


## GOSHEN SENIOR CENTER – SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>SENIOR CENTER CLOSED</b></p>	9/4 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 <b>NO LINE DANCING - Valerie is away</b>	9/5 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	9/6 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	9/7 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 <b>Learn to Square Dance: 12:15 – 1:30</b> Poker: 12 – 3 Adult coloring: 1 - 3
9/10 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 <b>*Flu Shot Clinic: 10-12</b> Yoga 10:30 – 11:30 <b>Senior Club Meeting: 1</b>	9/11 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	9/12 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	9/13 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 - 3	9/14 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 <b>Learn to Square Dance: 12:15 – 1:30</b> Poker: 12 – 3
9/17 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 Yoga: 1-2	9/18 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 - 12 Lunchtime yoga: 12:15 - 1:15 Beginners Line Dancing 1:30 – 2:30	9/19 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	9/20 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3	9/21 Yoga: 9:45 -10:45 Osteo exercise: 11 – 12 <b>Learn to Square Dance: 12:15 – 1:30</b> Poker: 12 – 3 Adult coloring: 1 – 3
9/24 Aerobics: 9 – 10 Hooks & Needles: 10 – 12 Yoga 10:30 – 11:30 <b>Senior Club meeting 1</b>	9/25 Happy Hips & Fab Abs for Women: 10-10:45 Osteo exercise: 11 –12 Lunchtime yoga: 12:15-1:15 Beginners Line Dancing 1:30 – 2:30	9/26 Move to be Fit: 9:45-10:45 Computer Q&A: 10 Yoga: 11 - 12 Bridge: 12 - 4 Poker: 12 - 3	9/27 Yoga: 9:30 -10:15 Seated Stretch & Release for seniors: 10:15 Aerobics: 11-12 Poker: 12 – 3 <b>Make &amp; Take Crafts: 12:30 - 3</b>	9/28 Yoga: 9:45- 10:45 Osteo exercise: 11 – 12 <b>Women’s book discussion: 11 – 1</b> <b>Learn to Square Dance: 12:15 – 1:30</b> Poker: 12 – 3

**\*All those interested in getting a flu or pneumonia shot must sign up with Bonnie NO LATER**

**THAN September 7<sup>th</sup> so Walgreens knows how much to bring!**

**BARN DANCE SATURDAY SEPTEMBER 29<sup>th</sup> at 4PM Admission \$10 and advance reservations are required limit to first 60 people!**