September 2026

Questions? Call (712) 255-1729 OPEN: Monday–Thursday 8 a.m.-2:30 p.m. Friday 8:00 a.m.-3:30 p.m.

Schedules subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Logic with Lee **9:00 am** Penny Bingo **9:00 am** Rock Steady Boxing (Fee) **9:30 am Beginning Painting Class** **9:30 am** Bible Study **10:00 am** Creative Writing **10:00 am** Tai Chi (Beginning) **10:30 am** SilverSneakers Classic Fitness **11:00 am** Belly Dancing **11:00 am** Mah Jongg (experienced players) **11:30 am** Jazz Dancercise **11:30 am** Mexican Train **11:30 am** Unlucky 7 **12:00 pm** Ping Pong **12:30 pm** Penny Bingo, Tap Dance **12:30 pm** Tap Dance, Painting Class **1:00 pm** Ping Pong	**2** **9:30 am Android Phone Class with B: Is This a Virus?** **7:30 am—1 pm Coffee Shop** **7:45 am** Walking Exercise **8:00 am-9:30 am Biscuits and Gravy** **9:00 am** Yoga **9:00 am** Duplicate Bridge **9:30 am** Painting Class **10:00 am** Chess **10:00 am** Sexy & Fit after 40 **10:30 am** Open Jam Session -**$1.00 Guests** **11:00 am** Choir Practice **11:00 am-12:30 pm Full lunch** **11:30 am** Phase 10 **12:00 pm** 500 Card Club **12:30 pm** Chair Yoga **1:00 pm** Chair Cardio **1:00 pm** Coloring Corner	**3** **10 am Book Discussion Group** **1 pm Karaoke** **5 pm SCPC Potluck Dinner** **7:30 am—1 pm Coffee Shop** **9:00 am** Penny Bingo **9:00 am** Tatting **9:00 am** Rock Steady Boxing (Fee) **9:00 am** Bellydancing **9:00 am** Line Dance **Beginner, Registration Req.** **9:00 am** SilverSneakers Classic Fitness **9:00 am** Beginner Bridge **10:00 am** Line Dance (Intermediate) **10:00 am** Canasta **11:00 am** Line Dance (Advanced) **11:00 am** Mah Jongg **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Open Bridge **12:30 pm** Penny Bingo **1:00 pm** Ping Pong	**4** **11a.m.-1 p.m. Shredtastic** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Friday **9:00 am** Mixed Media Art Class/ Vivian Miller **10:00 am** Chair Yoga with Kaye **10:00 am** STYL meeting (Start Transforming Your Life) **11:00 am-12:30 pm Full lunch** **11:30 am** Open Bridge Group **12:00 pm** Card/ Board Game Group **12:00 pm** Bunco-$1 entry **1:00—3:30 pm Friday Dance** ***Featuring*** ***The Singer Family Band***
7 **CENTER CLOSED FOR LABOR DAY**	**8** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Logic with Lee **9:00 am** Penny Bingo **9:00 am** Rock Steady Boxing (Fee) **9:30 am Beginning Painting Class** **9:30 am** Bible Study **10:00 am** Creative Writing **10:00 am** Tai Chi (Beginning) **10:30 am** SilverSneakers Classic Fitness **11:00 am** Belly Dancing **11:00 am** Mah Jongg (experienced players) **11:30 am** Jazz Dancercise **11:30 am** Mexican Train **11:30 am** Unlucky 7 **12:00 pm** Ping Pong **12:30 pm** Penny Bingo, Tap Dance **12:30 pm** Tap Dance, Painting Class **1:00 pm** Ping Pong	**9** **9:30 am Technology Class: Getting Started with Canva** **7:30 am—1 pm Coffee Shop** **7:45 am** Walking Exercise **8:00 am-9:30 am Biscuits and Gravy** **9:00 am** Yoga **9:00 am** Duplicate Bridge **9:30 am** Painting Class **10:00 am** Chess **10:00 am** Sexy & Fit after 40 **10:30 am** Open Jam Session -**$1.00 Guests** **11:00 am** Choir Practice **11:00 am-12:30 pm Full lunch** **11:30 am** Phase 10/Five Crowns **12:00 pm** 500 Card Club **12:30 pm** Chair Yoga **1:00 pm** Chair Cardio **1:00 pm** Coloring Corner	**10** **1 pm Karaoke** **7:30 am—1 pm Coffee Shop** **9:00 am** Penny Bingo **9:00 am** Tatting **9:00 am** Rock Steady Boxing (Fee) **9:00 am** Bellydancing **9:00 am** Line Dance **Beginner, Registration Req.** **9:00 am** SilverSneakers Classic Fitness **9:00 am** Beginner Bridge **10:00 am** Line Dance (Intermediate) **10:00 am** Canasta **11:00 am** Line Dance (Advanced) **11:00 am** Mah Jongg **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Open Bridge **12:30 pm** Penny Bingo **1:00 pm** Ping Pong	**11** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Friday **9:00 am** Mixed Media Art Class/ Vivian Miller **10:00 am** Chair Yoga with Kaye **10:00 am** STYL meeting (Start Transforming Your Life) **11:00 am-12:30 pm Full lunch** **11:30 am** Open Bridge Group **12:00 pm** Card/ Board Game Group **1:00—3:30 pm Friday Dance** ***Featuring*** ***The Embers***
