



September, 2017

Sam Corey Senior Center Schedule

Address: 2108 Cedar St.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>				<p>1 Exercise 10:30-11:30am Knitting Group 11am-1pm</p>	<p>2 Quilters&amp;Needle Group 10:00am-3:00pm </p>
<p>4 <b>CENTER CLOSED</b> <i>Happy Labor Day!</i> </p>	<p>5 Wii Bowling 10:00-12:00pm Exercise 1-2pm Euchre/games 1-4pm</p>	<p>6 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm (menu on back) <b>Birthday Recognition</b> <b>McClaren Nurses 1:00pm</b> <b>Blood Pressure Check</b></p>	<p>7 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>8 Exercise 10:30-11:30am Knitting Group 11am-1pm Friday Flick 1:00pm "Last Of The Dogmen" Kiwanis Club 6:30pm</p>	<p>9 Coffee Hour 10:00am </p>
<p>11 Exercise 10:30-11:30am Bridge 1-4pm</p>	<p>12 Wii Bowling 10:00-12:00pm Exercise 1-2pm Board Meeting 10:00am Euchre/games 1-4pm</p>	<p>13 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm (menu on back) <b>Bingo</b></p>	<p>14 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm Ing. Gene. Society 7pm</p>	<p>15 Exercise 10:30-11:30am Potluck Lunch 12:00pm Membership Meeting</p>	<p>16</p>
<p>18 Exercise 10:30-11:30am Bridge 1-4pm Music Jam 6:30-9:00pm</p>	<p>19 Wii Bowling 10:00-12:00pm Exercise 1-2pm <b>Hearing Health-Meridian Hearing. 10:00am</b> Bingo 2:00-3:30pm</p>	<p>20 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm (menu on back) <b>Program-Delta Dental</b></p>	<p>21 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>22 Exercise 10:30-11:30am Knitting Group 11am-1pm Friday Flick 1:00pm "In Their Own Words: Our WWII Veterans Remember"</p>	<p>23</p>
<p>25 Exercise 10:30-11:30am Bridge 1-4pm</p>	<p>26 Wii Bowling 10:00-12:00pm Exercise 1-2pm Book Reading 12-2:30pm</p>	<p>27 Exercise 9:15-10:15am Exercise 10:30-11:30am TCOA Lunch 12:00pm (menu on back) <b>Rite Aid-Flu Shots 1-2pm</b></p>	<p>28 Yoga 10:00am Exercise 1-2pm Euchre/games 1-4pm</p>	<p>29 Exercise 10:30-11:30am Knitting Group 11am-1pm</p>	<p>30</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.

- 09/06/17 Vegetable Lasagna, Corn, Green Beans, Wheat Bread, Banana, Skim Milk. **Birthday Recognition. McClaren Nurses 1:00 p.m. Blood Pressure Check.**
- 09/13/17 Goulash, Carrots, Tossed Salad, Mini Breadstick, Apple, Skim Milk. **Bingo**
- 09/20/17 Orange Chicken, Egg Roll, Fried Rice, Carrots, Apple Crumb, Skim Milk
- 09/27/17 Macaroni & Cheese, Green Beans, Stewed Tomatoes, Dinner Roll, Applesauce, 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.