

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 *Flu Shots* 9:30 Bingocize 11:00 Balloon Volleyball w/ Tapestry Hospice 1:00 Bingo w/ Chiara	2 9:30 Movement w/ Melanie 10:00 Choir Rehearsal 11:00 Digital Literacy w/ Kinetic 1:00 Bingo	3 9:30 Bingocize 11:00 Go to Moose Lodge	4 9:30 Gentle Workout 10:00 Cards/Games 12:00 Lunch & Learn w/ Miracle Ear 1:00 Bingo w/ Stephanie
7 Labor Day Senior Services Closed	8 [Nutrition Education] 9:30 Bingocize 11:00 Music with Marty 1:00 Bingo w/ Chiara	9 Site Council Meeting 9:30 Core Strength 9:30-12 Share your Story with an OTA student from Chatt Tech 10:00 Cards/Games 11:00 Activity w/ Appalachian Hospice 1:00 Bingo w/ Kelli	10 9:30 Bingocize 10:30 Grief Group w/ Pruitt Health 11:00 Cards/Games 1:00 Bingo w/ Deannine	11 September Birthdays 9:30 80's Hits Exercise 10:00 Activity w/ Sarah 11:00 Crochet/Knit Club OR Cards/Games 1:00 Bingo w/ Stephanie
14 10:00 LaBlast Class w/ Nancy 11:00 Gifts & Gabs w/ Centerwell 1:00 Bingo w/ Bobbi	15 9:30 Mobility Exercises 10:00 Go to Walmart 1:00 Bingo w/ Chiara	16 9:30 Chair Zumba 10:00 Cards/Games 11:00 Craft w/ Betty 1:00 Bingo w/ Raquel	17 9:30 Bingocize 10:30 Craft w/ Library OR Cards/Games 1:00 Bingo w/ Deannine	18 Apple House & Biggin's BBQ

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21 9:30 The Vital Stretch OR Cards/Games 11:00 Line Dancing w/ Heritage Hospice 1:00 Bingo w/ Bobbi	22 9:30 Bingocize 10:00 Craft w/ Karen OR Cards/Games 11:00 Health Talk w/ Raquel 1:00 Bingo w/ Chiara	23 9:30 Movement w/ Melanie 10:30 Leaves Class w/ Master Gardeners 1:00 Bingo w/ Unity 4 Health	24 9:30 Bingocize 10:00 Cards/Games 11:00 Building Brain Healthy Habits Presentation w/ Alzheimer's Association 1:00 Bingo w/ Deannine	25 Senior Day at the Fair
28 9:30 Gentle Workout 10:00 Computer Class w/ Mark OR Cards/Games 11:00 Bingo w/ Bobbi 1:00 Music w/ Rusty Strings	29 9:30 Bingocize OR Cards/Games 11:00 Fall Celebration & Fall Prevention Tips w/ Pruitt Health 1:00 Bingo w/ Chiara	30 9:30 Core Strength 10:00 Senior Center Choir Performance OR Cards/Games 11:00 Ice Cream Social w/ Site Council 1:00 Bingo w/ June from the Oaks		