

## THE SENIOR CENTER CALENDAR OF EVENTS – SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <div style="text-align: center;">   <b>LABOR DAY</b> </div>	<b>2</b> 9-11 Silver Threads & Needles 10:00-11:00 Computer Assistance 10:00 <del>Yoga (cancelled)</del> 10:30 "USE IT OR LOSE IT" 1:00 Table Tennis 1:00 Wii FUN	<b>3</b> 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 CRAFTING W/CRYSTAL 12:30 Oil Art Group 12:30 Slow-moving Exercise	<b>4</b> 9-11 Silver Threads & Needles 10:30 PROGRAM: "DEPRESSION IN SENIORS" 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 1:00 ICE CREAM SHOP 4:00 Square Dance Class	<b>5</b> 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 CRAFTING - SPECIAL PAGE GRANDPARENTS SCRAPBOOK 12:30 Slow-moving Exercise 1:00 Table Tennis
8:45 Aerobics 9-11 BLOOD PRESSURE CHECK 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 5:30 ZUMBA	<b>8</b> 9-11 Silver Threads & Needles 9:30 TRIP TO FARMER'S MARKET 10:30 PROGRAM: "EMERGENCY PREPAREDNESS" 10:00-11:00 Computer Assistance 10:00 <del>Yoga (cancelled)</del> 1:00 Table Tennis	<b>9</b> 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 PROGRAM: "BETTER BREAKFAST" 12:30 Oil Art Group 12:30 Slow-moving Exercise	<b>10</b> 8:45 TRIP TO HAMRICK'S 9-11 Silver Threads & Needles 10:45 SPECIAL GOSPEL MUSIC: ALAN PRUETT 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 Square Dance Class	<b>11</b> 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 SPECIAL PERFORMANCE: OPAL LOWERY 12:30 Slow-moving Exercise 1:00 TRIP TO SWEET FROG'S 1:00 Table Tennis
8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise	<b>15</b> 9-11 Silver Threads & Needles 10:00-11:00 Computer Assistance 10:00 Yoga 1:00 Table Tennis <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <b>PRIME OF LIFE FESTIVAL</b>                          9:00 a.m. – 12:00 p.m.                          Location: FOUNDATION/ICC                     </div>	<b>16</b> 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 10:30 PROGRAM: "GOOD NUTRITION" 12:30 Oil Art Group 12:30 Slow-moving Exercise	<b>17</b> 9-11 Silver Threads & Needles 10:30 PEN PALS 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 <del>Square Dance Class (Cancelled today only)</del> 5:15 MEET & EAT – EL LIMON MEXICAN RESTAURANT	<b>18</b> 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 BOOK CLUB 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <b>SUN, SEPT. 21 leaving at 1:15 TRIP TO GREEN ROOM THEATER "GUYS AND DOLLS"</b> </div>	<b>22</b> 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 5:30 ZUMBA	<b>23</b> 9-11 Silver Threads & Needles 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 PROGRAM "WE NEED TO TALK" 1:00 Table Tennis 1:00 B-I-N-G-O 1 <sup>ST</sup> DAY OF AUTUMN	<b>24</b> 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 "MEDICAL" B-I-N-G-O 12:30 Oil Art Group 12:30 Slow-moving Exercise	<b>25</b> 9-11 Silver Threads & Needles 10:30 FAMILY FEUD 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance 12:30 Just Dance 4:00 Square Dance Class
<b>29</b> 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 5:30 ZUMBA	<b>30</b> 9-11 Silver Threads & Needles 10:00-11:00 Computer Assistance 10:00 Yoga 10:30 "GETTING YOUR CAR WINTER READY" 11:00 SQUARE DANCE PERFORMANCE 11:30 BIRTHDAY CELEBRATION 1:00 Table Tennis	<div style="border: 1px solid black; padding: 5px;"> <b>Coming in October:</b>                          2: Candidate Forum                          3: Tailgate Yard Sale                          17: Senior Play                          30: Health Fair                     </div>	<div style="border: 1px solid black; padding: 5px;"> <b>Senior Center's Normal Hours of Operation:</b>                          Monday:                          7:30 a.m. – 5:00 p.m.                          Tuesday – Friday:                          8:30 a.m. – 5:00 p.m.                     </div>	<div style="border: 1px solid black; padding: 5px;"> <b>If you have questions about the Center or would like to make an appointment with a certified SHIP counselor call 287-6409</b> </div>

**DAILY DROP-IN EVENTS INCLUDE:** Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Computer Lab, Exercise Equipment, TV & Conversation, Puzzles **SERVICES AVAILABLE:** Library, Newspaper & Magazines, Coupon Room, Medical Equipment, Notary Public Service, Wi-Fi, and Scheduled Transit