





Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Open to the Public <u>Biscuits and Gravy</u> \$2.00 for 1 biscuit, \$4.00 for 2 On Wednesday's only.</p>  	<p><b>1</b></p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p><b>2</b></p> <p>10:00 a.m.-Book Club in the Library (1st Thursday)</p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 9:30 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>3</b></p> <p>9:00 am Fitness with Dixie 9:30 am Wii Bowling 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time</p> <p><b>No Friday Dance</b></p>
<p><b>6</b></p> <p>The Center is closed today. We look forward to seeing you all on Tuesday, the 7th.</p> 	<p><b>7</b></p> <p>1:00 p.m. Crafts with Diana Soap Bars \$2.00 (Sign up- Limit of 10)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>8</b></p> <p>1:00 p.m. Ice Cream with Megan from Care Initiatives Hospice</p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p><b>9</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Rock Steady Boxing (Fee) 9:00 am Senior Yoga (CD) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>10</b></p> <p>10:30 am Genealogy Class (2nd Friday)</p> <p>11:00 a.m. Continental Creations Dryer Vent Pumpkin (Sign up- Limit of 15) (2nd Friday)</p> <p>9:00 am Fitness with Dixie 10:00 -11:30 am Blood Pressures- (Mercy) 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring "Jerry O'Dell's Country Flavor Band"</b></p>
<p><b>13</b></p> <p>930 am Grief Support (2nd Monday)</p> <p>1:00 p.m. Birthday Party (2nd Monday) Hosts: Staff/Volunteers Entertainment: Tai Chi Treat Providers: Continental Springs &amp; Countryside Health Care Center</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p><b>14</b></p> <p>1:00 p.m. Activity with B.A.M Fairy Gardens (Sign up- Limit of 15) (2nd Tuesday)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>15</b></p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p><b>16</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>17</b></p> <p>9:30 am Trail Blazers meet at Center to head out to LeMars for walk and lunch</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring "Triple Threat" Free Will Donation</b></p>
<p><b>20</b></p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "My Friend Irma" 12:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p><b>21</b></p> <p>10:00 a.m -1:00 p.m. Hy-Vee Shot Clinic (Bring your Medicare /other insurance card.)</p> <p>1:00 p.m. Crafts with Diana ? - up- Limit of 10)</p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>22</b></p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p><b>23</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>24</b></p> <p>11:00 a.m. Continental Creations Sock Gourd (Sign up- Limit of 15) (4th Friday)</p> <p>Shredtastic 11:00 a.m. -1:00 p.m.</p> <p>9:00 am Fitness with Dixie 10:00 am Chair Yoga with Kaye 10:00 am T.O.P.S- meeting (Take Off Pounds Sensibly) 11:00 am Jazz Dancercise 11:00 am Karaoke 11:30 am Open Bridge Group 11:30 am Mixed Media Art Class/ Vivian Miller 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Card/ Board Game Group-Misc. 12:30 pm Open Craft Time 1:00-3:30 pm Friday Dance</p> <p><b>Featuring "Country Brew"</b></p>
<p><b>27</b></p> <p>1:00 p.m. - (4th Monday) Parkinson's Support Group - In person or by Zoom</p> <p>8:00 am Scrapbooking 8:20 am Walking Exercise 9:00 am Senior Yoga (CD) 9:00 am Silver Sneakers Classic Fitness 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 11:00 am Belly Dancing 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:30 pm Movie "Secondhand Lions" 12:00 pm Pinochle 1:30 pm Walking off the Pounds</p>	<p><b>28</b></p> <p>9:00 am Fitness Logic with Lee 9:00 am Penny Bingo 9:00 am Rock Steady Boxing (Fee) 9:30 am Painting Class 10:00 am Open Bridge Group 10:00 am Creative Writing 10:00 am Tai Chi (Beginning) 11:00 am Belly Dancing 11:00 am Jazz Dancercise 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 11:30 pm Mexican Train 12:30 pm Penny Bingo 12:30 pm Pitch 12:30 pm Tap 1:00 pm Painting Class 1:00 pm Ping Pong</p>	<p><b>29</b></p> <p>8:20 am Walking Exercise 9:00 am Yoga w/Dixie 9:00 am Silver Sneakers Classic Fitness 9:00 am Chess 9:30 am Painting Class 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session -\$1.00 Guests 11:30 am Phase 10 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm 500 Card Club 12:00 pm Bridge -Mens 12:30 pm Tatting 101 1:00 pm Coloring Corner 1:30 pm Walking off the Pounds</p>	<p><b>30</b></p> <p>9:00 am Penny Bingo 9:00 am Line Dance-(Intermediate Advanced) 9:00 am Senior Yoga (CD) 9:00 am Rock Steady Boxing (Fee) 10:00 am Line Dance-(Beginner) 11:00 am Line Dance-(Intermediate Beginner) 11:00 am Woodcarving 11:30 am-12:30 pm No Cafeteria Lunch-Coffee Shop is open. (Light Lunch 11-1.) 12:00 pm Cribbage 12:30 pm Mah Jongg 12:30 pm Penny Bingo 1:00 pm Men's &amp; Women's Social Group 1:00 pm Ping Pong</p>	<p><b>Saturday, September 25th Fundraiser Dinner/Dance</b> Sponsored by Paul Zielezinski</p> <p><b>Tickets only \$10.00</b> Dinner begins at 6:00 p.m. Menu: Fried Chicken, cheesy potatoes and coleslaw.</p> <p><b>Dance 7:00 -10:00 p.m.</b> Entertainment by <b>Fiddler Creek</b></p>