

September 2022

Age 50+ Daily Calendar – Every Week
Hours: Mon – Fri 8 a.m. – 4:30 p.m.

DAILY ACTIVITIES

AARP FitLot Park	8:00 am- Dusk	FREE
Billiards	8:00 am-4:30 pm	\$1
Circuit Training	8:00am-4:30pm	\$1
Cornhole	8:00 am-4:30 pm	\$1
Exercise Equipment	8:00 am-4:30 pm	\$1
Shuffleboard	8:00 am-4:30 pm	\$1



JOIN US FOR OUR BOOK SALE

September 6-8 8:00 a.m.-6:00 p.m.

Open to the public and features hardback books, paperbacks and more at low prices.

WEEKLY RECURRING EVENTS

MONDAY

Table Tennis	8:30am-11:30am	\$1
Indoor Circuit Class	10:00am-10:45am	\$1
Cardio Flex	10:45am-11:30am	\$1

TUESDAY

ABC Exercise	9:30am-10:15am	\$1
Cardio Flex	10:45am-11:30am	\$1
Scrapbooking	1:00pm-3:00pm	\$1

WEDNESDAY

Table Tennis	8:30am-11:30am	\$1
Crochet	10:00am-12:00pm	\$1
Crochet	1:00pm-3:00pm	\$1

THURSDAY

ABC Exercise	9:30am-10:15am	\$1
Cardio Flex	10:45am-11:30am	\$1
Quilting	1:00pm-4:00pm	\$1

FRIDAY

Crochet	1:00pm-3:00pm	\$1
Indoor Circuit Class	10:00am-10:45am	\$1

MONTHLY

	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Cost</u>
<u>SHIP</u>	Th	Sept 1 Sept 15	9:00 a.m. -12:00 p.m. (Call 427-6460 to make an appointment)	Free
<u>How's Your Hearing?</u>	T	Sept 6	9:00 a.m.-11:15 a.m. (Call 427-6460 to make an appointment)	Free
<u>Tuesday Movie</u>	T T	Sept 6 Sept 20	1:30 p.m. "Annie Live!" 1:30 p.m. "13 Minutes" (Pre-register by the Monday prior)	Free
<u>Bingo</u>	F	Sept 9 Sept 23	1:00 p.m. – 3:00 p.m. Sponsor: Heritage Park and Miller's Merry Manor	\$.50/3 cards
<u>Monday Luncheon</u>	M	Sept 19	12:00 p.m. "Monday Brunch" Sponsor: Lutheran Life Villages	\$5
<u>Relaxation Station</u>	M	Sept 19	10:30-11:30 a.m. Spend an hour relaxing and coloring with friends.	\$1