Wednesday Tuesday Thursday Monday Friday 2 3 11 am-1 pm Shredtastic 10 am Book Discussion Group 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 7:30 am—1 pm Coffee Shop 7:30 am—1 pm Coffee Shop 9:00 am Senior Companion Meeting 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class **Center Closed** 8:00 am-9:30 am Biscuits and Gravy 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 9:00 am Penny Bingo 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Tatting 9:00 am Duplicate Bridge 9:30 am Painting Class 9:00 am Rock Steady Boxing (Fee) for Labor Day 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 11:00 am-12:30 pm Full lunch 9:00 am Bellydancing 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 10:00 am Chess 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 10:00 am Wii Bowling 9:30 am Bible Study **10:00 am** Sexy & Fit after 40 9:00 am Beginner Bridge 12:00 pm Bunco-\$1 entry 10:00 am Creative Writing 10:00 am Line Dance (Intermediate) 12:00 pm 500 Card Club 10:30 am Open Jam Session -\$1.00 Guests 10:00 am Tai Chi (Beginning) 11:00 am Choir Practice 10:00 am Canasta 12:00 pm Card/ Board Game Group-Misc. 10:30 am SilverSneakers Classic Fitness 11:00 am-12:30 pm Full lunch 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance 11:00 am Line Dance (Advanced) 11:00 am Belly Dancing 11:30 am Phase 10 11:00 am Mah Jongg 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Balance Class 11:00 am Mah Jongg (experienced players)
11:30 am Mexican Train, Unlucky 7 12:00 pm 500 Card Club 12:00 pm Bridge –Men No Friday Dance 12:30 pm Penny Bingo 12:30 pm Chair Yoga with Suky 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 12:30 pm Tap Dance Saturday, September 6, 2 pm 12:00 pm Open Bridge 12:30 pm Painting Class **Fall Follies Talent Show** 12:30 pm Penny Bingo 1:00 pm Ping Pong 1:30 pm Beginning Spanish 1:00 pm Ping Pong At the Sioux City 1:00 pm Social Group **Community Theater** 10 11 12 10 am Genealogy Class 1 pm Birthday Party 1 pm Fall Craft with Bickford 10 am Talk Show: Last Man 1 pm Karaoke on the stage (2nd Friday) (2nd Monday) **Down with Larry Silhacek** 7:30 am—1 pm Coffee Shop **New Horizons Band** 7:30 am—1 pm Coffee Shop 9:00 am Penny Bingo 7:30 am—1 pm Coffee Shop 9:00 am Quilting Club 9:00 am Fitness Logic with Lee 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 7:30 am-1 pm Coffee Shop Cake sponsored by 9:00 am Fitness Class 7:45 am Walking Exercise 8:00 am-9:30 am Biscuits and Gravy 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly) 11:00 am-12:30 pm Full lunch **Continental Springs** 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:00 am Bellydancing 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 9:00 am Line Dance Beginner, Registration Req. 9:00 am SilverSneakers Classic Fitness 7:30 am—1 pm Coffee Shop 9:30 am Painting Class 9:30 am Bible Study 10:00 am Creative Writing 7:45 am Walking Exercise 9:00 am Beginner Bridge 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 9:00 am Senior Yoga (CD) 10:00 am Chess 10:00 am Line Dance (Intermediate) 10:00 am Tai Chi (Beginning) 10:30 am SilverSneakers Classic Fitness 9:30 am Cornhole 10:00 am Wii Bowling 10:00 am Canasta 12:00 pm 500 Card Club 9:30 am Intermediate/Advanced Bridge **10:00 am** Sexy & Fit after 40 11:00 am Line Dance (Advanced) 12:00 pm Card/ Board Game Group-Misc. 10:30 am Open Jam Session -\$1.00 Guests 10:00 am Knitting & Crocheting 11:00 am Mah Jongg 11:30 am Woodcarving 11:00 am Belly Dancing 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance 10:00 am Tai Chi (Advanced) 11:00 am Mah Jongg (experienced players) 11:00 am Choir Practice 11:30 am Jazz Dancercise 11:00 am-12:30 pm Full lunch 11:30 am Cribbage 10:00 am Tens Card Game 11:30 am Mexican Train, Unlucky 