

# September

MON

TUE

WED

THU

FRI

2

**HAPPY  
LABOR  
DAY**

Senior Center Closed

3

8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes

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8:30 Footcare Appts  
9:00 Yoga  
10:00 Card Creators  
10:15 EnerChi  
11:30 Lunch  
1:30 Cribbage

5

8:00 ADRC Benefit Specialist  
9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead  
1:00 Sharon S. Richardson Class

6

8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts

9

8:30 Committee on Aging  
9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: The 5th Element

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8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
10:30 Blood Pressure Screening  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes  
4:00 NY trip Meeting

11

8:30 Footcare Appts  
9:00 Yoga  
10:00 Card Creators  
10:15 EnerChi  
11:30 Lunch  
1:30 Cribbage

12

9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead  
1:00 Premier Travel Show  
12:00- Friends of the TRSC Board Meeting

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8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts  
Creation Station reservation deadline

16

9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: Enola Holmes  
1:00 Yoga & Wine @ LondonDairy Ranch

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8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes

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8:30 Footcare Appts  
9:00 Yoga  
10:00 Card Creators  
10:15 EnerChi  
11:30 Lunch  
1:30 Cribbage

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9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Red Hattitudes  
11:30 Lunch  
1:00 Sheepshead

20

8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts  
1:30-2:30pm- Birthday Party!  
Creation Station pick up

23

9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: A Beautiful Mind

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8:30 Footcare Appts  
9:15 Simply Seniors  
9:30 Mahjong  
10:30 Arthritis Exercise  
11:30 Lunch  
1:00 BINGO  
1:00 Dominoes

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8:30 Footcare Appts  
9:00 Yoga  
10:00 Card Creators  
10:15 EnerChi  
11:30 Lunch  
1:30 Cribbage

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9:00 Cardio Drumming  
9:15 Simply Seniors  
11:30 Lunch  
1:00 Sheepshead  
Cork & Canvas Class  
6 - 8 pm

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8:30 Quilting  
9:00 BINGO Brunch  
11:30 Lunch  
12:00 Dental Appts

30

9:00 Yoga  
10:00 Fitness Fun  
11:30 Lunch  
12:00 Footcare Appts  
1:00 Movie: El Dorado

## Special Dates

September 5th- Sharon S. Richardson Class @ 1  
September 9th- Committee on Aging meeting @ 8:30am  
September 12th- Premier Travel Show @ 1  
September 16th- Wine & Yoga @ LondonDairy Alpaca Ranch  
September 20th- Monthly Birthday Party  
September 26th- Cork & Canvas Class

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