

Monday	Tuesday	Wednesday	Thursday	Friday
EVENTS, MENUS & TIMES ARE SUBJECT TO CHANGE		1 8:45 Morning Meditation - 215 9:00 Chili Carvers - 211 9:30 Tai Chi 2 - 213 10:30 Euchre - SL 10:30 Drums Alive - 214 12:30 Chain Gang - SL	2 9:30 Mahjongg - SL 9:30 Fitness & Strength - 214 11:00 Grab & Go 12:45 Bingo - 118 12:45 Ball Class - 213 2:00 Stretch & Strengthen - 213 Beef Taco	3 8:45 Morning Meditation - 215 9:30 Gentle Flow Chair Stretch - 213 1:00 Texas Holdem - SL 1:00 Get Hooked on Crochet 101 - SL 2:00 Table Tennis - Gym 2:00 Power & Energy with Katie - 213
6 CLOSED LABOR DAY	7 FOOTCARE 9:30 Fitness & Strength - 214 10:30 Kindness Rocks - SL 12:30 Game Time - SL 2:00 Stretch & Strengthen - 118	8 8:45 Morning Meditation - 215 9:00 Chili Carvers - 211 9:30 Tai Chi 2 - 213 10:30 Drums Alive - 214 10:30 Euchre - SL 11:30 Plant Based Cooking with Barb & Ann - 118 12:30 Chain Gang - SL 7:00 Intro Whole Food Plant Based Lifestyle - 118	9 8:30 Public Market Trip 9:30 Mahjongg - SL 9:30 Fitness & Strength - 214 11:00 Grab & Go 12:45 Bingo 118 12:45 Ball Class - 213 2:00 Stretch & Strengthen - 213 Sloppy Joe	10 8:45 Morning Meditation - 215 9:30 Gentle Flow Chair Stretch - 213 11:00 Deputy Hurley - SL 1:00 Foodlink - Yes to Fruits & Veggies - 118 1:00 Texas Holdem - SL 1:00 Get Hooked on Crochet 101 - SL 2:00 Table Tennis - Gym 2:00 Power & Energy with Katie - 213
13 8:45 Morning Meditation - 215 9:30 Living Healthy - 215 10:00 Basket Weaving Advanced - SL 11:00 Grab & Go 12:00 Gentle Vinyasa Flow Yoga - 213 1:00 NAMI Skills & Support - 211 2:00 Power & Energy with Katie - 213 Riblet	14 FOOTCARE 9:30 Fitness & Strength - 214 10:00 Eldersource - SL 10:00 Line Dancing - 118 10:30 Zentangle - 21 12:30 Game Time - SL 2:00 Stretch & Strengthen - 118 3:00 Poetry Experience - SL	15 8:45 Morning Meditation - 215 9:00 Chili Carvers - 211 9:30 Issac Gordon Hike 9:30 Tai Chi 2 - 213 10:00 Basket Weaving Advanced - SL 10:30 Euchre - SL 12:30 Chain Gang - SL 2:00 Zumba Gold - 210 6:30 Plant Based Cooking with Barb & Ann - 118	16 9:30 Mahjongg - SL 9:30 Fitness & Strength - 214 11:00 Art with Linda - SL 11:00 Grab & Go 12:45 Bingo - 118 12:45 Ball Class - 213 2:00 Stretch & Strengthen - 213 Chicken Salad	17 8:45 Morning Meditation - 215 9:30 Gentle Flow Chair Stretch - 213 10:00 Basket Weaving Advanced - SL 1:00 Texas Holdem - SL 1:00 Get Hooked on Crochet 101 - SL 2:00 Table Tennis - Gym 2:00 Power & Energy with Katie - 213
