

SILVER CONNECTIONS
 EASTON AREA COMMUNITY CENTER
 SEPTEMBER 2023 CALENDAR

TUESDAY	TWEDNESDAY	THURSDAY
5 th -Sewing tips (How to use a sewing machine) -Table Games -Lunch	6 th -Table games - Healthy Eating Presentation (Chef Derrick) -Art & Craft -Table games Lunch -Bingo	7 th -Table games -Chair yoga -Music and movement -Lunch -History Chat -Vegetable bag distribution
12 th -Table Games -demonstration of measuring and cutting a simple skirt -Healthy Eating Presentation -Lunch	13 th -Art & craft -Painting -Table games -Lunch	14 th -Table games -Chair yoga -Music and movement -History Chat -Lunch -Vegetable bag distribution -Volunteering
19 th -Open talk: Healthy eating -Table games -Game On Day: Station Activity -Lunch	20 th -Art & craft -Painting -Table games -Lunch -Bingo	21 st -Table games -Chair yoga -Music and movement -History Chat -Lunch -Vegetable bag distribution
26 -Healthy eating discussion -Table games -Sewing demonstration -Lunch	27 th -Art & craft -Painting -Table games -Lunch	28 th -Table games -Chair yoga -Music and movement -History Chat -Lunch -Vegetable bag distribution