

# September 2020

**Senior Center 874-3266**

**Lunch: served each day at Noon, must be pre-registered. You may call on any day to see if we have cancellations.**

**The Make-up classes are ONLY for those that had already paid and had been registered when we closed in March.**

Mon	Tue	Wed	Thu	Fri
Aug 31) 10:00 Exercise w/Carol Ann (C)	1 10:00 Preventing Falls (C)	2 10:00 Line Dance w/Joan (C)	3 10:00 Exercise w/Joan (C)	4 10:00 Yogalates w/Leona (C)
7  <b>Senior Center Closed Labor Day</b>	8 10:00 Preventing Falls (C)  <u>Program: Flu Shots –call to make an appointment</u>	9 10:00 Line Dance w/Joan (C)	10 10:00 Exercise w/Joan (C)	11 10:00 Yogalates w/Leona (C)  <u>Program: 1:00 BINGO</u>
14 9:30 Ceramics Make-up (9) 10-11:15 Exercise (C) 1:00 Intro to Watercolor Make-up (4) 1:00 Ceramics Make-up (9) 1:30 Qigong Make-up (C) <u>Signup for Fall classes begins</u>	15 9:30 Ceramics Make-up (9) 10:00 Line Dance Make-up (C) 1:00 Watercolor Make-up (4) 1:00 Ceramics Make-up (9)	16 8:45 Yoga Make-up (C) 9:30 Ceramics Make-up (9) 10:15 Zumba Make-up (C) 1:00 Ceramics Make-up (9) 1:30 Tai Chi Make-up (C)	17 10-11:15 Exercise (C) 1:00 Watercolor Make-up (4) 1:15 Jazzy Dance Make-up (C)	18 10:00 Preventing Falls (C) 1:15 Drawing Make-up (C)
21 9:30 Ceramics Make-up (9) 10-11:15 Exercise (C) 1:00 Intro to Watercolor Make-up (4) 1:00 Ceramics Make-up (9) 1:30 Qigong Make-up (C)	22 9:30 Ceramics Make-up (9) 10:00 Line Dance Make-up (C) 1:00 Watercolor Make-up (4) 1:00 Ceramics Make-up (9) <u>Program: 1:00 BINGO</u>	23 8:45 Yoga Make-up (C) 9:30 Ceramics Make-up (9) 10:15 Zumba Make-up (C) 1:00 Ceramics Make-up (9) 1:30 Tai Chi Make-up (C)	24 10-11:15 Exercise (C) 1:00 Watercolor Make-up (4) 1:15 Jazzy Dance Make-up (C)	25 10:00 Preventing Falls (C) 1:15 Drawing Make-up (C)
28 9:30 Ceramics Make-up (9) 10-11:15 Exercise (C) 1:00 Intro to Watercolor Make-up (4) 1:00 Ceramics Make-up (9) 1:30 Qigong Make-up (C)	29 9:30 Ceramics Make-up (9) 10:00 Line Dance Make-up (C) 1:00 Watercolor Make-up (4) 1:00 Ceramics Make-up (9) <u>Program: 1:00 BINGO</u>	30 8:45 Yoga Make-up (C) 9:30 Ceramics Make-up (9) 10:15 Zumba Make-up (C) 1:00 Ceramics Make-up (9) 1:30 Tai Chi Make-up (C)	Oct 1) 10-11:15 Exercise (C) 1:00 Watercolor Make-up (4) 1:15 Jazzy Dance Make-up (C)	Oct 2) 10:00 Preventing Falls (C) 1:15 Drawing Make-up (C)

**You MUST be pre-registered for all classes, activities and programs**