







PCC Senior Program ~ SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
 Labor Day PCC CLOSED No Bone Builders or Lunch	9:30am BINGO (R) BEECH HILL FARM Ice Cream, gifts, animals Van leaves Rolfe Park at 1pm.	HANNAH'S HAPPY HATTERS 10am- Carter Hill Orchard (Pick apples or buy in the store) Van leaves Rolfe Park at 10am	<u>FOOTSTEPS FOR FITNESS</u> BEGINS TODAY 9AM WALKING IN THE GYM OBSTACLE COURSE WALKING TRAIL WALKING MALL WALKING	9:30am BONE BUILDERS (B) IT'S SENIOR CENTER MONTH! TRY BONE BUILDERS FOR FREE! at the Boscawen Library
9	10	11	12	13
9:30am BONE BUILDERS (B) 11:30am: PRESENTER CHAIR YOGA! 12: LUNCH: Hot Dogs, beans, etc. GRANDPARENTS DAY CELEBRATION 1pm: CARD PARTY is BACK!	<u>NO BINGO TODAY</u> OUR FAVORITE LUNCH OUT! Lunch out at Johnson's in Northwood & BAKERY VISIT Van leaves Rolfe Park at 10:30am BUY 1-GET 1 FISH & CHIPS	8am Kristen/ Coalition Meeting  2pm Crafty Creations at the John H. Whitaker Place	9am Footsteps for Fitness If you missed the first class Last Thursday, join us today! TRY IT OUT! FREE IN THE PCC GYM	9:30am BONE BUILDERS (B) 
16	17	18	19	20
9:30am BONE BUILDERS (B) 12pm: SPECIAL SENIOR CENTER MONTH CELEBRATION 1pm: CARD PARTY	9:30am BINGO (R) 1pm Wii Games (R) 	SENIOR SOCIAL DAY FREE Lunch - Entertainment - Gifts At Immaculate Heart of Mary Van leaves Rolfe at 11am.	9am Footsteps for Fitness JOIN ANYTIME FREE IN THE PCC GYM	9:30am BONE BUILDERS (B) TRY A FREE CLASS AT THE BOSCAWEN PUBLIC LIBRARY!
23	24	25	26	27
9:30am BONE BUILDERS (B) 12: Salmon Burger, rice, veggie, fruit 12:30pm FALL TRIVIA 1pm: CARD PARTY HAPPY FIRST DAY OFFALL!	9:30am BINGO BASH is BACK! Friedman Court Concord. Van leaves Rolfe Park at 9am 1pm MOVIE – "POMS" At the Rolfe House – Snacks Served	LET'S MEET ADRIENE AT OLLIE'S In Pinardville for dinner! Van leaves Rolfe Park at 4pm	9am Footsteps for Fitness FREE IN THE PCC GYM	9:30am BONE BUILDERS (B) 
30		(R) Rolfe House (G) PCC Gym (CR) Community Room (UCP) United Church of Pen.	SHUFFLEBOARD WILL BE BACK IN OCTOBER. WE ALWAYS WELCOME NEW PLAYERS FRIDAYS AT 1PM- PCC GYM.	<u>PLEASE RSVP FOR ALL ACTIVITIES BY SIGNING UP AT MONDAY LUNCH OR CALLING KRISTEN AT 753-9700</u>