

FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

SEPTEMBER 2022

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

ARE YOU ELIGIBLE AND RECEIVE MEDICAID?

If so, check out our FUNDing Positive Recreation Program where you can receive up to \$200 a year towards your membership or programs. Pick up an application on our website or at The Center's front desk.



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ALL ACTIVITIES ARE **FREE**
 (UNLESS OTHERWISE NOTED)
 THANKS TO >>



*Sponsored in part by **Hammond-Henry Hospital**

Sponsored by **Classic Club