

Northern Senior Activity Center

September 2016

Mon

Tue

Wed

Thu

Fri

Sat


Activities subject to change.
Call to confirm.

Emergency & Closing Announcements:
301-475-4002, ext. *3101


Fitness Card Required. Available for purchase at front desk for \$30 for 10 sessions

October Upcoming Events:

- CSM Wellness Clinic
- Day of Pink
- Living Well with Chronic Conditions
- *Mystery & the Masquerade: Music, Masks, and Mischief*

1 9-Enhance Fitness* = 
10-Arthritis Exercise Endurance
10-Bridge
10-Crimesolvers
1-Eastern Mahjong

2 9-Chair Yoga*
8:30-Wii Bowling Tournament
9-Open Studio
9:30-Oh Heck
10-Bingo
12-Double Pinochle

3 
9:30 a.m.

5 The center is closed in honor of Labor Day

6 9-Enhance Fitness*
9-Genealogy Workshop: *DNA*
9:30-Oh Heck
10-Zumba Gold*
10-Tai Chi for Arthritis: 5 of 6
10-Senior Council Meeting
11-Double Pinochle
1-Eastern Mahjong

7 9-Chair Yoga*
9:30-Dynamic Ceramics
10-Arthritis Exercise-Strength
1-Western Mahjong
1-Line Dancing
1-Theatre Group Meeting

8 9-Enhance Fitness*
10-Arthritis Exercise Endurance
10-Bridge
1-Eastern Mahjong

9 8-Yoga for Everyone*
8:30-Wii Bowling Tournament
9-Open Studio
9:30-Oh Heck
10-Bingo
12-Double Pinochle

10 
9:30

12 9-Open Studio
9-Yoga for Everyone*
11:30-Football: *Fans, Favs & Fun*
12:30-Fall Pitch Tournament: 1 of 4
1:30-Whimsie Works
2-Total Body Strength*

13 9-Enhance Fitness*
9:30-Oh Heck
10-Zumba Gold*
10-Tai Chi for Arthritis: 6 of 6
10-Homemakers
11-Double Pinochle
1-Eastern Mahjong

14 9-Breakfast Café
9:30-Dynamic Ceramics
10-Arthritis Exercise-Strength
12:30-Quilting for Beginners
1-Western Mahjong
1-Line Dancing

15 9-Enhance Fitness*
9:30-Wine & Design: *Autumn Bench*
10-Arthritis Exercise Endurance
10-Bridge
1-Eastern Mahjong

16 9-Chair Yoga*
8:30-Wii Bowling Tournament
9-Open Studio
9:30-Oh Heck
10-Bingo
12-Double Pinochle

17 
9:30 a.m.

19 9-Open Studio
9-Yoga for Everyone*
9:30-Bunco League
2-Total Body Strength*

20 9-Enhance Fitness*
9:30-Oh Heck
10-Zumba Gold*
10-Hand and Foot
11-Double Pinochle
1:30-Experimental Art

21 9-Chair Yoga*
9:30-Dynamic Ceramics
10-Arthritis Exercise-Strength
1-Western Mahjong
1-Line Dancing

22 9-Enhance Fitness*
10-Arthritis Exercise Endurance
10-Bridge
12:30-Get to Know Your Camera
1-Eastern Mahjong

23 8-Yoga for Everyone*
8:30-Wii Bowling Tournament
9-Open Studio
9:30-Oh Heck
10-Bingo
12-Double Pinochle

24 
9:30 a.m.

26 9-Open Studio
9-Yoga for Everyone*
10:30-Empath Workshop
12:30-Fall Pitch Tournament: 2 of 4
1-Page Turners' Book Club
1:30-Whimsie Works
2-Total Body Strength*

27 9-Enhance Fitness*
9:30-Oh Heck
10-Zumba Gold*
10-Homemakers
11-Double Pinochle
12:30-Hand and Foot

28 9:30-Dynamic Ceramics
10-Arthritis Exercise-Strength
12:30-Quilting for Beginners
1-Western Mahjong
1-Line Dancing



29 9-Enhance Fitness*
10-Arthritis Exercise Endurance
10-Bridge
11-Meet Mike: *Physical Therapy Hacks*
1-Eastern Mahjong

30 8:30-Wii Bowling Recognition Party
9-Open Studio
9:30-Oh Heck
10-Bingo
12-Double Pinochle

1 Oct 
9:30 a.m.