poetry 9-10 A: Osteo 10-11:30 C: Soup/Sandwich 12-1 A: Oil Painting 12:30-3 C: Knit/Crochet 1-3	**2** C: Café 8-10 B: Aging Mastery 12:30-2	**3** C: Café 8-10 A: Osteo 10-11:30 C: Quilting 10:30-3 B: Lunch 12:00 D: Veterans Agent B: Bridge 1-4 3-5:30 A: TaiChi 1:30-2:30	**4** C: Café 8-10 C: Pitch 9:00-12:00 A: Osteo 10-11:30 C: Quilting Project 12-3:30	**5**
6 Sunday Lunch @ FCC Host: COA Board 1PM	**7 CLOSED FOR LABOR DAY** 	**8** C: Café 8-10 D: Intro to Writing Poetry 9-10 A: Osteo 10-11:30 C: Soup/Sandwich 12-1 A: Oil Painting 12:30-3 C: Knit/Crochet 1-3	**9** C: Café 8-10 B: Aging Mastery 12:30-2 C: COA Board meeting 6-8	**10** Café 8-10 A: Osteo 10-11:30 **Movie** C: Quilting 10:30-3 **Night:** B: Lunch 12:00 **Where Hope** B: Bridge 1–4 **Grows** A: TaiChi 1:30-2:30 **6-8PM**	**11** C: Café 8-10 C: Pitch 9:00-12:00 A: Osteo 10-11:30 C: Quilting Project 12-3:30 **Patriot Day**	**MON-WED, FRI 8:00-4:00** **TH 8:00-8:00**
13 Sunday Lunch @ FCC Host: First Congregational Church 1PM	**14** C: Café 8-10 A: Line Dancing 10-11:30 B: Lunch 12:00 D: Friends Meeting 1-2	**15** C: Café 8-10 D: Intro to Writing Poetry 9-10 A: Osteo 10-11:30 C: Soup/Sandwich 12-1 A: Oil Painting 12:30-3 C: Knit/Crochet 1-3 D: State Rep Paul Mark 1-4	**16** C: Café 8-10 A,B: Shake Your Soul 10-11 A: Self-Learn to Paint 1-3 **D: Bereavement Support Group 2-3:30** B: Aging Mastery 12:30-2 B: Triad 1-3	**17** Café 8-10 A: Osteo 10-11:30 C: Quilting 10:30-3 B: Lunch 12:00 B: Bridge 1-4 A: TaiChi 1:30-2:30 D: Veteran's Agent 3-5:30 **C: CAREgiver Support Group 4:30-6** **Lunch Bunch leaving for Bennington Station 11:00**	**18** C: Café 8-10 C: Pitch 9:00-12:00 A: Osteo 10-11:30 **Senior Field Day** **Car Show * BBQ * Outdoor Games** **11-3** 	**Events subject to change without notice.**
20 Sunday Lunch @ FCC Host: Berkshire First Church of the Nazarene 1PM 	**21** C: Café 8-10 A: Line Dancing 10-11:30 B: Lunch 12:00 **International Peace Day** ***NATIONAL***	**22** C: Café 8-10 D: Intro to Writing Poetry 9-10 A: Osteo 10-11:30 C: Soup/Sandwich 12-1 A: Oil Painting 12:30-3 C: Knit/Crochet 1-3 ***ACTIVE***	**23** C: Café 8-10 A,B: Shake Your Soul 10-11 A: Self-Learn to Paint 1-3 B: Aging Mastery 12:30-2 D: Friends Mtg 1-2 ***AGING*** ***First Day of Fall***	**24** Café 8-10 A: Osteo 10-11:30 **Movie Night:** C: Quilting 10:30-3 **Chappie** B: Lunch 12:00 **6-8PM** B: Bridge 1–4 A: TaiChi 1:30-2:30 D: Veteran's Agent 3-5:30 ***WEEK*** BCAC New Applications Time TBD	**25** C: Café 8-10 C: Pitch 9:00-12:00 E: Foot Care Clinic 9-2 A: Osteo 10-11:30 C: Quilting Project 12-3:30 	**26**
27 Sunday Lunch @ FCC Host: Saint Agnes 1PM	**28** C: Café 8-10 A: Line Dancing 10-11:30 B: Lunch 12:00 A: Acrylic Painting 1-3 **Dalton Community Expo National Falls**	**29** C: Café 8-10 D: Intro to Writing Poetry 9-10 A: Osteo 10-11:30 C: Soup/Sandwich 12-1 A: Oil Painting 12:30-3 C: Knit/Crochet 1-3	**30** C: Café 8-10 A,B: Shake Your Soul 10-11 A: Self-Learn to Paint 1-3 B: Aging Mastery 12:30-2	**September is NATIONAL SENIOR CENTER MONTH!** **Come down to the Dalton Senior Center and check out the fun and exciting programs we have**		**31**