

ACTIVITIES SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:00 Sunday Lunch HOST: BFCN	2 Labor Day Senior Center Closed – No Lunch	3 Vote Primary Election Today! No programs No Lunch	4 9:00 Veterans Agent 10:00 Shake Your Soul\$	5 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	6 8:30 Strength & Mobility\$ 10:00 walk new path with Lisa 11:00 Chair Yoga 9:00 Pitch 1:00 Aging Mastery	7
8	9 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch 1:00 Senate Office Hours	10 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting 3:00 Craneville	11 9:00 Veterans Agent 9:00 Foot Care 10:00 Shake Your Soul\$ 1:00 Friends COA 3:30 COA BOARD	12 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	13 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga 1:00 Life after Loss 1:00 Aging Mastery	14 9-12 Community Paper Shred Event parking lot recommended \$5 donation up to 5 boxes
15 1:00 Sunday Lunch HOST: St. Agnes	16 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch	17 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich 1:00 Knitting	18 9:00 Veterans Agent 10:00 Shake Your Soul\$ 11:00 Beer Can Bowl 1:00 TRIAD	19 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	20 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga 1:00 Aging Mastery	21
22	23 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch	24 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	25 9:00 Veterans Agent 10:00 Shake Your Soul\$ 1:00 Drumming w/Tamarack Hollow	26 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	27 8:30 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga 1:00 Aging Mastery	28
29	30 9:30 Line Dancing\$ 10:00 Walk 12:00 Lunch 1:00 BINGO with Ice Cream Cake	NAME THAT TOOL/IMPLEMENT THROUGHOUT THE MONTH!				Monday – Thursday Lunch \$3 donation supports Elder Services Meals on Wheels Program

Special Events are indicated in red font. Please remember to sign up for special events and lunches by calling 684-2000

****CHP Mobile Health Unit 2nd Tuesday 10 – 12**