

September

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 AM STRETCHING @ SC 9:00 AM HAND & FOOT 12:30 PM MAH-JONGG	2 8:00 AM YOGA @ MT 10:00 AM GUEST SPEAKER FROM COMMUNITY FIRST BANK TOPIC: PREVENTING IDENTITY THEFT 12:30 PM TIC	3 11:00 AM SWHC GUEST SPEAKER: UNDERSTANDING YOUR FOOD LABELS 12:30 PM EUCHRE	4 9:00 AM BALANCE & STRENGTH @ SC
7 LABOR DAY! SENIOR CENTER CLOSED	8 9:00 AM STRETCHING @ SC 9:00 AM HAND & FOOT 12:30 PM MAH-JONGG	9 8:00 AM YOGA @ MT  SPECIAL EVENT 1:00 PM FREE FILM "PIEOWA: A PIECE OF AMERICA" PIE SOCIAL TO FOLLOW 	10 11:00 AM MUSIC WITH LOU OSWALD 12:30 PM EUCHRE	11 NO FITNESS CLASS 9:30 AM MILD COGNITIVE IMPAIRMENT WITH HAILEY FROM ADRC
14 8:00 AM YOGA @ MT 9:30 AM P.A.S.S. MEETING 12:00 PM BRIDGE 12:30 PM CRIBBAGE 12:30 PM DOMINOES \$ PAYMENT DUE FOR LAKE GENEVA DAY TRIP	15 9:00 AM STRETCHING @ SC 9:00 AM HAND & FOOT 12:30 PM MAH-JONGG	16 8:00 AM YOGA @ MT 9:15 AM SCA MEETING 12:30 PM FREE BINGO @ BROSKIE CENTER	17 12:00 PM EUCHRE *EARLY START* 2:45 PM RING BELLS ACROSS AMERICA	18 9:00 AM BALANCE & STRENGTH @ SC 10:30 AM MEMORY CAFE
21 8:00 AM YOGA @ MT 10:45 AM SWHC SPEAKER: BONE HEALTH 12:00 PM BRIDGE 12:30 PM CRIBBAGE	22 9:00 AM STRETCHING @ SC 9:00 AM HAND & FOOT 12:30 PM MAH-JONGG	23 8:00 AM YOGA @ MT 1:00 PM ARBORETUM TOUR (SIGN UP REQUIRED)	24 10:00 AM LUNCH & LECTURE JIM & JEAN PETERS "CHASING THE NORTHERN LIGHTS IN ALASKA & ICELAND" 12:30 PM EUCHRE	25 9:00 AM BALANCE & STRENGTH @ SC
28 8:00 AM YOGA @ MT 12:00 PM BRIDGE 12:30 PM CRIBBAGE 4:00 PM COA MEETING	29 9:00 AM STRETCHING @ SC 9:00 AM HAND & FOOT 12:30 PM MAH-JONGG 12:30 PM \$2 BINGO	30 8:00 AM YOGA @ MT 9:00 AM YOUNG AT HEART SENIOR EXPO AT BELMONT CONVENTION CENTER 12:30 PM LRC DICE GAME		 SENIOR CENTER OF PLATTEVILLE