

# SEPTEMBER 2019

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>  |
| <b>SENIOR CENTER IS<br/>CLOSED FOR<br/>LABOR DAY</b> | 9:00 am Bid Euchre  | 9:00 am Exercise DVD 2  | 9:30 am Strummers Practice   | 9:00 am Exercise DVD  |
|  | 9:00 am Walking DVD   | 9:15 am Billiard Tournament   | 10:00 am Organized Billiards   | 10:00 am Strength Training DVD  |
|  | 10:00 am Art Class  | 9:30 am Mah Jong  | 10:30 am Drums Alive   | 10:00 am French Class   |
|  | 10:00 am Billiard Group   | 10:00 am Strength Training DVD  | 11:45 am Wellness Checks   | 10:00 am Craft Class  |
|  | 10:00 am Table Tennis   | 11:30 am Exercise with Brian  | 12:00 pm Lunch   | 11:30 am Exercise with Brian  |
|  | 12:00 pm Lunch  | 12:30 pm Bridge   | 12:30 pm Birthday Cake   | 1:00 pm Euchre  |
|  | 1:00 pm Organized Billiards   | 1:00 pm Corn Hole   | 1:00 pm Bingo  | <b>(NO Game Night Until October)</b>  |
|  | (1:30 pm NO Zumba® Gold)  | 2:00 pm Dominos   | 2:00 pm Knitting Class   |   |
|  |   | (5:30 pm NO Senior Circuit)   | 4:00 pm QiGong DVD   |   |
|  |   |   | ***1:00-2:30 pm GCCOA Assistance***  |   |
|  |   | <b>4:00 pm SENIOR CENTER PICNIC &amp;<br/>SING-ALONG</b>  |  |   |
| <b>9</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>   |
| 9:00 am Exercise DVD 1                               | 9:00 am Bid Euchre  | 9:00 am Exercise DVD 2  | 9:30 am Strummers Practice   | 9:00 am Exercise DVD  |
| 9:00 am Red Shirt Guys                               | 9:00 am Walking DVD   | 9:15 am Billiard Tournament   | 10:00 am Organized Billiards   | 10:00 am Strength Training DVD  |
| 10:00 am Gluten Free Class                           | 10:00 am Art Class  | 9:30 am Mah Jong  | 10:30 am Drums Alive   | 10:00 am French Class   |
| 10:00 am Strength Training DVD                       | 10:00 am Billiard Group   | 10:00 am Strength Training DVD  | 12:00 pm Lunch   | 10:00 am Family Quest   |
| 11:30 am Exercise with Brian                         | 10:00 am Table Tennis   | 11:30 am Exercise with Brian  | 1:00 pm NARFE  | 11:30 am Exercise with Brian  |
| 12:00 pm Red Hotties                                 | 12:00 pm Lunch  | 12:30 pm Bridge   | 1:00 pm Movie  | 1:00 pm Euchre  |
| 1:00 pm Hase - Euchre                                | 12:00 pm Tech Tips  | 1:00 pm Corn Hole   | 2:00 pm Knitting Class   |   |
| 1:30 pm Line Dancing                                 | 1:00 pm Organized Billiards   | 2:00 pm Dominos   | 4:00 pm QiGong DVD   |   |
| 1:30 pm Bridge Lessons                               | <b>1:30 pm Zumba® Gold STARTS!</b>  | (5:30 pm NO Senior Circuit)   |  |   |
| <b>16</b>  | <b>17</b>   | <b>18</b>   | <b>19</b>  | <b>20</b>   |
| 9:00 am Exercise DVD 1                               | 9:00 am Bid Euchre  | 9:00 am Exercise DVD 2  | 9:30 am Strummers Practice   | 9:00 am Exercise DVD  |
| 10:00 am Strength Training DVD                       | 9:00 am Walking DVD   | 9:15 am Billiard Tournament   | 10:00 am Organized Billiards   | 10:00 am Strength Training DVD  |
| 11:30 am Exercise with Brian                         | 10:00 am Bunco  | 9:30 am Mah Jong  | 10:30 am Drums Alive   | 10:00 am French Class   |
| 1:00 pm Hase - Euchre                                | 10:00 am Art Class  | 10:00 am Strength Training DVD  | 11:45 am Wellness/Hearing Checks   | 11:30 am Exercise with Brian  |
