

August 2017  
Monday

Tuesday

Sam Corey Senior Center Schedule

Wednesday

Thursday

Address: 2108 Cedar St.  
Friday Saturday

	<p>1 Wii Bowling 10:00-12:00pm Exercise 1-2pm Euchre/games 1-4pm</p>	<p>2 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00p.m. (menu on back) <b>Birthday Recognition</b> <b>McClaren Nurses 1:00pm</b> <b>Blood Pressure Check</b></p>	<p>3 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>4 Exercise 10:30-11:30am Knitting Group 11am-1pm</p>	<p>5 Quilters&amp;Needle Group 10:00am-3:00pm </p>
<p>7 Exercise 10:30-11:30am Bridge 1-4pm Music Jam 6:30-9:00pm</p>	<p>8 Wii Bowling 10:00-12:00pm Board Meeting 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>9 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm <b>Bingo</b> (menu on back)</p>	<p>10 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm <b>Ing. Gene. Society 7pm</b></p>	<p>11 Exercise 10:30-11:30am Knitting Group 11am-1pm Friday Flick 1:00pm "What Dreams May Come" Kiwanis Club 6:30pm</p>	<p>12 Coffee Hour 10:00am </p>
<p>14 Exercise 10:30-11:30am Bridge 1-4pm</p>	<p>15 Wii Bowling 10:00-12:00pm Exercise 1-2pm Bingo 2:00-3:30pm</p>	<p>16 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm (menu on back)</p>	<p>17 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>18 Exercise 10:30-11:30am</p>	<p>19 <b>Ice Cream Social 12-2p</b> <b>55+ only. For Trolley</b> <b>ride see Sandy. Seats</b> <b>are limited!!</b></p>
<p>21 <b>Senator Hartel 10:00am</b> Exercise 10:30-11:30am Music Jam 6:30-9:00pm</p>	<p>22 Wii Bowling 10:00-12:00pm Exercise 1-2pm</p>	<p>23 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm (menu on back)</p>	<p>24 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>25 Exercise 10:30-11:30am Knitting Group 11am-1pm Friday Flick 1:00pm "How To Lose A Guy In 10 Days"</p>	<p>26 </p>
<p>28 Exercise 10:30-11:30am Bridge 1-4pm</p>	<p>29 Wii Bowling 10:00-12:00pm Exercise 1-2pm Book Reading 12-2:30pm</p>	<p>30 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm (menu on back)</p>	<p>31 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>Program information on back. For more information contact the Sam Corey Senior Center at 268-0096 or Delhi Parks &amp; Recreation at 694-1549. Center hours are Monday-Friday 9:00am-4:00pm and Saturdays during regularly scheduled programs.</p>	

## Program Information

**Tri-County Office of Aging Lunch (TCOA)** – Every Wednesday at 12:00 p.m. \$3.00 donation. **Reservation needed, call Addie Mutch at 694-0036 by noon on Tuesday prior to the lunch you wish to attend. If you get the answering machine, please leave a message.** Programs follow most lunches.

- 08/02/17 Stuffed Cabbage on Buttered Rice, Corn, Dinner Roll w/butter, Banana, Skim Milk. **BirthDay Recognition. McClaren Nurses 1:00 p.m. Blood Pressure Check.**
- 08/09/17 Savory Turkey, Mashed Potatoes, Green Beans, Yeast Roll, Orange, Skim Milk. **Bingo**
- 08/16/17 Chicken Stew, Biscuit, Peas, Lemon Cookie, Orange, Skim Milk.
- 08/23/17 Stuffed Green Pepper, Baked Potato, Wax Beans, Wheat Bread, Strawberry Applesauce, Skim Milk.
- 08/30/17 Chicken Parmesan/Spaghetti Noodles, Wax Beans, Tossed Salad, Apple, Skim Milk.

**Exercise Class-Enhance Fitness** – Monday, Wednesday, Friday from 10:30-11:30 a.m. and Wednesdays from 9:15-10:15 and Tuesday, Thursday from 1-2 p.m. Free (donations welcome)

**Music Jam Session** – Meets the first and third Monday from 6:30-9:00 p.m.

**Bridge** – Held every Monday from 1:00-4:00 p.m. Free. Please bring your own cards.

**Potluck Luncheon** – Third Friday of the month at 12:00 noon. Bring your own table service. Coffee provided.

**Bingo** – Third Tuesday of the month from 2:00-3:30p.m. Four cards for \$1.00. Money collected will be distributed as prizes.

**Euchre & Games** – Thursdays from 1:00-4:00 p.m. Euchre and Rummy / Kube during the afternoon. Free. Euchre group also meets the first two Tuesdays of each month 1-4pm.

**Friday Flicks** – 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month starting at 1:00 p.m. Join us for a movie on our large screen projector, while enjoying fresh popcorn. Cost: Free (donations welcome)

**Coffee Hour** – 2<sup>nd</sup> Saturday of every month at 10:00 a.m. Please come and enjoy a cup of coffee and some friendly conversation with fellow seniors.

**76ers Book Discussion Group** – Last Tuesday of the month 12:00-2:30 p.m. All kinds of literature is read and discussed including classics, biographies & popular titles.

**Quilters & Needle Work** – 1<sup>st</sup> Saturday of the month – 10:00 a.m. – 3:00 p.m.

**Board Meeting** – 2<sup>nd</sup> Tuesday of every month at 10:00 a.m.

**Wii Bowling** – Every Tuesday from 10:00-12:00 – Drop in.

**Knitting Group** – Meets every Friday of the month except the 3<sup>rd</sup> one from 11:00 a.m.– 1:00 p.m.

**Yoga** – Every Thursday at 10:00a.m.

**McLaren-** Nurses from McLaren will be here the first Wednesday of every month at 1p.m. to check blood pressures.

**Computer Lessons** –By appointment only. Call Sandy at 694-6912.

**Kiwanis Club Euchre** – Second Friday of the month. 6:30pm

**Weaver's Study Group** – Meets the third Saturday of the month from 10:00a.m.-12:00p.m.

**Ingham County Genealogical Society** – Second Thursday of the month at 7:00 p.m.