20 8:45 Morning Meditation - 215 9:30 Living Healthy - 215 10:00 Music & Muffins - SL 11:00 Blood Pressure with Deb - SL 11:00 Grab & Go 12:00 Gentle Vinyasa Flow Yoga - 213 2:00 Power & Energy with Katie - 213 Chicken Patty	21 FOOTCARE 9:30 Fitness & Strength - 214 10:00 Basket Weaving 101 - SL 10:00 Line Dancing - 118 12:30 Game Time - SL 1:00 Positivity Matters - 213 2:00 Stretch & Strengthen - 118 3:00 Agape PT Talk - SL	22 8:45 Morning Meditation - 215 9:00 LIFESPAN FALL TO PREVENTION - 1:00 ROOM 118 9:00 Chili Carvers - 211 10:30 Euchre - 213 2:00 Zumba Gold - 210	23 8:30 Public Market Trip 9:30 Mahjongg - SL 9:30 Fitness & Strength - 214 10:00 Basket Weaving 101 - SL 10:30 Promote Health - 215 11:00 Grab & Go 12:45 Bingo - 118 12:45 Ball Class - 213 2:00 Stretch & Strengthen - 213 6:30 Mix & Mingle - SL Beef Meatballs	24 8:45 Morning Meditation - 215 9:30 Gentle Flow Chair Stretch - 213 11:00 Deputy Hurley - SL 1:00 Foodlink - Yes to Fruits & Veggies - 118 1:00 Texas Holdem - SL 1:00 Get Hooked on Crochet 101 - SL 2:00 Table Tennis - Gym 2:00 Power & Energy with Katie - 213
27 8:45 Morning Meditation - 215 9:30 Living Healthy - 215 11:00 Grab & Go 12:00 Gentle Vinyasa Flow Yoga - 213 1:00 NAMI Skills & Support - 211 2:00 Power & Energy with Katie - SL Hamburger	28 FOOTCARE 9:30 Fitness & Strength - 214 10:00 Line Dancing - 118 10:30 Zentangle - 211 12:30 Tuesday Treasures - 118 12:30 Game Time - SL 2:00 Stretch & Strengthen - 118 3:00 Poetry Experience - SL	29 8:45 Morning Meditation - 215 9:00 Chili Carvers - 211 9:30 Gonondagan Hike 9:30 Tai Chi 2 - 213 10:00 Flu Clinic - 118 10:30 Euchre - SL 10:30 Drums Alive - 214 12:30 Chain Gang - SL 2:00 Zumba Gold - 210 4:00 Flu Clinic - 118	30 9:30 Mahjongg - SL 9:30 Fitness & Strength - 214 10:30 Promote Health - 215 11:00 Grab & Go 12:45 Bingo - 118 12:45 Ball Class - 213 2:00 Stretch & Strengthen - 213 Pulled Pork	1 1:00 Texas Holdem - SL 1:00 Get Hooked on Crochet 101 - SL 2:00 Table Tennis - Gym

Program List

- Art with Linda** - Thurs., Sept. 16th @ 11:00 am, Cost: FREE!, Registration required.
- Basket Weaving 101** - Tues., Thurs., Sept. 21st & 23rd @ 10:00 am, Cost: \$5 cash to instructor, Registration required.
- BINGO!** - Thurs. @ 12:45 pm, Cost: \$1/Board, No registration required.
- Blood Pressure with Deb** - Mon., Sept. 20th @ 11:00 am, Cost: FREE!, No registration required.
- Chain Gang** - Wed. @ 12:30 pm, Cost: FREE!, No registration required.
- Chili Woodcarvers** - Wed. @ 9:00 am, Cost: FREE!, No registration required.
- Conversations with Deputy Hurley** - Fri., Sept. 10th & 24th @ 11:00 am, Cost: FREE!, No registration required.
- Drums Alive Golden Beats** - Wed., July 7th - Sept. 8th, Sept. 29th - Nov. 17th @ 10:30 am, Cost: \$25/10 weeks, Registration required.*
- Eldersource** - 2nd Tues. of the month @ 10:00 am 12:00 pm.
- Euchre** - Wed. @ 10:30 am, Cost: FREE!, No registration required.
- Fall Hikes** - Wed., Sept. 15th & 29th @ 9:30 am, Cost: FREE!, Registration required
- Fitness & Strength** - Tues./Thurs. @ 9:30 am, Aug. 10th-Sept. 30th, Oct. 5th - Nov. 17th, Cost: \$30/6 weeks, Registration required.*
- Flu Shots** - Wed., Sept. 29th @ 10:00am - 1:00 pm, 4:00- 7:00 pm, Registration required.
