







MONONA SENIOR CENTER CALENDAR • SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="color: orange;">September</h1>			1 8:45 Sr. Shape-Up 10:00 Crafts 12:00 Dominoes/ Rummikub 12:00 Bingo & Lunch 1:00 <i>Mah Jongg</i>	2 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheepshead 1:15 Movie
5 Labor Day Holiday 	6 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 12:30 Dan's Open Lab 1:00 Scrabble	7 <i>10:00 Memory Café</i> 10:00 Coffee & Conversation 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 BE! begins	8 8:45 Sr. Shape-Up 10:00 Crafts 10:00 Transit Pub Mtg 1:00 Four Seasons Theatre <i>1:00 Mah Jongg</i> 	9 9:30 Scholarly Scoop 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 11:30 NewBridge Case Manager 12:00 Nutrition Site 12:15 Sheepshead
12 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi Balance 12:00 Reflexology 12:00 Adult Coloring 12:30 Bridge <i>1:00 Connecting Across Differences</i>	13 9:00 Foot Care Clinic 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble	14 10:00 Stretch & Tone 11:00 Pilates 10:00 Veterans Group 12:00 Canasta 12:45 Euchre 1:00 BE! 	15 8:45 Sr. Shape-Up 9:00 Reflexology 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 Stamp Camp <i>1:00 Mah Jongg</i> 4:00 Friends Board Meeting	16 8:00 Chair Massage 9:00 R.O.M.E.O 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheepshead 
19 8:30 Quilters 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi Balance 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe <i>1:00 Connecting Across Differences</i>	20 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 12:30 Dan's Open Lab 1:00 Scrabble	21 10:00 Caregiving for Self & Others 10:00 Stretch & Tone 11:00 Pilates <i>10:00 Knit N Stitch</i> 12:00 Canasta 12:45 Euchre 1:00 BE! <i>1:30 Bird & Nature</i>	22 8:45 Sr. Shape-Up 9:00 Foot Care Clinic 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub <i>1:00 Mah Jongg</i> <i>1:00 Mem. Screening</i> 1:00 Volunteer Meeting	23 9:00 Cribbage 9:00 Foot Care Clinic 10:00 Stretch & Tone 11:00 Pilates 12:00 Nutrition Site 12:15 Sheepshead
26 8:30 Quilters 8:45 Diab. Foot Clinic 10:00 Stretch & Tone 11:00 Pilates 11:00 Tai Chi Balance 12:00 Adult Coloring 12:30 Bridge 1:00 Sip N Swipe <i>1:00 Connecting Across Differences</i>	27 10:00 Chorus 10:00 Chair Yoga 12:00 Carve-In 12:30 500/Hand & Foot 1:00 Scrabble 	28 10:00 Health & Wealth Series 10:00 Stretch & Tone 11:00 Pilates 12:00 Canasta 12:45 Euchre 1:00 BE!	29 8:45 Sr. Shape-Up 10:00 Crafts 11:30 Cup of Chi 12:00 Dominoes/ Rummikub 1:00 Safety with Monona Fire/EMS	30 9:00 Cribbage 10:00 Stretch & Tone 11:00 Pilates 11:00 Low Vision 12:00 Nutrition Site 12:15 Sheepshead 1:15 Movie

Italics denotes offsite events. Green denotes Zoom events. Blue denotes both in person & Virtual.