



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00a-4:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Cards with Jane 1:00 Cardio Drum 1:00 Caregivers Group 2:30	2 9:00a-4:00p Yahtzee 10:00 Pool Players 10:00 Bible Study 11:00 Social Lunch 12:00 Trivia Bingo 12:00 Dominoes 1:00 Cardio Drum 1:00 Tai Chi with Julie 2:30	3 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 2:00 -Big	4 9:00a-4:00p Yahtzee 10:00 Yarn Spinners 10:00 Free Dance 10:00 Pinochle 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 1:00 Tunes @ 2:30 - Cassie
	7 CLOSED 	9 9:00a-4:00p Yahtzee 10:00 Pool Players 10:00 Bible Study 11:00 Social Lunch 12:00 Trivia Bingo 12:00 Dominoes 1:00 Cardio Drum 1:00 Tai Chi with Julie 2:30	10 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00	11 9:00a-4:00p Yahtzee 10:00 Yarn Spinners 10:00 Free Dance 10:00 Pinochle 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 1:00 Tunes @ 2:30 - Tom
14 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Ladies Devotion 11:00 Social Lunch 12:00 Soundtrack 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	15 9:00a-4:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Cardio Drum 1:00 Spice Club 2:00	16 9:00a-4:00p Yahtzee 10:00 Pool Players 10:00 Bible Study 11:00 Social Lunch 12:00 Trivia Bingo 12:00 Dominoes 1:00 Cardio Drum 1:00 Tai Chi with Julie 2:30	17 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Popcorn & Movie 2:00 -Back to the Future	18 9:00a-4:00p Yahtzee 10:00 Yarn Spinners 10:00 Free Dance 10:00 Pinochle 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 1:00 Patriotic Party 4:00
21 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Ladies Devotion 11:00 Social Lunch 12:00 Soundtrack 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	22 9:00a-4:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Cardio Drum 1:00	23 9:00a-4:00p Yahtzee 10:00 Pool Players 10:00 Bible Study 11:00 Social Lunch 12:00 Trivia Bingo 12:00 Dominoes 1:00 Cardio Drum 1:00 Tai Chi with Julie 2:30	24 9:00a-4:00p Strong Bones 10:00 Obie 10:45 Yoga 11:00 Social Lunch 12:00 MoveWell 1:00 Seniors Matter 2:00	25 9:00a-4:00p Yahtzee 10:00 Yarn Spinners 10:00 Free Dance 10:00 Pinochle 11:00 Social Lunch 12:00 Mahjong 12:30 Dominoes 1:00 Move with Vicki 1:00 Tunes @ 2:30 - Rich
28 9:00a-4:00p Yahtzee 10:00 Strong Bones 10:00 Sewing/Quilts 10:00 Ladies Devotion 11:00 Social Lunch 12:00 Soundtrack 12:00 Dominoes 1:00 Move with Marty 1:00 Knit/Crochet 2:00	29 9:00a-4:00p Scale Tippers 9:00 Adv Line Dance 10:00 Beg Line Dance 11:00 Social Lunch 12:00 Dominoes 1:00 Cardio Drum 1:00	30 9:00a-4:00p Yahtzee 10:00 Pool Players 10:00 Bible Study 11:00 Social Lunch 12:00 Trivia Bingo 12:00 Dominoes 1:00 Cardio Drum 1:00 Tai Chi with Julie 2:30		

Medicare Counseling with Cassie

Schedule an open enrollment appointment with certified counselor Cassie to review your 2027 Medicare options. Appointments are also available outside of open enrollment for other questions/concerns.
BY APPOINTMENT ONLY

INSTRUCTOR-LED EXERCISE CLASSES!

Cardio Drumming

Tuesdays & Wednesdays at 1:00 pm with Jen - Get your heart pumping with upbeat music, drumming, and moving. Any level can participate by just grooving and moving, even in a seat.

MoveWell with Colleen & Move with Marty/Vicki

Mondays, Thursdays, and Fridays at 1:00 pm - Work through several different exercises using weights and bands, standing and sitting. A versatile class with a calming cool down.

Strong Bones with Colleen

Mondays & Thursdays at 10:00 am - Repetitive movements with weights, standing, and sitting. Designed to strengthen bodies for better fitness and to improve bone density to prevent osteoporosis.

Tai Chi with Julie

Wednesdays at 2:30 pm - Participants learn to breathe correctly, focusing on how they intake and release air while moving. Concentrating on each movement helps the mind to relax and relieve stress.

Yoga

Thursdays at 11:00 am

Join us for a full mind and body stretching exercise. Beginner-friendly and all abilities are welcome!

Tribute to America Party September 18th

Wear Red, White, and Blue to celebrate your patriotism and the 250th birthday of the USA!

**Oaklawn Bereavement Grief Group
Begins 9/30/26**

**WERQ Dance Exercise
Begins 10/1/26
Register on bulletin board**

SOCIAL KITCHEN!

**September 8th - Budget-friendly cooking
October 13th - Fall Comforts**

SPICE CLUB!

**September 15th - Oregano and Grains of Paradise
October 27th - Pumpkin Spice and Cloves**

New Offerings

- *Ladies Devotional Hour - Monday at 11:00 am - Will follow the devotional "Finding Hope"
- *Soundtrack of our Lives - Monday at 12:00 - reminisce and discuss music and the memories it evokes.
- *Pool Players - Wednesday at 10:00 am - Shoot billiards with others.
- *Bible Study - Wednesday at 11:00 am - join Pastor Cheryl to take a closer look at the Bible.
- *Trivia Bingo - Wednesday at 12:00 - enjoy some trivia intertwined with bingo.
- *Free Dance - Friday at 10:00 am - Enjoy the music you want to hear and dance to. Music by request and you can dance anyway you want, including line dancing. (no lesson, just dance)
- *Tunes at 2:30 - Friday at 2:30 - Music players, karaoke, or music by request. Anyone can dance along, if desired.

Nature in Focus on September 16 from 4-6 pm

Grab your camera and enjoy a delicious meal followed by an interpretive photography nature walk guided by a professional photographer. You will focus on learning how to capture the perfect shot as the colors of fall begin to paint themselves along the WhiteHouse Nature Center trails. FREE!

WhiteHouse Nature Center is located on Farley Drive in Albion. Their hours are Tuesday through Saturday, 9 a.m. to 3 p.m. For more programming information, you can visit their website at naturecenter@albion.edu or their Facebook page at [whitehousenaturecenter](https://www.facebook.com/whitehousenaturecenter).

Funding provided by Calhoun County Senior Millage. To register, call 517-629-3842.