

# **Thetford Senior Center • October 2024**

## **Activities at Thetford Senior Center October 2024**

**BALANCE & TONE:** (Fridays at 9:00am) Join our fabulous instructor Darci as she works with you to help improve your balance, gently stretch your upper body, and gain back your confidence. Spend part of the class standing and part using a chair; work at your own pace. **FREE**

**BASKET WEAVING:** (Thursdays at 1:00pm) Bring your own projects and supplies; weave and share patterns and ideas with others that share the same interest. Starter kit provided for new participants; sign up needed. **FREE**

**BIBLE STUDY:** (Tuesdays from 10:00am-11:00am) An open, non-denominational study of the scriptures in a dialogue format.

**BINGO:** (Tuesdays from 12:30pm-2:00pm) Play 9 games (5 regular games; 4 special games) plus a coverall. Buy one book for \$1.00 (paper cards). You may buy as many cards as you can play. All money collected is distributed as prizes. Regular Bingo wins \$1.00, special Bingo wins \$2.00 and the coverall wins the remaining money collected (not to exceed \$25)

**CARD MAKING:** (Last Wednesday at 2:00pm) Make and Take two greeting cards; themes vary. Must sign up. \$5.00.

**CRIBBAGE:** (Fridays at 10:00am) Keep your mind sharp by playing Cribbage with others that love the game.

**CROCHET CLUB:** (Mondays at 8:30am) Bring your yarn and crochet with others that love it too!

**DOUBLE DECK PINOCHLE:** (Wednesdays at 1:00pm) Come play double deck pinochle with friends!

**DRUMS ALIVE:** (Wednesdays 1:30pm-2:30pm) **FREE!** An interactive routine to music. Equipment supplied to first 14.

**EUCHRE:** (Mondays at 1:00pm & Thursday at 6:00pm) Pay a \$2.00 entry fee plus 10¢ per euchre. Pay an extra \$1.00 to enter the optional "Lone Hand Jackpot". We play 10 games, prizes are paid to 1st, 2nd and 3rd place winners. Prize money is a 50%, 30%, 20% split of the entry fees collected. The person with the most lone hands after 10 games will win the "Lone Hand Jackpot". The "euchres" money is divided evenly amongst the number of tables that play.

**FLOOR YOGA:** (Mondays from 10:00am-11:00am) Yoga offers physical and mental health benefits for people of all ages. Yoga improves strength, balance & flexibility, helps with back pain relief, can ease arthritis symptoms, benefits heart health, helps you manage stress and can help with more energy and brighter moods. Bring your own mat. **FREE**

**HAND, KNEE & FOOT or SAMBA:** (Thursdays at 12:30pm) A variation of "Canasta" for four players to play in partnerships. Each player has three sets of cards (the Hand, Knee and the Foot) they must play before going out. **FREE**

**MYSTERY DINNER:** (Last Monday of the month at 4:30pm) Join us for a fun filled evening at a mystery location. You pay for your meal, bus ride is free to those in Genesee County and over the age of 60. **FREE**

**OPEN WIRE BEADING:** (2nd Tuesday at 2:00pm) An opportunity to share patterns, exchange beads, meet new friends and make jewelry together. **FREE**

**POKER:** (Tuesdays & Fridays at 1:00pm) Dealer's choice; nickel ante; 3 raise maximum. Cost: \$4.00

**SCRABBLE ON THE RUN:** Interactive version of Scrabble; highest scoring word at the end of the game wins a prize!

**SEWING CLUB:** (Mondays at 8:30am) Bring your own projects and use one of the center's 10 sewing machines. **FREE**

**SHANGHAI RUMMY:** (Fridays at 1:00pm) Each player pays 50¢ to play which will make up the "Jackpot". A game consists of 7 hands; each one requiring a different sequence of cards. For example; the first hand you have to acquire two "Sets of 3", the second hand you need one "Set of 3" and one "Run of 4"; with each hand becoming more difficult. You may "Buy" up to three extra cards per hand; however, each "Buy" will cost 10¢. The player that goes out will win the dimes for that hand. The player with the lowest overall score at the end of the seventh hand will win the Jackpot money. **COST:** up to \$2.60.

**STITCHED BEADING:** (1st Tuesday at 2:00pm) An advanced beading class requiring you to follow a pattern to stitch a bracelet. A pattern will be provided; you must call ahead to get the supplies list and provide your own beads. **FREE**

**TOPS:** (Wednesdays 9:10am-11:00am) *Taking Off Pounds Sensibly*; annual fee \$49 new members, \$37 renewal; \$5 per month. Weigh-ins at 9:10 followed by meeting from 10:00 am - 11:00 am.

**WATER COLOR PAINTING:** (3rd Thursday at 9:30am) Karen from the Clio Center for the Arts will teach you how to create a beautiful painting using water color paints. You will learn many different Water Color techniques that will help bring your painting to life. All supplies are included. Some examples are displayed at the center. Only \$5.00; you **MUST** sign up.

**WOOD CARVING:** (2nd Thursday at 9:00am) Bring your tools and learn to carve with John. This is a free group!

**WII BOWLING LEAGUE:** (Fridays at 10:30am) Join a Wii Bowling League at the center on Friday mornings from 10 am until noon. Come on in and give it a try. It is great exercise and no ball is too heavy!! **FREE**

**ZUMBA GOLD CHAIR:** (Mondays 12:45pm-1:45pm) Music and movements that will improve endurance, posture, coordination, help prevent age-related bone loss, improve mood and overall sense of wellness from a chair! **FREE**