

# FREE ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

## SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>	<b>2</b> LABOR DAY CENTER CLOSED	<b>3</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>4</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>5</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>6</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>7</b>
<b>8</b> 4:00- 6:30 pm DANCE	<b>9</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>10</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>11</b> 9:30- 10:30 am SENIOR WALKING CLUB  1:00 pm MOVIE <i>The Intern</i> <i>1 small drink &amp; popcorn/person**</i>	<b>12</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> Noon- 1:00 pm SEMINAR & LUNCHEON <i>Eye Health</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>13</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>14</b>
<b>15</b>	<b>16</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>17</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>18</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>19</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00- 2:30 pm BINGO	<b>20</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>21</b>
<b>22/29</b>	<b>23/30</b> 1:00 pm CARDS WITH FRIENDS <i>Manipulation</i> 1:00- 3:00 pm KITCHEN BAND PRACTICE	<b>24</b> 7:00- 8:00 am WATER FITNESS CLASS <i>Just the Guys</i>	<b>25</b> 9:30- 10:30 am SENIOR WALKING CLUB	<b>26</b> 8:00- 9:00 am COFFEE & SNACKS 9:00- 10:00 am FITNESS CLASS <i>Exercise Class</i> 1:00 pm CARDS WITH FRIENDS <i>Hand &amp; Foot</i>	<b>27</b> 9:00am- Noon GAMES <i>Uno, Sk-Bo SkyJo, Sequence and Joker &amp; Marbles</i>	<b>28</b>

**ARE YOU ELIGIBLE AND RECEIVE MEDICAID?**  
 If so, check out our FUNding Positive Recreation Program. You could receive assistance towards your membership or programs. Pick up an application on our website or at The Center's front desk.