

REGISTER NOW
Enrollments Reserved
On A First Received Basis

MOUNT EPHRAIM
Charles P. Dougherty, Sr.
SENIOR COMMUNITY CENTER
Where Senior Moments Happen

OCTOBER 2024
508 Lambert Avenue

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11a - 12p Chair Yoga 1p - 2p Let's Get Moving	2 10a - 11a Garden Club <i>Fall Blooms-More Than Mums</i>	3 11a - 12p Easy Fitness 1p - 2p Chair Yoga	4 10a - 12p Craft Club <i>Functional, Decorative and Seasonal</i>
7 10a - 12p Art Workshop <i>Draw / Paint or Learn</i> 1p - 2p Joanne's OG's	8 11a - 12p Chair Yoga 1p - 2p Let's Get Moving	9 12p - 2p Afternoon Tea Talk <i>Featuring Tearoom Favorites</i>	10 11a - 12p Easy Fitness 1p - 2p Chair Yoga	11 1p - 2:30p Rummikub <i>Play / Learn</i>
14 9a - 12p Coffee Chatter 4p - 5p Crocheting Circle	15 No Chair Yoga No Let's Get Moving	16 11:30a - 2p Lunch & Learn <i>Fire Prevention and Escape</i>	17 11a - 12p Easy Fitness No Chair Yoga	18 1p - 4p Happy Birthday & Open Game Day
21 10a - 12p Art Workshop <i>Draw / Paint or Learn</i>	22 11a - 12p Chair Yoga 1p - 2p Let's Get Moving	23 11:30a - 2p Medicare Bingo <i>Enrollment Options, Q&A, Prizes, Lunch</i>	24 11a - 12p Easy Fitness 1p - 2p Chair Yoga	25 1p - 2:30p Rummikub <i>Play / Learn</i>
28 10a - 12p Morning Mingle <i>Breakfast Fare / Games</i> 4p - 5p Crocheting Circle <i>Hook or Learn</i>	29 11a - 12p Chair Yoga 1p - 2p Let's Get Moving	30 1p - 2:30p Movin' & Groovin' <i>Dancercise</i>	31 11a - 12p Easy Fitness 1p - 2p Chair Yoga	