



FREE Senior Socials

SEPTEMBER



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CAC = The Lynda Fairly Carpinteria Arts Center located at 865 Linden Ave.
GranVida is located at 5464 Carpinteria Ave.
Library is located at 5141 Carpinteria Ave.
VH= Veteran's Hall/Memorial Building located at 941 Walnut Ave.

NOTE: OUR BOOK FOR THE MONTH
OF SEPTEMBER IS VACCINES AND
BAYONETS, A HISTORICAL MEMOIR BY
LOCAL AUTHOR BEE BLOESER!

1 **Senior Inc Meeting**
12:00 BBQ and guest
speakers
@ Lions Club Park
6197 Casitas Pass Road

2 **PET ADOPTION!!**
Library Front Lawn
Adoption Fee Waived;
microchipped and
vaccinated!!

3

4

Labor Day

No Senior Socials

5 **Book Club-Meet Bee Bloeser**
9:30-11:00@ Library
Mind Body Balance Exercise
11:00-12:00@ VH
TAI CHI for Beginners
2:00-3:15 @VH
Bridge for Beginners
3:30-5:00@VH

6

Walking Group or Games
10:00-12:00 @ VH
Knitting 1:00-3:00 @ VH
Mindfulness Meditation
2:00-3:30 @ VH
Line Dancing
3:30-4:30 @ VH

7

Tech Talk with Chris Wehling
9:30-11:00 @ Library
Zumba Gold Exercise Class
11:00-12:00 @ VH
Mexican Train or Rummikub
2:00 -4:00 @ VH

8

Bocce Ball
1:30-3:30 @ GranVida

9

Hispanic Heritage Month
Celebration
2:00-4:00 PM @ CAC

10

**Mental Health &
Wellness Faire**
5:30-6:30
Suicide
Awareness Vigil
6:30-8:00 PM @ CAC

11

Senior Socials
12:00-1:45 @ CAC
Arts & Crafts @ 12:30
Mind Games
2:00-3:00 @ Library

12 **Book Club or Cards/Cribbage**
9:30-11:00@Library
Mind Body Balance Exercise
11:00-12:00@ VH
TAI CHI for Beginners
2:00-3:15@VH
Bridge for Beginners
3:30-5:00 @VH

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Walking Group or
Cards/Wordle/Cribbage
10:00 - 12:00 @ VH
Knitting 1:00-3:00 @ VH
Mindfulness Meditation
2:00 to 3:30 @VH

14

Book Club or Cards/Cribbage
9:30-11:00@ Library
Chair Yoga
11:00-12:00 @ VH,
Mexican Train or Rummikub
2:00 -4:00 @ VH

15

Bocce Ball
1:30-3:30 @ GranVida

16

Concert
Mestizo Band
6:00-9:00 PM @ CAC

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18

Senior Socials
12:00-1:45 @ CAC
Arts & Crafts @ 12:30
Mind Games
2:00-3:00 @ Library

19 **Book Club or Cards/Cribbage**
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2:00-3:15 @VH
Bridge for Beginners
3:30-5:00 @VH

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Walking Group or
Cards/Wordle/Cribbage
10:00-12:00 @ VH
Knitting 1:00-3:00 @ VH
Mindfulness Meditation
2:00-3:30 @ VH

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Herbs for Immunity & Medication
Interactions w Patricia Tenyer
9:30 -11:00 @ Library
Chair Yoga
11:00-12:00 @ VH
Mexican Train or Rummikub
2:00-4:00 @ VH

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Bocce Ball
1:30-3:30 @ GranVida

23

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25

Senior Socials
12:00-1:45 @ CAC
Arts & Crafts @ 12:30
Mind Games
2:00-3:00 @ Library

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2:00 to 3:15 @ VH
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Walking Group or Games
10:00 -12:00 @ VH
Knitting 1:00-3:00 @ VH
Mindfulness Meditation
2:00-3:30 @ VH
Line Dancing
3:30-4:30 @ VH

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Book Club or Cards/Cribbage
9:30 -11:00 @ Library
Zumba Gold Exercise
11:00-12:00 @ VH
Mexican Train or Rummikub
2:00-4:00 @ VH

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Bocce Ball
1:30-3:30 @ GranVida

30