


September 2019

Mon	Tue	Wed	Thu	Fri
2 Labor Day Center Closed	3 Bro. Odom Chair Exercise Table Games	4 Mid Day Prayer Wii	5 Chair Exercise Table Games	6 TBA
9 Sewing Class Crafts	10 Bro. Odom Guess Who? Checkers/ Dominoes	11 St. Paul Line Dancers Mid Day Prayer	12 Golden Age Pot Luck (M.P. Riverfront)	13 TBA
16 Sewing Class Bingo w/AARP	17 Bro. Odom Chair Exercise Card Games	18 Mid Day Prayer Wii	19  Bingo w/ Liz	20 TBA
23 Sewing Class Crafts	24 Bro. Odom Checkers/ Dominoes Ceramics	25 Mid Day Prayer Wii	26 Bingo w/ Krystal	27 Family Feud
30 Sewing Class Crafts				

Making you the best: Mind, Body, & Spirit

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