

MONONA SENIOR CENTER CALENDAR • SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	SEPTEMBER SEPTEMBER SEPTMBFR			1 8:15 Stretch & Tone 9:00 Cribbage 9:00 ROMEO 9:05 Pilates 12:15 Sheepshead 1:00 Silent Movie
4 	5 8:45 Senior Shape-up 9:30 East Towne 10:00 Band 10:00 Chorus 11:15 Chair Yoga 12:00 Carve In 1:00 500/Hand & Foot 1:00 Scrabble	6 8:15 Stretch & Tone 9:05 Pilates 10:00 Bone Attacks 12:45 Foot Clinic \$20 12:45 Euchre 1:00 Canasta	7 8:45 Senior Shape-up 9:00 Walking 10:00 Crafts 11:15 Chair Yoga 12:00 Bingo & Lunch 12:00 Dominoes 12:30 Foot Clinic \$20	8 8:15 Stretch & Tone 9:00 Cribbage 9:05 Pilates 10:00 Scholarly Scoop 12:15 Sheepshead 1:00 Movie 
11 8:15 Stretch & Tone 8:30 Quilt Workshop 9:00 MATC Spanish 9:05 Pilates 11:15 Tai Chi 12:00 Adult Coloring 12:45 Bridge 1:00 Reflexology 	12 8:45 Senior Shape-up 9:00 Woodmans 10:00 Band 10:00 Chorus 11:15 Chair Yoga 12:00 Carve In 1:00 500/Hand & Foot 1:00 Scrabble 6:30 Writer's Group	13 8:15 Stretch & Tone 9:05 Pilates 10:30 Veterans Group 12:45 Euchre 1:00 Canasta	14 8:45 Senior Shape-up 9:00 Walking 10:00 Crafts 11:15 Chair Yoga 12:00 Dominoes 12:00 Fashion Show 	15 8:15 Stretch & Tone 9:00 Cribbage 9:05 Pilates 11:00 Low Vision 12:15 Sheepshead 1:00 Movie
18 8:15 Stretch & Tone 8:30 Quilt Workshop 9:00 MATC Spanish 9:05 Pilates 11:15 Tai Chi 12:00 Adult Coloring 12:45 Bridge 1:00 Sip & Swipe	19 8:45 Senior Shape-up 10:00 Band 10:00 Chorus 11:15 Chair Yoga 12:00 Carve In 1:00 500/Hand & Foot 1:00 Scrabble 3:30 Open House	20 8:15 Stretch & Tone 9:05 Pilates 9:30 Sip & Swipe 9:30 Foot Clinic \$20 12:45 Euchre 1:00 Canasta 1:00 Conversation Pod	21 9:30 Reflexology 1:00 Cards w/ Katie 3:30 Friends Meeting	22 No Senior Center programs due to Lil' Badger Consignment Sale 9:00 MATC PC Inter
25 8:15 Stretch & Tone 8:30 Quilt Workshop 9:00 MATC Spanish 9:05 Pilates 11:15 Tai Chi 12:00 Adult Coloring 12:45 Bridge 1:00 Sip & Swipe	26 8:45 Senior Shape-up 10:00 Band 10:00 Chorus 11:15 Chair Yoga 12:00 Carve In 1:00 500/Hand & Foot 1:00 Scrabble 6:30 Writer's Group	27 8:15 Stretch & Tone 8:30 Chair Massage 9:05 Pilates 9:30 Sip & Swipe 12:00 Diabetic Foot Clinic \$28 12:45 Euchre 1:00 Canasta	28 8:45 Senior Shape-up 9:00 Walking 10:00 Crafts 11:15 Chair Yoga 12:00 Dominoes 12:00 Gourmet Lunch & Euchre	29 8:15 Stretch & Tone 9:00 Cribbage 9:00 MATC PC Inter 9:05 Pilates 10:00 Four Seasons Theatre 12:15 Sheepshead 1:00 Movie 