



12-1pm:
Daily
Lunch

September 2026

Services & Programs



9:30-11:30am
Mercy Brown
Bag Pick Up

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 9A-2:30P Hiking Trip 1:30P Matinee Movie	2 10:30A-12P Meals On Wheels Appt: HICAP Counseling	3 Tech 1-on-1 Appts 1-4P 10A Shopping	★ 4 10:30A-12P Meals On Wheels
7 Senior Center Closed Labor Day Holiday	8 9A-2:30P Hiking Trip 1:30P Matinee Movie	9 10:30A-12P Meals On Wheels 10A Shopping	10 Tech 1-on-1 Appts 1-4P	11 10:30A-12P Meals On Wheels Lunch Troupe 10A-3P Sonoma
14 10A Shopping 10:30A-12P Meals On Wheels	15 9A-2:30P Hiking Trip	16 10A Shopping 10:30A-12P Meals On Wheels Appt: HICAP Counseling	17 Senior Center Programs & Services Open House 10A-3P	★ 18 10:30A-12P Meals On Wheels
21 10A Shopping 10:30A-12P Meals On Wheels	22 9A-2:30P Hiking Trip 1:30P Matinee Movie	23 10:30A-12P Meals On Wheels	24 Tech 1-on-1 Appts 1-4P Travel Troupe 8A-4P Healthy Living Festival	25 10A Shopping 10:30A-12P Meals On Wheels
28 10A Shopping 10:30A-12P Meals On Wheels	29 9A-2:30P Hiking Trip 1:30P Matinee Movie	30		

September 2026

Socials

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

World Affairs 10-11:30am Spanish Conversation 10-11am Senior Center Walks 1-2pm Memoir Writing 1-3pm Senior Center Sing-a-Long 3-4:30pm	Needlecraft & Beading 9:30am-12pm Move, Groove & Thrive 9:30-10:30am Morning Stretches 10:00-11am Pop Up Ping Pong 1:30-3pm Qi Gong 3:30-5pm	Women's Balkan Dancing 10-11:15am Pop Up Ping Pong 1:30-3pm	Painting 10am-12pm Mahjong & Games 1-3pm 	Folk Dancing 10-11:30am ★ 1st & 3rd Fridays 10:30-11:30am French Conversation 11:30am-12:30pm Ukulele Jam 1:30pm-3pm
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September 2026 • Classes

Gentle Tai Chi classes are held at the Community Center

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Gentle Tai Chi 10:30-11:30am Demystifying Nutrition Controversies 3:30-5pm 		Watercolor 9:45-11:45am Gentle Tai Chi 10:30-11:30am Weight & Balance Training 3-3:45pm	Watercolor 9:45-11:45am 	Rosen Method 9:30-10:30am Gentle Tai Chi 10:30-11:30am
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