- Foodlink -Just say yes to fruits & veggies** - Fri., Sept. 10th & 24th @ 1:00 pm, Cost: FREE! Registration required
- Game Time** - Tues. @ 12:30 pm, Cost: FREE!, No registration required.
- Gentle Flow Chair Stretch** - Fri. @ 9:30 am, Cost: FREE!, No registration required.
- Gentle Vinyasa Flow Yoga** - Mon. @ 12:00 pm, Aug 16th - Oct. 25th , Cost: \$30/8 weeks, Registration required.*
- Get Hooked on Crochet 101** - Fri. @ 1:00 pm. Cost: FREE!. No registration required
- Grab & Go** - Mon., Thurs. @ 11:00 am - 12:00 pm, Suggested contribution \$3.50, Registration required.
- "Have a Ball" Fitness Class** - Thurs. @ 12:45 pm, Cost: FREE!, No registration required.
- Intro Whole Food Plant Based Lifestyle** - Wed., Sept. 8th @ 7:00 pm, Cost: \$5, Registration required.
- Kindness Rocks** - Tues., Sept. 7th @ 10:30 am, Cost: FREE!, No registration required.
- Lifespan Fall Prevention** - Wed., Sept. 22nd @ 9:00 am - 1:00 pm, Cost: FREE!, No registration required.
- Line Dancing** - Tues., Sept. 14th - Oct. 19th @ 10:00 am, Cost: \$30/6 week session, Registration required.*
- Living Healthy - Lifespan** - Mon., Aug. 16th - Sept. 27th @ 9:30 am, Cost: \$20/7 weeks, Registration required.*
- Mahjongg** - Thurs. @ 9:30 am, Cost: FREE!, No registration required.
- Maintaining a Strong & Healthy Body w/Agape PT** - Tues., Sept. 21st @ 3:00 pm, Cost: FREE!, No registration required.
- Mix & Mingle** - Thurs., Sept. 23rd @ 6:30 pm, Cost: \$3, Registration required.
- Morning Meditation** - Mon., Wed., Fri. @ 8:45 am, Cost: FREE!, No registration required.
- Music & Muffins** - Mon., Sept. 20th @ 10:00 am, Cost: FREE!, Registration required.
- NAMI - Skills & Support** - 2nd & 4th Mon. @ 1:00 pm, Cost: FREE!, No registration required.
- Plant based cooking with Barb & Ann** - Wed., Sept. 8th @ 11:30 am, Sept. 15th @ 6:30 pm, Cost: \$2/class, Registration required.
- Poetry Experience** - Tues. Sept. 14th & 28th @ 3:00 pm, Cost: FREE, Registration required.
- Positivity Matters** - Tues., Sept. 21st @ 1:00 pm, Cost: FREE!, No registration required.
- Power & Energy with Katie** - Mon. & Fri. @ 2:00 pm, Cost: FREE! No registration required.
- Promote Health, Prevent Cancer** - Thurs. , Sept. 23rd - Nov. 18th @ 10:30 am, Cost: FREE!, Registration required.
- Public Market Trip** - Thurs., Sept. 9th & 23rd @ 8:30 am, Cost: \$3/trip. Registration required.
- Stretch & Strengthen (Agape)** - Tues. @ 2:00 pm, Cost: FREE!, No registration required.
- Stretch & Strengthen (Audio)** - Thurs. @ 2:00pm, Cost: FREE!, No registration required.
- Table Tennis** - Fri. @ 2:00 pm, Cost: FREE!, No registration required.
- Tai Chi 2** - Wed., Aug. 18th - Sept. 29th @ 9:30 am, Cost: \$20/7 weeks, Registration required.*
- Texas Holdem' Fun** - Fri. @ 1:00 pm, Cost: Bring 1 roll dimes, 2 rolls nickels for event, No registration required.
- Tuesday Treasures** - Last Tues. of the month, 12:30 - 2:00 pm, Cost: FREE!, No registration required.
- Zentangle** - 2nd & 4th Tues. @ 10:30 am, Cost: FREE!, Registration required.
- Zumba Gold** - Wed., Sept. 15th - Nov. 3rd @ 2:00 pm, Cost: \$25/8 weeks, Registration required.*

* \$5 NON-RESIDENT FEE ADDED TO PROGRAM COST IF APPLICABLE.