

SEPTEMBER 2023

~~SENIOR CENTER ACTIVITIES~~

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
|  | | DAILY ACTIVITIES: 9—4:30 A.M. Fitness Room P.M. Fitness Room Billiards Computer Dine in Lunch Lobby Fun Puzzles | | 1 9:30 Coffee w/Shannon & Sharon 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Dartball & Cornhole 1:00 Painting |
| 4 SENIOR CENTER CLOSED FOR LABOR DAY | 5 10:00 Chess Club 11:00 Chair Yoga 12:00 Wii Bowling Cornhole 12:30 Dominoes | 6 9:00 Social Worker 9:00 Wendy Fitness 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Stained Glass 11:35 Brewer Game 12:30 Computer help 12:30 Knit & Crochet | 7 10:30 Zoom Chair Yoga 10:30 Spanish Class 12:00 Wii Bowling Cornhole 11:00 Recycle Sisters 1:00 Qi Gong 1:30 WI Labor History | 8 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Dartball & Cornhole 1:00 BINGO 1:00 Painting |
| 11 10:00 Arthritis Ex. 10:00 Card Making 10:00 Beg sheepshead 12:00 Table Games 12:30 Walk w/Ease 1:30 Toe Nail Trimmers 2:00 Line Dancing | 12 10:00 Chess Club 11:00 Chair Yoga 12:00 Wii Bowling Cornhole 12:00 Open Sew 12:30 Dominoes 12:30 Movie with Mary 1:00 Stockbox | 13 9:00 Social Worker 10:00 Arthritis Ex. 10:30 Ask Andy? 11:00 BP Check 12:00 Sheepshead 12:00 Stained Glass 12:30 Walk w/Ease 12:30 Computer help 12:30 Knit & Crochet | 14 10:30 Zoom Chair Yoga 10:30 Spanish Class 11:00 Scrabble Craft 12:00 Wii Bowling Cornhole 12:30 Walk w/Ease 1:00 Qi Gong 1:10 Brewer Game | 15 10:00 Arthritis Ex. 11:00 Book Club 12:00 Sheepshead 12:00 Dartball & Cornhole 1:00 Open House |
| 18 10:00 Arthritis Ex. 10:00 Card Making 10:00 Beg sheepshead 12:00 Table Games 12:30 Walk w/Ease 2:00 Line Dancing | 19 10:00 Chess Club 11:00 Chair Yoga 12:00 Wii Bowling Cornhole 12:00 Open Sew 12:30 Dominoes | 20 9:00 Sr Breakfast Honey Berry Hwy 100 9:00 Wendy Fitness 9:00 Social Worker 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Stained Glass 12:30 Walk w/Ease 12:30 Computer help 12:30 Knit & Crochet 1:00 Heart Dis & Stroke | 21 10:30 Zoom Chair Yoga 10:30 Spanish Class 12:00 Wii Bowling Cornhole 12:15 Brewer Game 12:30 Walk w/Ease 1:00 Qi Gong | 22 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Dartball & Cornhole 1:00 BINGO 1:00 Painting |
| 25 10:00 Arthritis Ex. 10:00 Card Making 10:00 Beg sheepshead 12:00 Table Games 12:30 Walk w/Ease 2:00 Line Dancing 3:45 Commission on Aging Meeting | 26 10:00 Chess Club 11:00 Chair Yoga 12:00 Wii Bowling Cornhole 12:00 Yo Yos Pumpkins 12:30 Movie with Mary 12:30 Dominoes | 27 9:00 Social Worker 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Beg. Stained Glass 12:30 Walk w/Ease 12:30 Computer help 12:30 Knit & Crochet | 28 10:30 Zoom Chair Yoga 10:30 Spanish Class 12:00 Wii Bowling Cornhole 12:30 Walk w/Ease 1:00 Qi Gong | 29 10:00 Arthritis Ex. 12:00 Sheepshead 12:00 Dartball & Cornhole 1:00 Painting |