14 **1 pm Sept Birthday Party** **New Horizons Band** **Cake sponsored by Continental Springs** **7:30 am—1 pm Coffee Shop** **8:00 am** Walking Exercise Class **9:00 am** Senior Yoga (CD) **9:30 am** Cornhole **9:30 am** Intermediate/Advanced Bridge **10:00 am** Knitting & Crocheting **10:00 am** Tai Chi (Advanced) **10:00 am** Canasta **10:00 am** Beginning Tap Dance **11:00 am** Intermediate Tap Dance **11:00 am** Balance Class **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Bunco-$1 entry **12:00 pm** Pinochle **12:00 pm** Bridge-Duplicate	**15** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Logic with Lee **9:00 am** Penny Bingo **9:00 am** Rock Steady Boxing (Fee) **9:30 am Beginning Painting Class** **9:30 am** Bible Study **10:00 am** Creative Writing **10:00 am** Tai Chi (Beginning) **10:30 am** SilverSneakers Classic Fitness **11:00 am** Belly Dancing **11:00 am** Mah Jongg (experienced players) **11:30 am** Jazz Dancercise **11:30 am** Mexican Train **11:30 am** Unlucky 7 **12:00 pm Ping Pong** **12:30 pm** Penny Bingo **12:30 pm** Tap Dance **12:30 pm** Painting Class	**16** **9:30 am Long Term Care Insurance Workshop** **7:30 am—1 pm Coffee Shop** **7:45 am** Walking Exercise **8:00 am-9:30 am Biscuits and Gravy** **9:00 am** Yoga **9:00 am** Duplicate Bridge **9:30 am** Painting Class **10:00 am** Chess **10:00 am** Sexy & Fit after 40 **10:30 am** Open Jam Session -**$1.00 Guests** **11:00 am** Choir Practice **11:00 am-12:30 pm Full lunch** **11:30 am** Phase 10/Five Crowns **12:00 pm** 500 Card Club **12:30 pm** Chair Yoga **1:00 pm** Chair Cardio **1:00 pm** Coloring Corner	**17** **11:15 am Briarcliff Exercise** **1 pm Karaoke** **7:30 am—1 pm Coffee Shop** **9:00 am** Penny Bingo **9:00 am** Tatting **9:00 am** Rock Steady Boxing (Fee) **9:00 am** Bellydancing **9:00 am** Line Dance **Beginner, Registration Req.** **9:00 am** SilverSneakers Classic Fitness **9:00 am** Beginner Bridge **10:00 am** Canasta **11:00 am** Mah Jongg (beginner lessons offered) **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Open Bridge **12:30 pm** Penny Bingo **1:00 pm** Ping Pong	**18** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Friday **9:00 am** Mixed Media Art Class/ Vivian Miller **10:00 am** Chair Yoga with Kaye **10:00 am** STYL meeting (Start Transforming Your Life)) **11:00 am-12:30 pm Full lunch** **11:30 am** Open Bridge Group **12:00 pm** Card/ Board Game Group **12:00 pm** Bunco-$1 entry **12:30 pm** Open Craft Time **1:00—3:30 pm Friday Dance** ***Featuring*** ***Ed Tryon's Big Band Sounds***
21 **12-1 pm Team Trivia** **1 pm Parkinson's Support Group** **7:30 am—1 pm Coffee Shop** **8:00 am** Walking Exercise Class **9:00 am** Senior Yoga (CD) **9:30 am** Cornhole **9:30 am** Intermediate/Advanced Bridge **10:00 am** Knitting & Crocheting **10:00 am** Tai Chi (Advanced) **10:00 am** Canasta **10:00 am** Beginning Tap Dance **11:00 am** Intermediate Tap Dance **11:00 am** Balance Class **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Pinochle **12:00 pm** Bridge-Duplicate **12:30 pm** Chair Yoga **1:00 pm** Chair Cardio	**22** **1-3 Jukebox Dance Party** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Logic with Lee **9:00 am** Penny Bingo **9:00 am** Rock Steady Boxing (Fee) **9:30 am Beginning Painting Class** **9:30 am** Bible Study **10:00 am** Creative Writing **10:00 am** Tai Chi (Beginning) **10:30 am** SilverSneakers Classic Fitness **11:00 am** Belly Dancing **11:00 am** Mah Jongg (experienced players) **11:30 am** Jazz Dancercise **11:30 am** Mexican Train **11:30 am** Unlucky 7 **12:00 pm** Ping Pong **12:30 pm** Penny Bingo **12:30 pm** Tap Dance **12:30 pm** Painting Class	**23** **9:30 Android Phone Class with