

October 2015 Activities at the Center

- 8:30 am **Monday - GENTLEMEN'S COFFEE** – Enjoy a fresh cup of coffee with the men from town.
- 10:30 am **Monday – CHAIR YOGA with Mimi**
This exercise class will focus on flexibility through stretching, balance, and proper breathing techniques.
- 9:30 am **Tuesday –“KEEP YOU IN STITCHES” - Quilting Lap Blankets for Veterans**
This group has a different project each month. Even if you don't sew you can join this group of ladies!! You will enjoy visiting with them and seeing the projects they complete during this time.
No Sewing on October 27th
- 12:00 pm **Tuesday Oct. 13th – Birthday Celebration** – Everyone is invited for cake & ice cream to celebrate!
- 12:00 pm **Tuesday – MUSIC and GAMES**
Oct 6th Listen to music & play Rook, Scrabble, Checkers, Dominos & more
Oct 13th Come listen & dance to Glenn and Doug as they play some of your favorite tunes.
Oct 20th Musical Merriness with Marj! Join us for Name that Tune!!
- 1:00 pm **Tuesday – Wii Fun!! Bowling, Golfing, Archery, Tennis & More**
Oct 6th – Attention Golfers! After Bowling we are going to see how well we putt in Wii Golf!
Oct 20th- Bowling, Tennis, Golf - Fun for everyone. No prior skills needed!!
- **Tuesday, October 27th & Wednesday, October 28th 8:30 am – 2:30 pm**
- Important
Program**
- Medicare Part D Enrollment with the Aging Commission**
Bring your prescription bottles anytime between 8:30 am and 2:00 pm on Tuesday, October 27th or Wednesday October 28th to find the best prescription plan & price for your needs. The Aging Commission does not sell anything, they are here to offer you unbiased information. They will work one on one with you answering any questions you may have.
- 10:30 am **Wednesday – EXERCISE CLASS – Moving with Marj**: Having fun with low impact aerobics!
No Exercise on October 7th or October 28th
- 11:30 am **Wednesdays- HEALTH 101 – Educational Speakers**
Oct. 7th CENTER CLOSED Senior Day at the Zoo: For 55+ free parking & admission, free tram rides
***Oct. 14th – Lunch and Learn- We will serve a healthy lunch! RSVP Required by October 12th**
Cathy Faust with the Shelby County Extension Office- Join us as we discuss “**Healthy Aging**”. We will focus on healthy eating habits, eating to feel younger, and physical activity. We'll also explore little health changes that make a big difference.
- 10:00 am **Thursday – MAGI (Mature Adults Getting Involved) – Singing, movie, and potluck lunch with a lively group. Bring a dish to share and enjoy a delicious meal. Invite a friend!**
- 12:30 pm **Thursday – GAMES** – Rook, Dominoes, Cards and Scrabble. Join in the fun!
- 10:30 am **Friday – EXERCISE CLASS – Moving with Marj: Balance and Strength**
This exercise class will focus on low impact cardio, strength training, flexibility and balance using light weights, small balls and stretch bands. This class is easily adapted to any level of fitness ability.
- 12:00 pm **Friday Oct. 23rd– Scrapbooking– Help us get us decorate our photo pages.**
- 6:00 pm **Friday Oct. 2nd WHITE ELEPHANT BINGO & POTLUCK SUPPER –**
Bring one gift per family and a dish to share for the potluck super
Sandy Brewer with the Arlington Travel Agency will be calling this month