

"September 2010"

ST. MARTIN'S SENIOR CENTER

CALL: (703) 751-2766

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>10:00- Movie and Popcorn "It Happened One Night" 1934 10:30- English with Don 10-12- Blood Pressure Screenings 12:30- Nutrition with Eddie</p>	<p>2</p> <p>10:00- Yoga with Kathy 10:30- English with Paul 11:00- Interdenominational Prayer 10-12- Blood Pressure Screenings 12:30- Pesto Making</p>	<p>3</p> <p>10:30- Labor Day Party with Bob Clark with special "cookout" lunch 11:00- Catholic Eucharist 12:30- 10 cent Bingo</p>
<p>6</p> <p>CENTER CLOSED</p> <p>Happy Labor Day!</p>	<p>7</p> <p>10:00- Shopping Trip 10:00- Stretching Away Aches 10:30- English with Don 11:00- Ballroom Dancing 12:30-Board Games w/ Students</p>	<p>8</p> <p>10:30- Prize Bingo 10:30- English with Don 10-12- Blood Pressure Screenings 12:30- Metro Transit System Orientation and Reduced Fares</p>	<p>9</p> <p>10:00- Yoga with Kathy 10:30- English with Paul 11:00- Interdenominational Prayer Special Rosh Hashana Lunch 12:30- 10 cent Bingo</p>	<p>10</p> <p>CENTER CLOSED Field Trip Maryland Seafood Festival admission: \$5, lunch additional bus pickups begin 9:00am</p>
<p>13</p> <p>Emergency Supplies Today pickup between 8am and 3pm 10:00- Rosary with Jennie 10:30- Tai Chi with Sally 12:30- 10 cent Bingo</p>	<p>14</p> <p>10:00- Shopping Trip 10:00- Stretching Away Aches 10:30- English with Don 11:00- Ballroom Dancing 12:30- Prize Bingo</p>	<p>15</p> <p>9:00- Senior Center Month Special Omelette Breakfast 10:30- English with Don 10-12- Blood Pressure Screenings 12:30- Prize Bingo</p>	<p>16</p> <p>10:00- Interdenominational Prayer 10:30 Birthday Party with Chris Edwards 10-12- Blood Pressure Screenings 12:30-Tales of the South Pacific</p>	<p>17</p> <p>10:00- Yoga with Kathy 10:30- Arts and Crafts 11:00- Catholic Eucharist 11:30- Emergency Preparedness 12:30- 10 cent Bingo</p>
<p>20</p> <p>10:00- Rosary with Jennie 10:30- Tai Chi with Sally 11:30- Senior Council 10-12- Blood Pressure Screenings 12:30- 10 cent Bingo</p>	<p>21</p> <p>10:00- Shopping Trip 10:00- Stretching Away Aches 10:30- English with Don 11:00- Ballroom Dancing 12:30- Dental Health</p>	<p>22</p> <p>CENTER CLOSED Field Trip Picnic at Great Falls Park lunch provided pickups begin 9:00am</p>	<p>23</p> <p>10:00- Interdenominational Prayer 10:30- Prize Bingo 10:30- English with Paul 12:30- Food Recall Info. 1:15- Raffle</p>	<p>24</p> <p>10:00- Yoga with Kathy 10:30- Arts and Crafts 11:00- Catholic Eucharist 10-12- Blood Pressure Screenings 12:30- 10 cent Bingo</p>
<p>27</p> <p>10:00- Rosary with Jennie 10:30- Tai Chi with Sally 11:30- Health Presentation 10-12- Blood Pressure Screenings 12:30- Sing-A-Long</p>	<p>28</p> <p>10:00- Shopping Trip 10:00- Stretching Away Aches 10:30- English with Don 11:00- Ballroom Dancing 12:30- Prize Bingo</p>	<p>29</p> <p>9:00- Senior Center Month Special Omelette Breakfast 10:30- English with Don 10-12- Blood Pressure Screenings 12:30- 10 cent Bingo</p>	<p>30</p> <p>10:00- Interdenominational Prayer 10:30- Prize Bingo 10:30- English with Paul 12:30- Maryanne Presents: "Ancient Ireland"</p>	

