

September

MON

TUE

WED

THU

FRI

Special Dates

September 4th- SENIOR CENTER CLOSED. NO HOME DELIVERED MEALS

September 11th- Committee on Aging meeting at 8:30 am

September 7th- Chicago Trip Meeting @ 4PM

September 29th- September birthdays party 12-3 pm



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9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
11:30 Lunch
1:00 BINGO
1:00 Dominoes
1:00 Let's Get Moving

5

8:30 Footcare Appts
10:00 Card Creators
11:30 Lunch
1:30 Cribbage
2:00 Qigong

6

8:30 ADRC Benefit Specialist
9:00 Cardio Drumming
9:15 Simply Seniors
10:00 Early Birds group
11:30 Lunch
1:00 Sheephead

7

8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

8

8:30 Commity on Aging Meeting
9:00 Fitness Fun
11:30 Lunch
12:00 Footcare Appts
1:00 Movie: Walk. ride. Rodeo.

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9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise Screening
11:30 Lunch
1:00 BINGO
1:00 Dominoes
1:00 Let's Get Moving

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8:30 Footcare Appts
9:00 Senior Yoga
10:00 Card Creators
11:30 Lunch
1:30 Cribbage
2:00 Qigong

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9:00 Cardio Drumming
9:00 Early Birds group
9:15 Simply Seniors
10:00 Early Birds group
11:30 Lunch
1:00 Sheephead
12:00- Friends of the TRSC Board Meeting

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8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

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Creation Station reservation deadline

9:00 Fitness Fun
11:30 Lunch
12:00 Footcare Appts
1:00 Movie: Deep Impact

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9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
11:30 Lunch
1:00 BINGO
1:00 Dominoes
1:00 Let's Get Moving

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8:30 Footcare Appts
9:00 Senior Yoga
10:00 Card Creators
11:30 Lunch
1:30 Cribbage
2:00 Qigong

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9:00 Cardio Drumming
9:15 Simply Seniors
10:00 Early Birds group
11:30 Lunch
1:00 Sheephead
Red Hattitude meeting- corrected date!

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8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

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Creation Station pick up

9:00 Fitness Fun
11:30 Lunch
12:00 Footcare Appts
1:00 Movie: About a Boy

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9:15 Simply Seniors
9:30 Mahjong
10:30 Arthritis Exercise
11:30 Lunch
1:00 BINGO
1:00 Dominoes
1:00 Let's Get Moving

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8:30 Footcare Appts
9:00 Senior Yoga
10:00 Card Creators
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9:00 Cardio Drumming
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8:30 Quilting
9:00 BINGO Brunch
11:30 Lunch

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12-3pm- Birthday lunch & Party!

Call 920-793-5596 to sign up for classes and activities today!