7 12:30 pm Penny Bingo 12:00 pm Balance Class 11:00 am Balance Class **11:30 am** Phase 10 12:00 pm 500 Card Club 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 11:30 am Woodcarving 11:30 am Cribbage 12:00 pm Bunco-\$1 entry 12:00 pm Open Bridge **Featuring** 12:30 pm Tap Dance 12:30 pm Penny Bingo Ed Tryon 12:30 pm Painting Class 1:00 pm Ping Pong 1:00 pm Social Group 12:00 pm Pinochle 1:00 pm Ping Pong 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 12:00 pm Bridge-Duplicate 1:00 pm Drumming Class 1:30 pm Beginning Spanish 19 16 17 15 18 7:30 am—1 pm Coffee Shop 9:00 am Fitness Class 1 pm Karaoke on the stage 12-1 pm Team Trivia 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 1-3 pm Hoedown Jukebox 7:30 am-1 pm Coffee Shop 10:00 am Chair Yoga with Kaye **Dance Party** 7:30 am-1 pm Coffee Shop 10:00 am T.O.P.S meeting 8:00 am-9:30 am Biscuits and Gravy 9:00 am Penny Bingo 7:45 am Walking Exercise 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) **9:00 am** Yoga (Take Off Pounds Sensibly 9:00 am Senior Yoga (CD) 9:00 am Duplicate Bridge 9:30 am Painting Class 11:00 am-12:30 pm Full lunch 7:30 am—1 pm Coffee Shop 9:00 am Rock Steady Boxing (Fee)
9:00 am Bellydancing
9:00 am Line Dance Beginner, Registration Req. 9:30 am Cornhole 11:30 am Open Bridge Group 9:00 am Quilting Club 9:30 am Intermediate/Advanced Bridge 10:00 am Knitting & Crocheting 10:00 am Chess 11:30 am Mixed Media Art Class/ Vivian Miller 9:00 am Fitness Logic with Lee 10:00 am Wii Bowling 9:00 am SilverSneakers Classic Fitness 12:00 pm Bunco-\$1 entry 9:00 am Penny Bingo 10:00 am Tai Chi (Advanced) 12:00 pm 500 Card Club **10:00 am** Sexy & Fit after 40 9:00 am Beginner Bridge 9:00 am Rock Steady Boxing (Fee) 10:30 am Open Jam Session -\$1.00 Guests 11:00 am Choir Practice 12:00 pm Card/ Board Game Group-Misc. 10:00 am Tens Card Game 10:00 am Line Dance (Intermediate) 9:30 am Painting Class 9:30 am Bible Study 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance 11:00 am Balance Class 10:00 am Canasta 11:00 am Line Dance (Advanced) 11:30 am Woodcarving 11:30 am Cribbage 11:30 am Phase 10 10:00 am Creative Writing 11:00 am Mah Jongg (beginner 12:00 pm 500 Card Club 10:00 am Tai Chi (Beginning) 12:00 pm Pinochle **Featuring** 12:00 pm Bridge –Men lessons offered) 10:30 am SilverSneakers Classic Fitness 12:00 pm Bridge-Duplicate 12:30 pm Chair Yoga with Suky 11:30 am Woodcarving The Huckleberrys 11:00 am Belly Dancing 12:30 pm Chair Fitness Variety 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 11:30 am Cribbage 12:00 pm Balance Class 11:00 am Mah Jongg (experienced players)
11:30 am Jazz Dancercise 1:00 pm Beginning Spanish 1:30 pm Beginning Spanish 12:00 pm Open Bridge 11:30 am Mexican Train 12:30 pm Penny Bingo 11:30 am Unlucky 7 Dice Game 1:00 pm Ping Pong 12:30 pm Penny Bingo 1:00 pm Social Group 12:30 pm Tap Dance 12:30 pm Painting Class 22 24 25 23 26 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 10 am Technology Class: 7:30 am—1 pm Coffee Shop 9:00 am Fitness 9:00 am Quilting Club Is It AI? 10:00 am Chair Yoga with Kaye 7:30 am—1 pm Coffee Shop 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 9:00 am Senior Yoga (CD) 9:00 am Fitness Logic with Lee 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly 9:00 am Penny Bingo 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 7:30 am—1 pm Coffee Shop 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 11:00 am-12:30 pm Full lunch 9:30 am Cornhole 7:45 am Walking Exercise 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 9:00 am Bellydancing 9:30 am Intermediate/Advanced Bridge 8:00 am-9:30 am Biscuits and Gravy 9:30 am Bible Study 9:00 am Line Dance Beginner, Registration Req. 10:00 am Knitting & Crocheting 10:00 am Creative Writing 