





September 2023

The Wells Ogunquit Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people." ~ Roy T. Bennett, <i>The Light in the Heart</i></p>					<p>1</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p>2</p> <p style="text-align: center;">8-10am Pancake Breakfast</p>
<p>3</p> <p>10am Shores Church</p>	<p>4 Senior Center Closed</p> 	<p>5</p> <p>9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p>6</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>7</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing</p>	<p>8</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p>9</p> <p style="text-align: center;">8-10am Pancake Breakfast</p>
<p>10</p> <p>10am Shores Church</p>	<p>11</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 3rd Annual Golf Tournament at Old Marsh 11-12:30pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>12</p> <p>9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p>13</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>14</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing 3-4pm The home watch Guy</p>	<p>15</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 2-4pm Senior College kick off – wine & cheese 1pm Dominos</p>	<p>16</p> <p style="text-align: center;">8-10am Pancake Breakfast</p>
<p>17</p> <p>10am Shores Church</p>	<p>18</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12:30pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>19</p> <p>9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p>20</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>21</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing 4-5:30pm Board of Directors</p>	<p>22</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg Celebrate our Volunteers!!! 11-12pm Shades of Grass 12pm-BBQ provided by Avita of Wells RSVP Needed – Guest \$10</p>	<p>23</p> <p style="text-align: center;">8-10am Pancake Breakfast</p>
<p>24</p> <p>10am Shores Church</p>	<p>25</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm Book Club-The Secret Keeper of Jaipur by Alka Joshi 11-12:30pm BEGINNER Line Dancing 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>26</p> <p>9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group- 4-5:30pm Game Night</p>	<p>27</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage 6pm-BINGO</p>	<p>28</p> <p>9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing</p>		<p>Schedule is subject to change without notice.</p>