



FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
3	4 LABOR DAY CENTER CLOSED	5 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	6 9:30- 10:30 am SENIOR WALKING CLUB	7 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	1 / 8 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	2 / 9
10 6:00- 8:30 pm DANCE	11 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	12 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	13 9:30- 10:30 am SENIOR WALKING CLUB 1:00 pm MOVIE <i>Night at the Museum</i> <i>1 small drink & popcorn/person**</i>	14 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON <i>Cardiovascular Health</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	15 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	16
17	18 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	19 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	20 9:30- 10:30 am SENIOR WALKING CLUB	21 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	22 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	23
24	25 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	26 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	27 9:30- 10:30 am SENIOR WALKING CLUB	28 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand & Foot</i>	29 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker & Marbles</i>	30

ARE YOU ELIGIBLE AND RECEIVE MEDICAID?

If so, check out our FUNding Positive Recreation Program. You could receive assistance towards your membership or programs. Pick up an application on our website or at The Center's front desk.