

# SEPTEMBER 2017 ACTIVITIES



MON	TUE	WED	THU	FRI
	9-12 Reflexology			1. <b>Center Is Closed</b>
4. <b>LABOR DAY Center Is Closed</b> 	5. 10-12 Cards/Games 10:00 SilverSneakers 10:30 Q&A/Tech Help 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba	6. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10:00 Q&A/Tech Help 12:00 Lunch <b>12:45 Bingo</b> 2:00 Q&A/Tech Help	7. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 Frustration Game</b> 4:30 Zumba	8. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b>
11.. 9:30-11:30 Crafts 10-12 Cards/Games 10:00 Q&A/Tech Help 10:30 Participants Council Meeting <b>NO</b> Gentle Stretching 12:00 Lunch <b>1:00 Conversation Starter Game</b> 2:00 Q&A/Tech Help 1:00-3:00 Food Box PU	12. 10-12 Cards/Games <b>NO</b> SilverSneakers 10:30 Q&A/Tech Help <b>NO</b> Practice Tai Chi 12:00 Lunch <b>1:00 Walgreen's Asthma w/ Mark</b>  4:30 Zumba	13. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10:00 Q&A/Tech Help 12:00 Lunch <b>12:45 Bingo</b> 2:00 Q&A/Tech Help  <b>7pm: Bring the Outdoors Inside Workshop w/Steve Seivwright</b>	14. <b>9-12 Flu &amp; Pneumonia Vaccines</b> 10-12 Cards/Games <b>NO</b> SilverSneakers 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba  <b>7pm Bluegrass Music Concert Under the Stars on the patio at the Senior Center w/ "Blades of Grass"</b>	15. 9:30-11:30 Crafts 10-12 Cards/Games <b>NO</b> Gentle Stretching 12:00 Lunch <b>1:00 National White Chocolate Day!</b>
18. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Medicare 101</b>	19. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Make It &amp; Take It</b> 3:00 Board Meeting 4:30 Zumba	20. <b>Birthday Party</b> 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch <b>12:45 Norman Spangler as Frank Sinatra</b>	21. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 Cards/Games</b> 4:30 Zumba  <b>10am-1pm St. Rep. John Lawrence's Senior Expo at Technical College High School in West Grove.</b>	22. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Bingo</b>
25. 9:30-11:30 Crafts 10-12 Cards/Games 10:00 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards/Games</b> 2:00 Q&A/Tech Help	26. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 10:30 Q&A/Tech Help 11:00 Practice Tai Chi 12:00 Lunch <b>1:00 Bayada Health Care Decision Making w/ Sarah</b> 4:30 Zumba	27. 8:30-11:30 Paint Class 10-11 Blood Pressure 10:00 Q&A/Tech Help 10-12 Cards/Games 10:30-12 Constituent Outreach 12:00 Lunch <b>12:45 Bingo</b> 1:00 Audiologist Appts 2:00 Q&A/Tech Help	28. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch <b>1:00 History Of Our Building w/ Faye Doyle</b> 4:30 Zumba	29. 9:30-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch <b>1:00 Cards &amp; Games</b>