

CHADBOURN SENIOR CENTER

SEPTEMBER, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
SENIOR	CENTER	MONTH	1. 8:15 Fitness & Exerc 10:30 Word Games 11:45 Chair Exer 12:00 Social/Lunch 1:00 CRAFTS--ECollier	2. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aero 12:00 Social/Lunch 1:30 CLOSE
5. <u>CLOSED</u> LABOR DAY	6. <u>8:15 Fitness & Exercise</u> <u>10:30 Word Games</u> <u>11:30 Chair Exercises</u> <u>12:00 Social/Lunch</u> 1:00 CANASTA COLORAMA <u>Computer Lab</u>	7. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aerobics 11:45 Chair Exercises 12:00 Social/Lunch 1:30 MYSTERY	8. 8:15 Fitness & Exercise 10:30 Word Games 11:45 Chair Exercise 12:00 Social/Lunch 1:00 CRAFTS-EC COLORAMA BIGGEST WHOPPER	9. <u>8:15 Fitness & Exercise.</u> <u>10:00 Word Games</u> <u>11:30 Dance Aerobics</u> <u>11:50 Chair Exercises</u> <u>12:00 Social/Lunch</u> <u>COLORAMA</u> <u>1:30 PM CLOSE</u>
12. 8:15Fitness & Exercis 10:30 Word Games 11:30 Dance Aerobics 11:50 Chair Exercises 12:00 Social/Lunch 1:00 BINGO Computer Lab COLORAMA	13. 8:15 Fitness & Exercise 10:30 Word Games 11:30 Chair Exercises 12:00 Social/Lunch 1:00 CANASTA Computer Lab FALL HAT DAY	14. 8:15 Fitness & Exercise. 10:30 Word Games 11:30 Dance Aerobics 11:50 Chair Exercises 12:00 Social/Lunch 1:30 MYSTERY COLORAMA	15. 8:15 Fitness & Exercise 10:00 Word Games 11:45 Chair Exer 12:00 Social/Lunch 1:00 CRAFTS-EC	16. 8:15 Fitness & Exercis 10:30 Word Games 11:30 Dance Aerobics 11:50 Chair Exercises 12:00 Social/Lunch COLORAMA 1:30 CLOSE
19. 8:15 Fitness & Exerci 10:30 Word Games 11:30 Dance Aero 12:00 Social/Lunch 1:00 BINGO COLORAMA	20. 8:15 Fitness & Exerci 10:30 Word Games 11:30 Chair Exercises 12:00 Social/Lunch 1:00 CANASTA	21 8:15 Fitness & Exercise 10:30 Word Games 11:30 Dance Aerobics 11:50 Chair Exercises 12:00 Social/Lunch 1:30 MYSTERY	22. 8:15 Fitness & Exercise 10:30 Word Games 11:30 Chair Exercises 12:00 Social/Lunch 1:00 CRAFTS-EC	23. 8:15 Fitness & Exerc 10:30 Word Games 11:30 Dance Aero 11:50 Chair Exercise 12:00 Social/Lunch 1:30 CLOSE
26. 8:15 Fitness & Ex 10:30 Word Gam 11:30 Dance Aero 12:00 Social/Lunc 1:00 BINGO COLORAMA	27. 8:15 Fitness & Exer 10:30 Word Games 11:30 Chair Exercis 11:45 Medicare MP 12:00 Social/Lunch 1:00 CANASTA	28. 8:15 Fitness & Ex 10:30 Word Games 11:30 Dance Aero 12:00 Social/Lunch 1:30 MYSTERY	29. 8:15 Fitness & Exer 10:30 Word Games 11:30 Chair Exercis 12:00 Social/Lunch 1:00 CRAFTS-EC	30. 8:15 Fitness & Exer 10:30 Word Games 11:30 Dance Aero 12:00 Social/Lunch 1:30 CLOSE

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For more Information: RubyShelley 910-654-4423 rshelley@columbusco.org Web:www.columbusco.org