

September 2022

The Wells Ogunquit Senior Center

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|---|
| Volunteers!!  | The happiest people I know are not those who find their golden ticket; they are those who, while in pursuit of worthy goals, discover and treasure the beauty and sweetness of the everyday moments. They are the ones who, thread by daily thread, weave a tapestry of gratitude and wonder throughout their lives. These are they who are truly happy.” Author: Dieter F. Uchtdorf | *Member Birthdays  | 1 10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members) | 2 9am Yoga 9-12:30pm Pinochle 12-3 Mah Jongg | 3 *Polly Baston 8-10am—Pancake Breakfast All you can eat pancakes— 2 sausage links, OJ and coffee (Donation \$8) | |
| 4 | 5 Senior Center Closed  | 6 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 4-5:30pm Game Night!! | 7 *Blanche Feinberg *Susan Ferguson 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm BINGO! | 8 10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members) | 9 *Fran Tower 9am Yoga 9-12:30pm Pinochle 12-3 Mah Jongg | 10 Full Moon 8-10am—Pancake Breakfast All you can eat pancakes— 2 sausage links, OJ and coffee (Donation \$8) |
| 11 *Sharon Degroot *Bonnie Guptill *Carol J. Purcell *Jane Seigel Happy Grandparents Day  | 12 8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 11am Golf Tournament 1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members) 1-4pm Art Classes w/Suzie (Donation \$15) | 13 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 4-5:30pm Game Night!! | 14 *Paul Eichelroth 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm BINGO! | 15 *Lorraine Shaughnessy 10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members) 4-5:30pm Board of Directors | 16 9am Yoga 9-12:30pm Pinochle 12-3 Mah Jongg | 17 *Joseph Graham 8-10am—Pancake Breakfast All you can eat pancakes— 2 sausage links, OJ and coffee (Donation \$8) |
| 18 1-3pm Tech Class “Free “ Please sign up | 19 *William Herman 8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members) 1-4pm Art Classes w/Suzie (Donation- \$15) 1-3pm Learn how to play “45’s” w/Jerry | 20 *Marcia Huggon *Dolores King 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Hooking group 4-5:30pm Game Night!! | 21 *Stephanie Bennett 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm BINGO! | 22 *Susan Dolan First day of Fall 10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members) | 23 *Nan Kranes *Agnes McNamee 9am Yoga 9-12:30pm Pinochle 12-3 Mah Jongg | 24 *Suzanne Wiggins 8-10am—Pancake Breakfast All you can eat pancakes— 2 sausage links, OJ and coffee (Donation \$8) |
| 25 *Robert B Carr | 26 8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 11-12pm Book Club reviewing book 1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members) 1-4pm Art Classes w/Suzie (Donation- \$15) 1-3pm Learn how to play “45’s” w/Jerry | 27 *Sheila Gilligan 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Hooking group 4-5:30pm Game Night!! | 28 *Joanne Dewitt 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm BINGO! | 29 *David Norton 10:30-11:30 Exercise 12-4pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members) | 30 *JoAnn DeClercq *Linda Dermatis *JoAnne Hayes Let’s Celebrate our Volunteers!!! 11-12pm Shades of Grass entertainment 12pm-BBQ provided by Avita of Wells Volunteers FREE, \$10 Non-Volunteers 9am Yoga 9-12:30pm Pinochle 12-3 Mah Jongg  | Many hands make light work—Get involved  |