

SEPTEMBER 2019 ACTIVITIES



MON	TUE	WED	THU	FRI
<p>2. LABOR DAY Center Is Closed</p>	<p>3. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Fall Prevention 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Book Club 1:00 Line Dancing (os) 4:30 Zumba</p>	<p>4. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>5. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch 1:00 Card/Games 4:30 Zumba</p>	<p>6. 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 1:00 Closing Early</p>
<p>9. 10-12 Cards/Games 10-11 Q&A/Tech Help 10:30 Participants Council Meeting 11:00 Gentle Stretching 12:00 Lunch 1:00 Allergies Talk w/ Mark 1:00-3:00 Food Box PU 2-3 Q&A/Tech Help</p>	<p>10. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Fall Prevention 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Card/Games 4:30 Zumba</p>	<p>11. 8:30-11:30 Paint Class 9-12 Reflexology 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help</p>	<p>12. 10-12 Cards/Games 10:00 SilverSneakers 10:00 Creative Zone w/ Beth 11:00 Light Weight Lifting 12:00 Lunch 1:00 Health Bingo w/ Always Best Care 4:30 Zumba</p>	<p>13. 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 1:00 Card/Games 6:00 Line Dancing</p>
<p>16. 8:30-5:30 Gettysburg Trip 10-12 Cards/Games 10-11 Q&A/Tech Help 11:00 Gentle Stretching 12:00 Lunch 1:00 Medicare 101 2-3 Q&A/Tech Help</p>	<p>17. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Fall Prevention 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Card/Games 1:00 Line Dancing (os) 3:00 Board Meeting 4:30 Zumba</p>	<p>18. Birthday Party 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 The Rewindz 6-8pm Reflexology 6:30pm Genealogy</p>	<p>19. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch 1:00 Mental Health Exercise w/Kristina Smalley 4:30 Zumba</p>	<p>20. 10-12 Cards/Games 10:30 Autumn Equinox Discussion w/ Joe Luciano 11:00 Gentle Stretching 12:00 Lunch 1:00 Card/Games 6:00 Line Dancing</p>
<p>23. 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 12:45 Fraud Bingo</p>	<p>24. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Fall Prevention 11-12 Q&A/Tech Help 12:00 Lunch 1:00 Card/Games 4:30 Zumba</p>	<p>25. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1:00 Hearing Appts 2-3 Q&A/Tech Help 6:30 All Occasion Card Stamping</p>	<p>26. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Light Weight Lifting 12:00 Lunch 1:00 Creative Zone w/ Beth 4:30 Zumba</p>	<p>27. 10-12 Cards/Games 11:00 Gentle Stretching 12:00 Lunch 1:00 Sewing w/Janet</p>
<p>30. 10-12 Cards/Games 10-11 Q&A/Tech Help 10-12 Flu & Pneumonia Vaccines by appt. 11:00 Gentle Stretching 12:00 Lunch 1:00 Card/Games 2-3 Q&A/Tech Help 6-8 Knitting & Crocheting Circle</p>			<p>Community Yard Sale to benefit the Oxford Area Senior Center Saturday, September 7, 2019 7:00am - 2:00pm</p> <p>Come shopping and support your center!!!</p>	