

Sheridan Senior Center

August–September 2011 (continued on next page)

	Activity	Day	Room	Times
Activities	Bingo	Every Tuesday & Friday & the 3 rd Sunday of each month	Dining Room	12:15 p.m.
Activities	Bridge	Every Wednesday & Friday	Ray Clark Community Room	12:30 p.m.
Activities	Dominoes	Every Tuesday & Friday	Dining Room	10:00 a.m.
Activities	Jam & Dance	4 th Friday	Dining Room	6:30 p.m.
Activities	Library	Last Wednesday of each month	Lobby	11-12:30 p.m.
Activities	Pinochle—double deck	Every Monday, Saturday and Sunday	Ray Clark Community Room	1:00 p.m.
Activities	Pinochle-single deck	2 nd & 4 th Thursday of each month	Ray Clark Community Room	12:30 p.m.
Activities	Reading Group	1 st and 3 rd Friday	Daybreak	12:30 p.m.
Activities	Senior Theatre	Every Tuesday	Ray Clark Community Room	10:00 a.m.
Activities	Sheridanares - Choir	Every Thursday RESUMES THURSDAY, SEP. 15	Ray Clark Community Room	10:00 a.m. (note change in time from 9:30 a.m.)
Activities	True Colors Free Manicures	3 rd Wednesday (30 minute appointments)	Art Studio	1:00 p.m.
Community Meeting	AARP	No meetings in June, July and August	Dining Room	5:30 p.m.
Crafts and Hobbies	Crafts	Every Tuesday	Art Studio	1:00 p.m.
Crafts and Hobbies	Watercolors	RESUMES IN OCTOBER Call Gail Sidletsky at 672-8284 for more information	Art Studio	Tuesdays and Thursdays 10:00 a.m.
Crafts and Hobbies	Wood Burning	RESUMES THURSDAY, SEP. 8	Art Studio	2:00–5:00 p.m.
Crafts and Hobbies	Wood Carving	1 st & 3 rd Saturday	Art Studio	9:00 a.m.
Crafts and Hobbies	Writers	3 rd Thursday of each month	Art Studio	2:00 p.m.
Dance	Line Dancing	RESUMES THURSDAY, SEP. 8	Dining Room	1:30 p.m.

Taking sign-ups for a possible pen and ink drawing series. Call the Senior Center to speak with Jane Perkins if you are interested or want more information: **672-2240**

Conversations in History series resumes
September 15th
10:00 a.m.
Senior Center Conference Room
211 Smith Street



Bluegrass Open Mic Performance
Resumes open to the public
Beginning September 20
7:00 p.m.
Sheridan Senior Center Dining Room, 211 Smith Street

Sheridan Senior Center Events

August–September 2011 (continued from prior page)

	Activity	Day	Room	Times
Dance	Tap Dance Class	Every Tuesday	Dining Room	1:15 p.m.
Education	Defensive Driving	2nd Tuesday & Wednesday of the month (fee may apply)	Ray Clark Community Room	1:00 p.m.
Exercise	Basic A.M. Moves	Every Monday, Wednesday and Friday (suggested donation: \$1.00 daily) BEGINNING SEP. 2 the two-BAM! classes will be combined to one class at 9:30	Ray Clark Community Room	August: 9-10 a.m. 10-11 a.m. September: 9:30 a.m.
Exercise	Creaky Yoga	Every Thursday (suggested donation: \$56.00 for 8 weeks)	Ray Clark Community Room	5:30 p.m.
Exercise	Functional Fitness	Every Monday & Wednesday (suggested donation: \$2.00 daily)	Dining Room	5:30 p.m.
Exercise	Table Tennis	Monday, Wednesday, Friday	Dining Room	1:00–3:30 p.m.
Exercise	Tai Chi exercise	Every Tuesday	Ray Clark Community Room	8:30 a.m.
Exercise	Yoga	Every Thursday BEGINNING SEPTEMBER 22	Location to be announced	5:30 p.m.
Exercise	Zumba	Every Monday BEGINNING SEPTEMBER 12	Location to be announced	9:00 a.m.
Health & Wellness	Blood Pressure	1 st & 3 rd Monday	Lobby	11:30 a.m.
Health and Wellness	Westview Presentation	4 th Thursday (every other month)	Conference Room	12:30 p.m.
Support	Parkinsons Support Group	Every Monday	Day Break	5:30 p.m.
Support	Caregivers Support Group	Every Monday	Conference Room	10:00 a.m. 5:30 p.m.
Support	MS Support Group	Last Saturday of each month	Ray Clark Community Room	10:00 a.m.
Support	NARFE	3 rd Tuesday	Conference Room	11:30 a.m.
Support	Visually Impaired	No meetings in May, June, July or August	Ray Clark Community Room	12:30 p.m.