12:00 pm 500 Card Club 9:00 am Duplicate Bridge 9:30 am Painting Class 9:00 am SilverSneakers Classic Fitness 10:00 am Tai Chi (Advanced) 10:00 am Tai Chi (Beginning) 12:00 pm Card/ Board Game Group-Misc. 9:00 am Beginner Bridge 10:00 am Tens Card Game 10:30 am SilverSneakers Classic Fitness 10:00 am Line Dance (Intermediate) 12:30 pm Open Craft Time 10:00 am Chess 11:00 am Balance Class 11:00 am Belly Dancing 1:00—3:30 pm Friday Dance 10:00 am Canasta 11:30 am Woodcarving 10:00 am Wii Bowling 11:00 am Mah Jongg (experienced players) 11:00 am Line Dance (Advanced) **10:00 am** Sexy & Fit after 40 **Featuring** 11:30 am Cribbage 11:30 am Jazz Dancei 11:00 am Mah Jongg (beginner 12:00 pm Bunco-\$1 entry 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Mexican Train The Embers lessons offered) 12:00 pm Pinochle 12:00 pm Bridge-Duplicate 11:00 am Choir Practice 11:30 am Unlucky 7 Dice Game 11:30 am Woodcarving 11:00 am-12:30 pm Full lunch 12:30 pm Penny Bingo 11:30 am Cribbage 11:30 am Phase 10 12:30 pm Chair Fitness Variety Saturday, September 27, 12:30 pm Tap Dance 12:30 pm Painting Class 1:00 pm Ping Pong 12:00 pm Balance Class 1:00 pm Beginning Spanish 12:00 pm 500 Card Club 7-10 pm 12:00 pm Open Bridge 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky 12:30 pm Penny Bingo Saturday Night Dance Party 1:00 pm Ping Pong 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness featuring Mogen's Heroes 29 **30** 12-1 pm Team Trivia 1 pm Karaoke on the stage 7:30 am—1 pm Coffee Shop 7:45 am Walking Exercise 7:30 am—1 pm Coffee Shop 7:30 am—1 pm Coffee Shop 9:00 am Fitness Logic with Lee 7:30 am—1 pm Coffee Shop 9:00 am Fitness 9:00 am Penny Bingo 8:00 am-9:30 am Biscuits and Gravy 10:00 am Chair Yoga with Kaye 1 pm Parkinson's Support Group 9:00 am Penny Bingo 9:00 am Tatting 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Companion Meeting 10:00 am T.O.P.S meeting (Take Off Pounds Sensibly 9:00 am Rock Steady Boxing (Fee) 9:00 am Yoga 9:00 am Duplicate Bridge 9:30 am Painting Class 7:30 am—1 pm Coffee Shop 9:30 am Painting Class 9:30 am Bible Study 9:00 am Bellydancing 11:00 am-12:30 pm Full lunch 7:45 am Walking Exercise 9:00 am Line Dance Beginner, Registration Req. 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 9:00 am Senior Yoga (CD) 10:00 am Creative Writing 9:00 am SilverSneakers Classic Fitness 10:00 am Chess 9:30 am Cornhole 10:00 am Tai Chi (Beginning) 9:00 am Beginner Bridge 9:30 am Intermediate/Advanced Bridge 10:00 am Wii Bowling 12:00 pm Bunco-\$1 entry 10:30 am SilverSneakers Classic Fitness 10:00 am Line Dance (Intermediate) 10:00 am Knitting & Crocheting **10:00 am** Sexy & Fit after 40 12:00 pm 500 Card Club 11:00 am Belly Dancing 10:30 am Open Jam Session -\$1.00 Guests 10:00 am Canasta 10:00 am Tai Chi (Advanced) 12:00 pm Card/ Board Game Group-Misc. 11:00 am Mah Jongg (experienced players)
11:30 am Jazz Dancercise 11:00 am Line Dance (Advanced) 11:00 am Choir Practice 12:30 pm Open Craft Time 1:00—3:30 pm Friday Dance 10:00 am Tens Card Game 11:00 am Mah Jongg (beginner 11:00 am-12:30 pm Full lunch 11:00 am Balance Class 11:30 am Mexican Train 11:30 am Woodcarving 11:30 am Phase 10 lessons offered) **Featuring** 11:30 am Unlucky 7 Dice Game 11:30 am Woodcarving 12:00 pm 500 Card Club 11:30 am Cribbage 12:30 pm Penny Bingo 11:30 am Cribbage 12:00 pm Bridge –Men 12:30 pm Chair Yoga with Suky Jerry O'Dell's Country 12:00 pm Pinochle 12:00 pm Balance Class 12:30 pm Tap Dance 12:00 pm Bridge-Duplicate 12:30 pm Painting Class Flavor Band 1:00 pm Coloring Corner 1:00 pm SilverSneakers Chair Fitness 12:00 pm Open Bridge 12:30 pm Chair Fitness Variety 1:00 pm Ping Pong 12:30 pm Penny Bingo 1:30 pm Beginning Spanish

1:30 pm Beginning Spanish

1:00 pm Ping Pong

1:00 pm Social Group