

## THE SENIOR CENTER CALENDAR OF EVENTS – SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																				
<b>2</b>  <b>CLOSED FOR LABOR DAY</b>	<p style="text-align: right;"><b>3</b></p> 9:00 Needlework 10:00-11:00 Computer Assistance <b>10:30 USE IT OR LOSE IT</b> <b>11:15 CHAIR EXERCISE</b>	<p style="text-align: right;"><b>4</b></p> 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery 10:00 Line Dancing <b>10-11:15 WRITE YOUR LIFESTORY</b> <b>10:30 GRANDPARENT WISDOM</b> 12:30 Oil Art Group 12:30 Slow-moving Exercise	<p style="text-align: right;"><b>5</b></p> 9:00 Needlework <b>9-11:00 CORNHOLE</b> <b>10:30 CRAFTING WITH CRYSTAL</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b>	<p style="text-align: right;"><b>6</b></p> 8:45 Aerobics 9:00 SilverStriders <b>9:00 BREAKFAST w/DIRECTOR</b> <b>9:45 SENIORSHINERS VISIT LIFECARE</b> 10:00 Fun/Fellowship/Singing 12:30 Slow-moving Exercise																				
<p style="text-align: right;"><b>9</b></p> 8:45 Aerobics <b>9-11 BLOOD PRESSURE CHECK</b> 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet <b>10:30 PEN PAL SIGN UP</b> 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise	<p style="text-align: right;"><b>10</b></p> 9:00 Needlework 10:00-11:00 Computer Assistance <b>10:30 PHOBIAS AND SUPERSTITIONS</b> <b>1:00 Wii FUN</b>	<p style="text-align: right;"><b>11</b></p> 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery <b>10:00 ARCHERY PRACTICE</b> <b>10-11:15 WRITE YOUR LIFESTORY</b> 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	<p style="text-align: right;"><b>12</b></p> 9:00 Needlework <b>8:45 TRIP TO HAMRICK'S</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b>	<p style="text-align: right;"><b>13</b></p> 8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing <b>10:30 DIABETIC SUPPORT GROUP</b> <b>11:15 CHAIR EXERCISE</b> 12:30 Slow-moving Exercise																				
<p style="text-align: right;"><b>16</b></p> 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet <b>10:30 RECIPE CLUB</b> 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise <b>5:30 ZUMBA</b>	<p style="text-align: right;"><b>17</b></p> 9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga <b>5:30 MEET &amp; EAT: SCOTT'S ON BROADWAY, FOREST CITY</b>  <b>PRIME OF LIFE FESTIVAL (THE FOUNDATION AT ICC)</b> <b>9:00 a.m. – 12:30 p.m.</b>	<p style="text-align: right;"><b>18</b></p> 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery <b>9:30 TEA PARTY</b> <b>9:35 SENIORSHINERS VISIT CREEKSIDE CROSSING</b> <b>10-11:15 WRITE YOUR LIFESTORY</b> 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	<p style="text-align: right;"><b>19</b></p> 9:00 Needlework <b>10:30 SCRUPLES</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b>	<p style="text-align: right;"><b>20</b></p> 8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing <b>10:30 BOOK CLUB</b> 12:30 Slow-moving Exercise <b>1:00 B-I-N-G-O</b>																				
<p style="text-align: right;"><b>23</b></p> 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading 12:30 Slow-moving Exercise  <b>ACTIVE AGING WEEK</b> <b>SEPT. 23 - 27</b>	<p style="text-align: right;"><b>24</b></p> 9:00 Needlework 10:00-11:00 Computer Assistance 10:00 Yoga <b>10:30 CAR MAINTENANCE TIPS</b> <b>1:00 BUTTERBEAN AUCTION</b>	<p style="text-align: right;"><b>25</b></p> 8:30 Wednesday Walk 8:45 Aerobics 9:00 Stitchery <b>10-11:15 WRITE YOUR LIFESTORY</b> 10:00 Line Dancing <b>10:30 SPEAKER: DR RUSS</b> 12:30 Oil Art Group 12:30 Slow-moving Exercise	<p style="text-align: right;"><b>26</b></p> 9:00 Needlework <b>10:30 CHAIR VOLLEYBALL</b> 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance <b>1:00 JUST DANCE</b>	<p style="text-align: right;"><b>27</b></p> 8:45 Aerobics 9:00 SilverStriders 10:00 Fun/Fellowship/Singing <b>10:30 TONEY TOURS INFO.</b> 12:30 Slow-moving Exercise <b>1:00 TABLE TENNIS</b>																				
<p style="text-align: right;"><b>30</b></p> 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9:00 -11:00 Crochet 11:00 Funtime Cheerleading <b>11:30 BIRTHDAY RECOGNITION</b> 12:30 Slow-moving Exercise <b>5:30 ZUMBA</b>	<p style="text-align: center;"><b>HOURS OF OPERATION:</b></p> <p style="text-align: center;"><b><u>Mondays</u></b>            7:30 a.m. – 5:00 p.m.</p> <p style="text-align: center;"><b><u>Tuesday - Fridays</u></b>            8:30 a.m. – 5:00 p.m.</p>	<p><b>DAILY DROP-IN EVENTS</b></p> <table style="width: 100%; border: none;"> <tr> <td>Billiards</td> <td>Table Tennis</td> <td>Newspaper &amp; Magazines</td> <td>Medical Equip.</td> <td>Library</td> </tr> <tr> <td>Board Games</td> <td>Playing Cards</td> <td>Coupon Room</td> <td>Exercise Equipment</td> <td>Puzzles</td> </tr> <tr> <td>Bocce Ball</td> <td>Walking Trail</td> <td>Computer Lab</td> <td>TV &amp; Conversation</td> <td></td> </tr> <tr> <td>Horseshoes</td> <td>Shuffleboard</td> <td>Chair Fitness Videos</td> <td>Public Transportation Stop</td> <td></td> </tr> </table> <p><b>For more information about the Senior Center, or to make an appointment with a certified SHIP counselor for free, unbiased information regarding Medicare health care products call 287-6409</b></p>			Billiards	Table Tennis	Newspaper & Magazines	Medical Equip.	Library	Board Games	Playing Cards	Coupon Room	Exercise Equipment	Puzzles	Bocce Ball	Walking Trail	Computer Lab	TV & Conversation		Horseshoes	Shuffleboard	Chair Fitness Videos	Public Transportation Stop	
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