



September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
4	5	6	7	8
SENIOR CENTER CLOSED IN OBSERVANCE OF THE LABOR DAY HOLIDAY	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Grandparent's Day Brunch 10:30 Hand & Foot 12:00 Phase 10
11	12	13	14	15
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 BINGO with The Orchard 1:00 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 11:00 POSITIVITY DAY LUNCH & LEARN with Homecare Hospice 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio & Tone 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 11:30 Luncheon \$7 Friday Night Lights Pep Rally with BHS 12:00 Phase 10
18	19	20	21	22
8:30 Sit & Be Fit 9:15 Cardio Combo 11:00 LUNCH & LEARN with Cline Insurance 1:00 Line Dancing 1:00 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 12:00 LUNCH & LEARN with CenterWell Senior Primary Care 1:00 Line Dancing	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10
25	26	27	28	29
8:30 Sit & Be Fit 9:15 Cardio Combo 1:00 Movie Monday Champions 1:00 Learn to play Bridge	8:30 Men's Coffee 8:30 Sit & Be Fit 9:15 Cardio Combo 10:00 Tai Chi 10:00 Spanish II 10:30 Crochet 11:00 Spanish I 1:00 Line Dancing 1:00 Dominoes	8:30 Sit & Be Fit 9:15 Cardio Combo 10:30 Lessons of Art 12:00 Bridge 1:00 Art & Friends	8:30 Sit & Be Fit 9:15 Cardio Combo 10:10 Beginner Yoga 11:00 Dulcimer 1:00 Line Dancing 2:00 Book Club	9:00 Music Group 9:00 Bible Study 10:30 Hand & Foot 12:00 Phase 10

•Purple - RSVP Required •Blue - Fitness Classes •Red - Fee Required

Fitness Class Descriptions

Sit & Be Fit (Beginner) 45 min	Participants remain seated throughout this class. Class format focuses on improved mobility, range of motion, cardio health, and muscle endurance. (45 min)
Cardio Combo! (Beg/Intermediate) 45 min	Low impact standing cardio exercise for improved heart health, coordination, and balance. Class includes standing cardio and seated strength training. (45 min)
Beginner Yoga	Yoga exercises are performed in a series of graceful, rhythmic, slow-motion movements with a brief “holding period” for certain positions while on a mat.
Tai Chi (Beginner) 45 min	A graceful form of exercise used for stress reduction and a variety of other health conditions. A series of movements performed in a slow, focused manner, accompanied by deep breathing.

Activities

Lessons of Art Art & Friends	Join our instructor to learn the fundamentals of art and then come and enjoy time with friends that share in their love of art. Bring your own projects and supplies.
Bible Study	A meaningful time of Christian fellowship with a guided, non-denominational Bible lesson. Led by Barbara Martin.
Book Club	<i>In the Woods</i> by Tana French
Bridge	We have three Bridge groups active: Experienced Bridge Players, Beginner Bridge Players and Learn to Play Bridge. Any level player is welcome to observe the tables to acquaint themselves with our groups and styles.
Hand and Foot, Phase 10, Dominoes	All cards and games are open to all levels. If you are not sure how to play, come and sit alongside an experienced player to learn.
Dulcimer	The Dulcimer is a fretted stringed instrument with 3 or 4 strings that is played by strumming as it sits in your lap. Beginner or experienced Dulcimer players welcome.
Grandparent’s Day Brunch	Happy Grandparent’s Day! Join us for brunch to celebrate how thankful we are for YOU! Don’t forget to bring pictures of the grands!!
Line Dancing	Dance classes are led by a dance instructor. Choreography is broken down and taught and then applied to music.
Luncheon	It’s game time! Grab your pom poms and come cheer on the BHS Bulldogs! There will be football players, cheerleaders, the band and of course the best concession stand. Wear black or red and there will be a prize for MOST SPIRITED!!
Lunch & Learn with HomeCare Hospice	It’s Positivity Day and there’s no better way to spread positivity than with our friends from HomeCare Hospice! Join us for lunch and don’t forget your smile!!
Lunch & Learn with Cline Insurance	Medicare open enrollment is right around the corner... October 15 th . Join Cline Insurance to make sure you are aware of the best options available for your Medicare needs.
Lunch & Learn with CenterWell Senior Primary Care	CenterWell is primary care that focuses strictly on seniors! Join them for lunch and learn how they provide care centered on YOU!
Movie Monday Champions	A former minor-league basketball coach receives a court order to manage a team of players with intellectual disabilities. He soon realizes that together they can go further than they ever imagined.
Music Group	Join along and jam, play, and sing! Or perfect your skills as an audience member and enjoy the talents of others!
Spanish I and Spanish II	Beginner Spanish for all those interested in learning a new language and exercising your brain.