

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Senior Center Activities Calendar

				1 8:00- Billiards 10:00-Low Impact Exercises 12:30-Line Dancing	2 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga 2:00- Covid 19 Support Group	3
4	5  Labor Day	6 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga 12:30-Life review project meeting	7 8:00- Billiards 10:00 – Bingo 12:00-National Senior Center Month Celebration 12:30-Silver Sneakers	8 8:00- Billiards 10:00-Low Impact Exercises 12:30-Line Dancing	9 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga 2:00- Covid 19 Support Group	10 Harvest Bash Fundraiser 11-3pm
 Happy Grandparents Day	12 8:00- Billiards 10:00-Low Impact Exercises 12-1pm- Grandparents Day Celebration	13 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga 12:30-Life review project meeting	14 8:00- Billiards 10:00 - Bingo 11:00-Intrepid B.P Clinic 12:30-Silver Sneakers	15 8:00- Billiards 10:00-Low Impact Exercises 12:30-Line Dancing	16 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga 2:00- Covid 19 Support Group	17 Oktoberfest Begins
18	19 8:00- Billiards 9:30-2:30 Mobile Veteran Center 10:00-Low Impact Exercises 12:00 – Board Meeting	20 8:00- Billiards 9:00-Advisory Council 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga 12:30-Life review	21 8:00- Billiards 10:00 - Bingo 12:30-Silver Sneakers	22 8:00- Billiards 10:00-Low Impact Exercises 10-2pm- Senior Day Out at Sports Center 12:30-Line Dancing Autumn Begins	23 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga 2:00- Covid 19 Support Group	24
25 Rosh Hashanah Begins	26 8:00- Billiards 10:00-Low Impact Exercises	27 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Bridge Club 11:00-Card Club 11:30-Chair Yoga 12:30-Life review project meeting	28 8:00- Billiards 10:00 - Bingo 12:30-Silver Sneakers	29 8:00- Billiards 10:00-Low Impact Exercises 12:30-Line Dancing 12:30- Garden Lessons	30 8:00- Billiards 9:00- Craft Class 9:30 – Mat Yoga 10:00-Devotion W/ Carl 11:30-Chair Yoga 2:00- Covid 19 Support Group	31