

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Please call the Center (207-967-8514) or email Dori at info@seniorcenterkennebunk.org to register or FML.				
			1 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Nutrition & Diabetes with MaineHealth	2 9:00 Open House 10:00 Knitting 10:00 Free Blood Pressure Check 1:00 Cribbage
5 Closed – Labor Day	6 9:00 Men’s Social Group – Coffee & Chat 10:00 Mindfulness with Nancy 10:00 Coffee with the Chiefs (KFP & KPD) 10:00 Art Workshop 1:00 French Club 1:00 Conversational Spanish with Gini 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	7 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 1:00 American Mahjong Group 1:00 Cribbage	8 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Conversational Spanish with Gini	9 Closed for all in-house programming
12 10:00 Annual Meeting	13 9:00 Men’s Social Group – Coffee & Chat 10:00 Art Workshop 10:00 Mindfulness with Nancy 1:00 Conversational Spanish with Gini 1:00 Center Singers 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	14 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 1:00 American Mahjong Group 1:00 Cribbage	15 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Conversational Spanish with Gini	16 9:00 Open House 10:00 Knitting 10:00 Free Blood Pressure Check 11:30 Tendonitis with Reform PT 1:00 Cribbage

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Monday	Tuesday	Wednesday	Thursday	Friday
19 9:00 Keep it Legal with Milda Castner, Esq. 9:30 Spunky Spades Bridge 11:30 “How to Not Look Old” with Julie Cunningham Color 12:30 Merry Maidens Bridge 1:00 Meet & Greet with Trina Moskal 1:30 Hand and Foot	20 9:00 Men’s Social Group – Coffee & Chat 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 Art Workshop 1:00 French Club 1:00 Conversational Spanish with Gini 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	21 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 1:00 American Mahjong Group 1:00 Cribbage	22 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Conversational Spanish with Gini	23 9:00 Open House 10:00 Knitting 1:00 Cribbage
26 9:30 Spunky Spades Bridge 12:30 Merry Maidens Bridge 1:30 Hand and Foot 6:00 Whiskey Tasting at Ryans Corner Room & Pub	27 9:00 Men’s Social Group – Coffee & Chat 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:00 “Keeping the Keys” with AAA 1:00 Conversational Spanish with Gini 1:00 Center Singers 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	28 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 1:00 Book Club 1:00 American Mahjong Group 1:00 Cribbage	29 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Conversational Spanish with Gini	30 9:00 Open House 10:00 Knitting 12:00 Luncheon 1:00 Cribbage