| 1:30 pm Line Dancing                                 | 10:00 am Billiard Group   | 11:30 am Exercise with Brian  | 12:00 pm Lunch   | <b>11:30 am LUNCH &amp; LEARN</b>   |
| 1:30 pm Bridge Lessons                               | <b>10:00 am BALANCE ASSESSMENT</b>  | 12:30 pm Bridge   | 1:00 pm Bingo  | 1:00 pm Euchre  |
|  | 10:00 am Table Tennis   | 1:00 pm Corn Hole   | 2:00 pm Knitting Class   | 1:00 pm Warm Up America   |
|  | 12:00 pm Lunch  | 2:00 pm Dominos   | 4:00 pm QiGong DVD   |   |
|  | 1:00 pm Organized Billiards   | <b>5:30 pm Senior Circuit STARTS!</b>   | ***1:00-2:30 pm GCCOA Assistance***  |   |
|  | 1:30 pm Zumba® Gold   |   |  |   |
|  | <b>(NO Garden Group in Sept)</b>  |   |  |   |
| <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>   |
| 9:00 am Exercise DVD 1                               | 9:00 am Bid Euchre  | 9:00 am Exercise DVD 2  | 9 am-6:45 pm Shredding Day   | 9:00 Exercise DVD   |
| 10:00 am Strength Training DVD                       | 9:00 am Walking DVD   | 9:15 am Billiard Tournament   | 9:30 am Strummers Practice   | 10:00 Strength Training DVD   |
| 10:00 am Military Talk                               | 10:00 am Art Class  | 9:30 am Mah Jong  | 10:00 am Organized Billiards   | 10:00 French Class  |
| 11:30 am Exercise with Brian                         | 10:00 am Billiard Group   | 10:00 am Strength Training DVD  | 10:30 am Drums Alive   | 11:30 Exercise with Brian   |
| 1:00 pm Hase - Euchre                                | 10:00 am Table Tennis   | <b>10:00 am END OF THE SUMMER PICNIC</b>  | 12:00 pm Lunch   | 1:00 Euchre   |
| 1:30 pm Line Dancing                                 | 12:00 pm Lunch  | 11:30 am Exercise with Brian  | 1:00 pm Book Club  |   |
| 1:30 pm Bridge Lessons                               | 12:00 pm Tech Tips  | 12:30 pm Bridge   | 2:00 pm Knitting Class   |   |
|  | 1:00 pm Organized Billiards   | 1:00 pm Corn Hole   | 4:00 pm QiGong DVD   |   |
|  | 1:30 pm Zumba® Gold   | 2:00 pm Dominos   |  |   |
|  |   | 5:30 pm Senior Circuit  |  |   |
| <b>30</b>  |   |   |  |   |
| 9:00 am Exercise DVD 1                               | <i>Join Amy Robinson for<br/>Zumba® Gold<br/>Tuesdays, 1:30-2:30 p.m.<br/>Register now!<br/>Class starts<br/>September 10th</i> | <i>Join Shelley Johns for<br/>Senior Circuit<br/>Wednesdays, 5:30-6:30 p.m.<br/>Register now!<br/>Class starts<br/>September 18th</i> | <i>SENIOR CENTER<br/>PICNIC &amp; SING-ALONG<br/>Thursday, September 5th<br/>4:00 p.m.<br/>at Shellabarger Pond<br/>1095 Highview Drive, Beavercreek</i> | <i>Don't forget, Matt, from Greene<br/>County Council on Aging is available, AT<br/>THE CENTER, on the 1st and 3rd Thursday<br/>1:00 to 2:30 p.m. of each month to<br/>assist you with health insurance<br/>questions, benefits, services,<br/>caregiver support, grab bars, etc...</i> |
| 10:00 am Strength Training DVD                       |   |   |  |   |
| 11:30 am Exercise with Brian                         |   |   |  |   |
| 1:00 pm Hase - Euchre                                |   |   |  |   |
| <b>1:30 pm NO Line Dancing</b>                       |   |   |  |   |
| 1:30 pm Bridge Lessons                               |   |   |  |   |