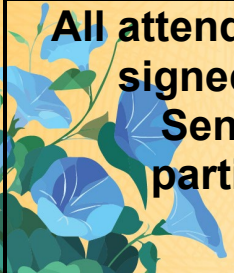


Monday	Tuesday	Wednesday	Thursday	Friday
 All attendees must be signed up with the Senior Center to participate in the Activities.	1	2 9:00 Coffee & Tea Social 10:00 Arthritis Exercise w/Debbie 11:30 Lunch Hour 12:00 Table Games	3	4 9:00 Coffee & Tea Social 9:30 Blood Pressure With Rachel Wydra 10:00 B-IN-G-O! 11:30 Lunch Hour 12:00 Card Game
7 Senior Center Is Closed	8	9 9:00 Coffee & Tea Social 10:00 Arthritis Exercise w/Debbie 11:30 Lunch Hour 12:00 Table Games		11 9:00 Coffee & Tea Social 10:00 B-IN-G-O! 11:30 Lunch Hour 12:00 Craft Hour
14 9:00 Coffee & Tea Social 10:00 Chair Exercise 11:30 Lunch Hour 12:00 B-I-N-G-O!		16 9:00 Coffee & Tea Social 10:00 Arthritis Exercise w/Debbie 11:30 Lunch Hour 12:00 Table Games	17	18 9:00 Coffee & Tea Social 10:00 Chair Zumba w/Lisa 11:30 Lunch Hour 12:00 B-I-N-G-O!
21 10:30 LVHN/Jamie Chase "Healthy Aging Through Emergency Preparedness." 11:30 Lunch Hour 12:00 B-I-N-G-O!	22	23 Sight and Sound Trip "JOSHUA" Senior Center is Closed Bus is Full to Capacity	24	25 9:00 Coffee & Tea Social 10:00 Chair Zumba w/Lisa 11:30 Lunch Hour 12:00 B-I-N-G-O!
28 9:00 Coffee & Tea Social 10:00 Chair Exercise 11:30 Lunch Hour 12:00 B-I-N-G-O!	29	30 9:00 Coffee & Tea Social 10:00 Arthritis Exercise w/Debbie 11:30 Lunch Hour 12:00 Table Games	 September 2026 Activities Calendar Subject to Changes	