

SEPTEMBER 2023 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
FITNESS ROOM HOURS Monday-Friday 8:30am - 8:00pm Saturday 9:00am - 4:00pm	DROP IN/COMPUTER ROOM HOURS Monday-Friday 9:00am - Noon	POOL ROOM HOURS Monday-Friday 9:00am - 3:00pm by appointment	1 ***REC AUTHORITY*** ***BUILDING SHUTDOWN***	
4 LABOR DAY  SENIOR CENTER CLOSED	5 Rummy 12:30-3pm	6 Stretch for Life 9-10:30am Mexican Train Dominoes 10am Euchre 1-3pm	7 Zumba Gold 10am Stroke Club 12:30pm 🎵 Parking Lot DJ Dance Party 3-4:30pm 🎵	8 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
11 Stretch for Life 9-10:30am Blood Pressure Testing 10am-Noon MDHHS 10am-Noon Sit 'n Knit 11am Bid Whist 1pm	12 Rummy 12:30-3pm Pickleball 1-3pm	13 Stretch for Life 9-10:30am Mexican Train Dominoes 10am Euchre 1-3pm Line Dance 1-3pm	14 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	15 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
18 Stretch for Life 9-10:30am Blood Pressure Testing 10am-Noon Sit 'n Knit 11am Bid Whist 1pm	19 Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Pickleball 1-3pm	20 Firekeepers Trip 9am Stretch for Life 9-10:30am Mexican Train Dominoes 10am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	21 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	22 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
25 Stretch for Life 9-10:30am Blood Pressure Testing 10am-Noon Senator Klinefelt 10am Sit 'n Knit 11am Bid Whist 1pm	26 Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Pickleball 1-3pm	27 Stretch for Life 9-10:30am Mexican Train Dominoes 10am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	28 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	29 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm

OCTOBER 2023 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Stretch for Life 9-10:30am Walking 9am-Noon Blood Pressure Testing 10am-Noon Sit 'n Knit 11am Bid Whist 1pm	Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Painting with AI 1pm Pickleball 1-3pm	Stretch for Life 9-10:30am Walking 9am-Noon Mexican Train Dominoes 10am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Walking 9am-Noon Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
9	10	11	12	13
Stretch for Life 9-10:30am Walking 9am-Noon Blood Pressure Testing 10am-Noon Sit 'n Knit 11am Bid Whist 1pm NO LUNCH	Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Pickleball 1-3pm	Stretch for Life 9-10:30am Walking 9am-Noon Mexican Train Dominoes 10am Energy Smart Seniors 11am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Walking 9am-Noon Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
16	17	18	19	20
Stretch for Life 9-10:30am Walking 9am-Noon Blood Pressure Testing 10am-Noon MDHHS 10am-Noon Sit 'n Knit 11am Bid Whist 1pm	Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Pickleball 1-3pm	Stretch for Life 9-10:30am Walking 9am-Noon Mexican Train Dominoes 10am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	Pioneer Trail Wine Around Trip 8:15am Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Walking 9am-Noon Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
23	24	25	26	27
Stretch for Life 9-10:30am Walking 9am-Noon Blood Pressure Testing 10am-Noon Senator Klinefelt 10am Sit 'n Knit 11am Bid Whist 1pm	Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Pickleball 1-3pm	Stretch for Life 9-10:30am Walking 9am-Noon Mexican Train Dominoes 10am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	Walking 9am-Noon MMAP 10am-4pm Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
30	31			
Stretch for Life 9-10:30am Walking 9am-Noon Blood Pressure Testing 10am-Noon Sit 'n Knit 11am Bid Whist 1pm	NO Rummy NO Pickleball   Trick or Treat Event Noon-2pm	FITNESS ROOM HOURS Monday-Friday 8:30am – 8:00pm Saturday 9:00am – 4:00pm	DROP IN/COMPUTER ROOM HOURS Monday-Friday 9:00am – Noon	POOL ROOM HOURS Monday-Friday 9:00am – 3:00pm by appointment