

~~ Flu Shot Clinic ~
Wed. Oct. 27
10:00 - 12:00

VERNON SENIOR CENTER
(860) 870-3680

Hours:
Mon - Thurs - 9:00 - 3:00
Friday 9:00 - 1:00

October 2010

October 2010							November 2010						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sep 26	27	28	29	30	Oct 1	2
9/26 - 10/1						10:00am Tai Chi 11:30am Exercise Class	
10/3 - 8	3	4 9:30am Men's Pool Tournament 10:00am Chorus 1:00pm Yoga	5 9:30am Line Dance 1:00pm Drawing Class	6 1:00pm Mah Jongg 1:00pm Out to Lunch Bunch	7 9:00am Shopping 9:30am Painting Class 1:00pm Mah Jongg	8 10:00am Tai Chi 11:30am Exercise Class	9
10/10 - 15	10	11 Center Closed	12 9:30am Line Dance 1:00pm Drawing Class	13 9:00am Blood Pressure Screening 1:00pm Mah Jongg	14 9:00am Shopping 9:30am Painting Class 10:15am Berkshires Trip 1:00pm Mah Jongg	15 10:00am Tai Chi 11:30am Exercise Class	16
10/17 - 22	17	18 9:30am Men's Pool Tournament 10:00am Chorus 1:00pm Yoga	19 9:30am Advisory Board 9:30am Line Dance 10:30am Municipal Agent 1:00pm Drawing Class	20 11:00am Italian Lunch 1:00pm Mah Jongg	21 9:00am Shopping 9:30am Painting Class 1:00pm Mah Jongg	22 10:00am Tai Chi 11:30am Exercise Class	23
10/24 - 29	24	25 9:30am Men's Pool Tournament 10:00am Chorus 1:00pm Yoga	26 9:30am Line Dance 1:00pm Drawing Class 1:00pm Drum Circle	27 10:00am Flu Clinic 10:00am Knitting 1:00pm Mah Jongg	28 9:00am Shopping 9:30am Painting Class 1:00pm Mah Jongg	29 10:00am Tai Chi 11:30am Exercise Class	30
10/31 - 11/5	31	Nov 1	2	3	4	5	6

ONGOING GAMES:

- *Bingo Monday 1:00 PM
- *Pinochle Tues. & Thurs 1:00
- *Cribbage Wed. 9:30 AM
- *Setback Fri. 10:00 AM

- *Scrabble Mon & Tues 1:00
- *Dominos Tues 1:00 &
Thurs 10:00 AM
- *Mah Jongg Wed & Thurs 1:00

Health Programs:
Foot Care Oct. 7 & 14
Call for an appointment
Blood Pressure/
Blood Sugar Screening
~ Second Wed of every month