

ACTIVITY CALENDAR *September 2017*

| MON | TUES | WED | THURS | FRI |
|---|---|--|--|--|
| | | | | 1 8:45 Yoga 9:00 Chat & Chew: UW Speaker/ Brain Health No Tai Chi 12:30 Movie <u>Beauty and the Beast</u> |
| 4 Senior Center Closed Happy Labor Day | 5 8:45 Foot Reflexology 9:00 Coffee Hour 9:00 Core Strength 9:30 Hometown Helpers 10:00 Library Tour 10:00 Caregivers Support Group and Club 108 10:00 Mah-Jongg 1:00 Euchre 1:00/6:00 Stamping Group No Tai Chi | 6 9:00 Coffee Hour 9:30-2 Wellness Nurse 9:30 Knitting 10:00 Club 108 10:00 Functional Fit MELT 11:00 MELT 12:45 Bridge 1:00 Mexican Train 1:30-4:30 MATC Watercolor 4:30/5:00 Tech time w/Tim | 7 8:45 Keeping Fit 9:00 Coffee Hour 9:50 Chair Yoga 10:00 OTS: West Towne 10:00 MATC Painting 10:30 Hy-Vee Presentation "Nutrition for Older Adults" 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night | 8 8:45 Yoga 9:00 Coffee Hour 9:00-11:00 Volunteer Appreciation Breakfast RSVP by Sept. 5! 9:00 Breakfast 10:00 Comedian: Mitch Hencks No Tai Chi 1:00 - 2:30 Historical Society Trip |
| 11 8:45 Foot Care 8:45 Keeping Fit 9:00 Coffee Hour 10:00 OTS: Target 10:00 Bee Keeping with Jon Perkins 1:00-3 Stepping On Program 1:00 Hand and Foot 12:00 Downton Abby (Final 4 Episodes) Season 6 Episodes 6, 7, 8, & 9 | 12 8:45 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Mah-Jongg 10:00 Man-Talk 11:30 Lunch in the Community: Sugar River Pizza 1:00 Euchre 2:00 Tai Chi I | 13 9:00 Coffee Hour 9:30-2 Wellness Nurse 9:30 Knitting 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:30 Book Club: Hotel on the Corner of Bitter and Sweet 12:45 Bridge 1:00 Mexican Train 1:30-4:30 MATC Watercolor | 14 8:45 Keeping Fit 9:00 Coffee Hour 9:50 Chair Yoga 10:00 MATC Painting 10:30 Healthy Lifestyles: Shingles and the Relief 12:30 Bingo 1:30 "500" 2:00 Core Strength 3:00 Vets Group 4:00 Line Dancing 6:00 Game Night | 15 8:45 Yoga 9:00 Coffee Hour 10:00 Computers w/ Rich 10:00 Tai Chi II 11:15 Tai Chi I 11:45 Birthday/Anniv Lunch: Harriet Park Jimmy Johns & Kona Ice 12:30 Larry Bird 60's & 70's Music |
| 18 8:45 Foot Care 8:45 Keeping Fit 9:00 Coffee Hour 10:00 OTS Target 10:30 Women's Group 1:00-3 Stepping On Program 1:00 Hand and Foot 1:00 - 2:30 NEW! Great Courses: "Experiencing America-A Smithsonian Tour through American History" | 19 8:45 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Caregivers Support Group & Club 108 10:00 OTS: Hy-Vee/Aldi 10:00 Mah-Jongg 12:30 Card Making w/ Kate 1:00 Euchre 2:00 Tai Chi I | 20 9:00 Coffee Hour 9:30 Knitting 9:30-2 Wellness Nurse 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:45 Bridge 1:00 Mexican Train 1:30-4:30 MATC Watercolor 4:30/5:00 Tech time with Tim 5:30 Retirement Readiness | 21 8:30 Honey, Nuts & Cars Trip 8:45 Foot Reflexology 8:45 Keeping Fit 9:00 Coffee Hour 9:50 Chair Yoga 10:00 Parkinson's Group 10:00 OTS: Walmart 10:00 MATC Painting 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night | 22 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 11:15 Tai Chi I 12:30 Movie <u>Going in Style</u> 5:00 Fish Fry Outing at 5th Quarter Transportation available! RSVP by noon on Thurs. Sept. 21 if you need a ride |
| 25 8:45 Diabetic Foot Care 8:45 Keeping Fit 9:00 Coffee Hour 8:30-10:00 Fitchrona Paramedic/BP 10:00 OTS Target 1:00-3 Stepping On Program 1:00 Hand and Foot 1:00 Paint with Carol Ann 1:00 - 2:30 Great Courses: Experiencing America | 26 8:45 Chair Massage 9:00 Coffee Hour 9:00 Core Strength 10:00 Man -Talk 10:00 Mah-Jongg 1:00 Euchre 12:30 3D Movie: <u>Fantastic Beasts & Where to Find Them</u> 2:00 Tai Chi I | 27 9:00 Coffee Hour 9:30 Knitting 9:30-2 Wellness Nurse 10:00 Club 108 10:00 Functional MELT 11:00 MELT 12:45 Bridge 1:00 Mexican Train 1:30-4:30 MATC Watercolor | 28 8:45 Keeping Fit 9:00 Coffee Hour 9:50 Chair Yoga 10:00 MATC Painting 12:30 Bingo 1:30 "500" 2:00 Core Strength 4:00 Line Dancing 6:00 Game Night | 29 8:45 Yoga 9:00 Coffee Hour 10:00 Tai Chi II 11:15 Tai Chi I 12:30 Movie <u>The Circle</u> |