



SEPTEMBER 2019 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	<p>2</p> <p>LABOR DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>3</p> <p>NO Line Dance</p> <p>Crochet 11am</p> <p>Rummy 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>4</p> <p>NO Shape-Up</p> <p>Beltone Hearing 11am-1pm</p> <p>Euchre 12:30pm</p>	<p>5</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>6</p> <p>Drop In Activities</p> <p>Dr. Farrar 9:30am</p>	7
8	<p>9</p> <p>Shape-Up 10:30am</p> <p>Sit 'n Knit 11am</p> <p>Fun Bingo 1pm</p>	<p>10</p> <p>Line Dance 10am</p> <p>Crochet 11am</p> <p>Rummy 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>11</p> <p>Shape-Up 10:30am</p> <p>Pinochle 12:30pm</p>	<p>12</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>13</p> <p>Drop In Activities</p>	14
15	<p>16</p> <p>Shape-Up 10:30am</p> <p>Sit 'n Knit 11am</p>	<p>17</p> <p>Line Dance 10am</p> <p>Crochet 11am</p> <p>Rummy 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>18</p> <p>Plant Exchange & Sale 9am-Noon</p> <p>Shape-Up 10:30am</p> <p>Euchre 12:30pm</p>	<p>19</p> <p>Zumba Gold 10am</p> <p>Stroke Club 12:30pm</p> <p>Ask-a-Lawyer 1-3pm</p> <p>Pickleball 1-3pm</p>	<p>20</p> <p>Drop In Activities</p> <p>Senior Resource Fair 10am-2pm</p>	21
22	<p>23</p> <p>Shape-Up 10:30am</p> <p>Sit 'n Knit 11am</p> <p>Coloring 1pm</p>	<p>24</p> <p>Line Dance 10am</p> <p>Crochet 11am</p> <p>Rummy 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>25</p> <p>Shape-Up 10:30am</p> <p>Pinochle 12:30pm</p>	<p>26</p> <p>Veteran Services 9am-1pm</p> <p>Zumba Gold 10am</p> <p>Blast from the Past Pop-Up Party 11:30am</p> <p>Stroke Club 12:30pm</p> <p>Pickleball 1-3pm</p>	<p>27</p> <p>Drop In Activities</p> <p>Chair Yoga Demo 10:30am</p> <p>Gourmet Guild 11:30am</p>	28
29	<p>30</p> <p>Dollar Donut Day 9-11am</p> <p>Shape-Up 10:30am</p> <p>Sit 'n Knit 11am</p>				<p>FITNESS ROOM HOURS</p> <p>Monday-Friday 8:30am - 8:00pm</p> <p>Saturday-Sunday 12:00pm - 6:00pm</p>	
<p>Wii Bowling Week 1</p>						
<p>Wii Bowling Week 2</p>						

OCTOBER 2019 – SENIOR ACTIVITIES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
Wii Bowling Week 3	FITNESS ROOM HOURS Monday-Friday 8:30am - 8:00pm Saturday-Sunday 12:00pm - 6:00pm	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	Shape-Up 10:30am Euchre 12:30pm	Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities Chair Yoga 10:30am	
6	7	8	9	10	11	12
Wii Bowling Week 4	Shape-Up 10:30am Sit 'n Knit 11am	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	Shape-Up 10:30am Pinochle 12:30pm	Old Road Dinner Train Trip Departs 9:15am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities Chair Yoga 10:30am	
13	14	15	16	17	18	19
Wii Bowling Week 5	Great Lakes Mktg. Package Testing 10am-Noon Shape-Up 10:30am Sit 'n Knit 11am Fun Bingo 1pm NO LUNCH	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	Shape-Up 10:30am Euchre 12:30pm	Zumba Gold 10am Stroke Club 12:30pm Ask-a-Lawyer 1-3pm Dr. Murphy 1-2pm Pickleball 1-3pm	Drop In Activities Chair Yoga 10:30am	
20	21	22	23	24	25	26
Wii Bowling Week 6	Shape-Up 10:30am Sit 'n Knit 11am	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	Shape-Up 10:30am Pinochle 12:30pm	Veteran Services 9am-1pm Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Drop In Activities Open Enrollment Assistance (By Appt.) Chair Yoga 10:30am Gourmet Guild 11:30am COMPUTER ROOM CLOSED	
27	28	29	30	31		
Wii Bowling Week 7	Shape-Up 10:30am Sit 'n Knit 11am Blood Pressure 12-1pm Coloring 1pm	Line Dance 10am Crochet 11am Rummy 12:30pm Pickleball 1-3pm	MCHD Outreach 9am - Noon Shape-Up 10:30am Euchre 12:30pm	Zumba Gold 10am NO Stroke Club NO Pickleball  Halloween Party 11:30am-2:30pm		