

## September 2020 Program Calendar – Main Street Community Center

	Mon	Tue	Wed	Thu	Fri
<b>Vegas Week</b> <b>Suggested Movies:</b> <i>Oceans 11, Viva Las Vegas, Rocky IV, Vegas Vacation, Con Air, The Gambler</i>	<b>FLU SHOT CLINIC – SIGN UP NOW</b> Walgreens Pharmacy will be providing a flu shot clinic on <b>Oct. 1<sup>st</sup></b> from 9am-11am. Sign up is required. Contact MSCC at 618-656-0300 or <a href="mailto:info@mainstcc.org">info@mainstcc.org</a> to make an appointment.	<b>1</b> 8:00am Stretch & Move 9:30am Walking Club – Glik Park 12:00pm Health & Nutrition 1:00pm Arts & History – The Mob Museum 7:00pm <b>Evening Book Club</b>	<b>2</b> 9:00am Chair Yoga 12:00pm Health & Nutrition 1-3:00pm Benefit Access/LIHEAP/SHIP/SHAP 5:30pm Social Dining – Chicken Las Vegas 7:00pm Tai Chi	<b>3</b> 8:00am Stretch & Move 9:30am Write Your Own Story 12:00pm Health & Nutrition 4:00pm <b>Happy Hour</b> - Vodka Martini	<b>4</b> 8:00am Stretch & Move 12:00pm Health & Nutrition 1:00pm Fun & Games – Yahtzee 3:00pm Travel – Bellagio Conservatory
<b>Big Apple Week</b> <b>Suggested Movies:</b> <i>Breakfast at Tiffany's, King Kong, On the Town, An Affair to Remember, Easter Parade</i>	<b>7</b> 9:00am Chair Yoga 10:00am Card Games - Bridge 12:00pm Health & Nutrition 1:00pm Let's Get Techy – How to Use Zoom	<b>8</b> 8:00am Stretch & Move 9:30am Walking Club - Watershed 12:00pm Health & Nutrition 1:00pm Arts & History – Metropolitan Museum of Art	<b>9</b> 9:00am Chair Yoga 12:00pm Health & Nutrition 5:30pm Social Dining – Waldorf Salad 7:00pm Tai Chi	<b>10</b> 8:00am Stretch & Move 9:30am Write Your Own Story 12:00pm Health & Nutrition 1:00pm <b>Afternoon Book Club</b> 4:00pm Happy Hour - Manhattan	<b>11</b> 8:00am Stretch & Move 12:00pm Health & Nutrition 1:00pm Fun & Games – Cribbage 3:00pm Travel – Attractions of New York City
<b>Philadelphia Week</b> <b>Suggested Movies:</b> <i>Rocky, Philadelphia Story, Philadelphia 1776, Sixth Sense</i>	<b>14</b> 9:00am Chair Yoga 10:00am Card Games - Golf 12:00pm Health & Nutrition 1:00pm Let's Get Techy – Safe Online Shopping	<b>15</b> 8:00am Stretch & Move 9:30am Walking Club – Miner Park 12:00pm Health & Nutrition 1:00pm Arts & History – Independence National Historical Park	<b>16</b> 9:00am Chair Yoga 12:00pm Health & Nutrition 1:00pm <b>**Bunco**</b> 5:30pm Social Dining – Philly Cheesesteak 7:00pm Tai Chi	<b>17</b> <b>Constitution Day</b> 8:00am Stretch & Move 9:30am Write Your Own Story 12:00pm Health & Nutrition 4:00pm Happy Hour - Stone Fence	<b>18</b> 8:00am Stretch & Move 12:00pm Health & Nutrition 1:00pm Fun & Games - Scrabble 3:00pm Travel – Murals of Philadelphia
<b>Pigskin Week</b> <b>Suggested Movies:</b> <i>Brian's Song, Rudy, Remember the Titans, Blindside, All American</i>	<b>21</b> 9:00am Chair Yoga 10:00am Card Games – Free Cell 12:00pm Health & Nutrition 1:00pm Let's Get Techy - Print Photos from Your Phone	<b>22</b> 8:00am Stretch & Move 9:30am Walking Club- SIUE Gardens 12:00pm Health & Nutrition 1:00pm Arts & History – Football Hall of Fame	<b>23</b> 9:00am Chair Yoga 12:00pm Health & Nutrition 1-4:00pm Paralegal Services 5:30pm Social Dining – Anytime Tailgate Sandwiches 7:00pm Tai Chi	<b>24</b> 8:00am Stretch & Move 9:30am Write Your Own Story 12:00pm Health & Nutrition 4:00pm Happy Hour – Football Fizz	<b>25</b> 8:00am Stretch & Move 12:00pm Health & Nutrition 1:00pm Fun & Games – Minesweeper 3:00pm Travel – Lambeau Field
<b>New England Week</b> <b>Suggested Movies:</b> <i>Good Will Hunting, Fever Pitch, Love Story, Mystic River, Dead Poets Society</i>	<b>28</b> 9:00am Chair Yoga 10:00am Card Games – Gin Rummy 12:00pm Health & Nutrition 1:00pm Let's Get Techy – How to Use FaceTime	<b>29</b> 8:00am Stretch & Move 9:30am Walking Club – LeClaire Park 12:00pm Health & Nutrition 1:00pm Arts & History – Isabella Stewart Gardner Museum	<b>30</b> 9:00am Chair Yoga 12:00pm Health & Nutrition 5:30pm Social Dining – Clam Chowder 7:00pm Tai Chi	<b>**Bunco** Will be held at the Center. You will be provided your own table, tray, cup and dice to use. Space is limited. By appointment only. Contact MSCC at 618-656-0300 or <a href="mailto:info@mainstcc.org">info@mainstcc.org</a> to register.</b>	
<p><b>*By Appointment Only. Please contact MSCC at 618-656-0300 or <a href="mailto:info@mainstcc.org">info@mainstcc.org</a> to register.</b></p> <p>All other programs are virtual videos and links provided on Facebook and on our website.</p> <p>Please call the Center for more information or go to <a href="http://www.mainstcc.org">www.mainstcc.org</a> or facebook.com/mainstcc to get the meeting link.</p>					