B: Browsers** **7:30 am—1 pm Coffee Shop** **7:45 am** Walking Exercise **8:00 am-9:30 am Biscuits and Gravy** **9:00 am** Yoga **9:00 am** Duplicate Bridge **9:30 am** Painting Class **10:00 am** Chess **10:00 am** Sexy & Fit after 40 **10:30 am** Open Jam Session -**$1.00 Guests** **11:00 am** Choir Practice **11:00 am-12:30 pm Full lunch** **11:30 am** Phase 10/Five Crowns **12:00 pm** 500 Card Club **12:30 pm** Chair Yoga **1:00 pm** Chair Cardio **1:00 pm** Coloring Corner	**24** **11:15 am Briarcliff Exercise** **1 pm Karaoke** **7:30 am—1 pm Coffee Shop** **9:00 am** Penny Bingo **9:00 am** Tatting **9:00 am** Rock Steady Boxing (Fee) **9:00 am** Bellydancing **9:00 am** Line Dance **Beginner, Registration Req.** **9:00 am** SilverSneakers Classic Fitness **9:00 am** Beginner Bridge **10:00 am** Canasta **11:00 am** Mah Jongg (beginner lessons offered) **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Open Bridge **12:30 pm** Penny Bingo **1:00 pm** Ping Pong	**25** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Friday **9:00 am** Mixed Media Art Class/ Vivian Miller **10:00 am** Chair Yoga with Kaye **10:00 am** STYL meeting (Start Transforming Your Life)) **11:00 am-12:30 pm Full lunch** **11:30 am** Open Bridge Group **12:00 pm** Card/ Board Game Group **12:30 pm** Open Craft Time **1:00—3:30 pm Friday Dance** ***Featuring*** ***Jerry O'Dell's Country Flavor Band*** **September 26, 7-10 pm** ***Saturday Night Dance Party with Richie Lee and the Fabulous 50's***
28 **12-1 pm Team Trivia** **7:30 am—1 pm Coffee Shop** **8:00 am** Walking Exercise Class **9:00 am** Senior Yoga (CD) **9:30 am** Cornhole **9:30 am** Intermediate/Advanced Bridge **10:00 am** Knitting & Crocheting **10:00 am** Tai Chi (Advanced) **10:00 am** Canasta **10:00 am** Beginning Tap Dance **11:00 am** Intermediate Tap Dance **11:00 am** Balance Class **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Bunco-$1 entry **12:00 pm** Pinochle **12:00 pm** Bridge-Duplicate **12:30 pm** Chair Yoga **1:00 pm** Chair Cardio	**29** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Logic with Lee **9:00 am** Penny Bingo **9:00 am** Rock Steady Boxing (Fee) **9:30 am Beginning Painting Class** **9:30 am** Bible Study **10:00 am** Creative Writing **10:00 am** Tai Chi (Beginning) **10:30 am** SilverSneakers Classic Fitness **11:00 am** Belly Dancing **11:00 am** Mah Jongg (experienced players) **11:30 am** Jazz Dancercise **11:30 am** Mexican Train **11:30 am** Unlucky 7 **12:00 pm** Ping Pong **12:30 pm** Penny Bingo, Tap Dance **12:30 pm** Tap Dance **12:30 pm** Painting Class **1:00 pm** Ping Pong	**30** **9:30 am Technology Class: Medicare Resources Online** **7:30 am—1 pm Coffee Shop** **7:45 am** Walking Exercise **8:00 am-9:30 am Biscuits and Gravy** **9:00 am** Yoga **9:00 am** Duplicate Bridge **9:30 am** Painting Class **10:00 am** Chess **10:00 am** Sexy & Fit after 40 **10:30 am** Open Jam Session -**$1.00 Guests** **11:00 am** Choir Practice **11:00 am-12:30 pm Full lunch** **11:30 am** Phase 10/Five Crowns **12:00 pm** 500 Card Club **12:30 pm** Chair Yoga **1:00 pm** Chair Cardio	**1** **11:15 am Briarcliff Exercise** **1 pm Karaoke** **7:30 am—1 pm Coffee Shop** **9:00 am** Penny Bingo **9:00 am** Tatting **9:00 am** Rock Steady Boxing (Fee) **9:00 am** Bellydancing **9:00 am** Line Dance **Beginner, Registration Req.** **9:00 am** SilverSneakers Classic Fitness **9:00 am** Beginner Bridge **10:00 am** Canasta **11:00 am** Mah Jongg (beginner lessons offered) **11:30 am** Woodcarving **11:30 am** Cribbage **12:00 pm** Open Bridge **12:30 pm** Penny Bingo **1:00 pm** Ping Pong	**2** **7:30 am—1 pm Coffee Shop** **9:00 am** Fitness Friday **9:00 am** Mixed Media Art Class/ Vivian Miller **10:00 am** Chair Yoga with Kaye **10:00 am** STYL meeting (Start Transforming Your Life) **11:00 am-12:30 pm Full lunch** **11:30 am** Open Bridge Group **12:00 pm** Bunco-$1 entry **1:00—3:30 pm Friday Dance** ***Featuring*** ***The Embers***