

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
2 Labor Day The Center is Closed!	3 10 a.m. Bridge 2 p.m. Bridge Class 2 p.m. Chess 4 p.m. Texas Hold 'Em 5:30 pm Weight Watchers	4 10 a.m. Crafty Corner 12:30 p.m. Bingo Sponsored by United Health Care 1:30 p.m. Rummikub	5 9 a.m. Cribbage 10 a.m. Mah Jong	6 9:30 a.m. Tailgate Fridays 10 a.m. Ukulele Lessons 10 a.m. Equipment Orientation 11 a.m. Sing Along Choir 2 p.m. Bowling	7 8
9 10 a.m. - 3 p.m. The Nail Spot (Pedicles for elderly and disabled) 10 a.m. High Point Hospice 11 a.m. Program Committee 1 p.m. Brain Games 2:30 p.m. American Mah Jong	10 10 a.m. Bridge 10 a.m. Tech Help 10 a.m. Digital Camera Club (2 nd Tues.) 10 a.m. Addressing Dammed Clutter 11:15 a.m. Summit Audiology (by appt.) 2 p.m. Bridge Class 2 p.m. Chess 4 p.m. Texas Hold 'Em 5:30 p.m. Weight Watchers	11 10 a.m. Crafty Corner 10 a.m. Cigna presents "Healthier Together" 10 a.m. New Member Meet and Greet 12:30 p.m. Bingo Sponsored by Amerigroup 1:30 p.m. Rummikub 2 p.m. Walgreens Health Presentation	12 Center will NOT open until 1 p.m. Staff is in CPR Certification Training. 1 p.m. Spanish Class (1st Class) 2 p.m. Senior Helpers Presentation on Dementia (Part 1) 6 p.m. Pillars Of Health	13 9:30 a.m. Tailgate Fridays 10 a.m. Ukulele Lessons 10 a.m. Tap Class (First class-FREE) 11 a.m. Sing Along Choir 2 p.m. Billiards Lessons	14 8 am–1 pm Bargain Basement Sale Fall Jewelry signups 15
16 10 a.m. Humana "Intro to Medicare" 1 p.m. Brain Games 2 p.m. Canvas Painting 2:30 p.m. American Mah Jong	17 10 a.m. Lunchbunch to Beacon Light 10 a.m. Bridge 10 a.m. Computer Club (3 rd Tues.) 11 a.m. iPad/Tablet Group (3 rd Tues.) 2 p.m. Bridge Class 2 p.m. Chess 4 p.m. Texas Hold 'Em 5:30 p.m. Weight Watchers	18 10 a.m. Crafty Corner 12:30 p.m. Bingo Sponsored by Groogan Insurance 1:30 p.m. Rummikub 1:30 p.m. Butter Bean Auction with Cigna	19 9 a.m. Cribbage 10 a.m. Mah Jong 1 p.m. Spanish Class 6 p.m. Pillars of Health 6 p.m. Casino Night Fundraiser	20 9:30 a.m. Tailgate Fridays 10 a.m. Tap Class (\$5) 10 a.m. Ukulele Lessons 11 a.m. Sing Along Choir 2 p.m. Bowling	21 22
23 10 :30 a.m. Book Club 1 p.m. Brain Games 2 p.m. FREE Legal Help 2:30 p.m. American Mah Jong 5:30 p.m. Caregiver Support Group (4th Monday)	24 10 a.m.-12:30 p.m. All of Us Enrollments 10 a.m. Bridge 10 a.m. Occupational Therapy Presentation 2 p.m. Bridge Class 2 p.m. Chess 4 p.m. Texas Hold 'Em 5:30 pm Weight Watchers	25 10 a.m. Crafty Corner 10 a.m.– 3 p.m. Paparazzi Jewelry Sale 11 a.m. Center Luncheon 12:30 p.m. Bingo Sponsored by Shipley's Donuts 1:30 p.m. Rummikub	26 9 a.m. Cribbage 10 a.m. Mah Jong 10 a.m. VA Presentation 11:30 a.m. Advisory Council 1 p.m. September Birthday Party 1 p.m. Spanish Class 5 p.m. Supper Club to Park Cafe 6 p.m. Pillars of Health	27 9:30 a.m. Tailgate Fridays 10 a.m. Tap Class (\$5) 10 a.m. Ukulele Lessons 10 a.m. UHC Carnival 10:30 a.m. Sing Along Choir performing at Charter Senior Living in Hermitage 10:45 a.m. Mystery Lunch	28 29
30 10 a.m. Practical Nutrition with Cigna 1 p.m. Brain Games 2:30 p.m. American Mah Jong					30

Exercise Classes

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>
7:45 a.m. Yoga with Richard ♥♥ 8:45 a.m. Low Impact Aerobics ♥ 9:45 a.m. Qi Gong ♥ 5:15 p.m. Yoga ♥♥ ♥Low; ♥♥Moderate; ♥♥♥High Intensity	8:15 a.m. Adv. Strength Training ♥♥♥ 9:30 a.m. Meditation (starts Sept. 24) 11 a.m. Arthritis Foundation Class ♥ 12:15 p.m. Zumba Gold ♥♥ 1:30 p.m. Tai Chi ♥ 3 p.m. Beginners Strength Training ♥♥	8:15 a.m. Walking Club-Meets at the Kohl's Greenway ♥♥ 8:45 a.m. Low Impact Aerobics ♥ 9:30 a.m. Line Dancing ♥♥ 10:30 a.m. Beg. Line Dancing 5:15 pm Yoga ♥♥	8:15 a.m. Adv. Strength Training ♥♥♥ 11 a.m. Arthritis Foundation Class ♥ 12:15 p.m. Zumba Gold ♥♥ 3 p.m. Beginners Strength Class ♥♥	7:45 a.m. Yoga With Richard ♥♥ 8:45 a.m. Low Impact Aerobics ♥	9 a.m. Adv. Strength Training ♥♥♥