

Monday

Tuesday

Wednesday

Thursday

Friday



# September 2023



- Sponsored by the Senior Club
- ▲ Fee Based Classes
- + Free Seminars & Workshops



7:30 Pickleball ▲ 1  
8:00 Walking Group ●  
9:00 NOCE - Health & Wellness with Eunice  
11:00 Sr Lunch with Reservations  
12:30 NOCE - Fit & Healthy with Kenny

*No Movie Today.*



**CENTER CLOSED**

4  
7:30 Pickleball ▲  
9:00 Hawaiian Dance Lessons ▲  
9:00 NOCE-Staying Mentally Sharp  
10:00 NOCE- Robin's Health & Exercise  
10:30 Belly Dance Lesson ▲  
11:00 Home Safety & Preventing Falls Workshop +  
11:00 Sr. Lunch with Reservation  
6:00 Tuesday Evening Dance ▲

*No Low Intense Interval Training  
No Flow and Slow Yoga  
No Tai Chi Chuan*

5  
8:00 Walking Group ●  
8:30 Farmer's Market  
9:00 Sr. Line Dance Lessons ▲  
11:00 Sr. Lunch with Reservation  
12:30 NOCE - Fit & Healthy with Kenny  
4:00 Karaoke! ●

*No Chair Yoga  
No Tai Chi*

6  
9:00 NOCE- Crocheting & Knitting 7  
9:00 NOCE-Staying Mentally Sharp  
10:30 Korean Folk Singing ▲  
10:45 Grocery Distribution  
11:00 Table Tennis  
11:00 Sr. Lunch with Reservations  
12:00 Festive Fitness with Deena ●  
12:30 Creative Coloring ●  
1:30 Korean Dance ▲  
2:00 It's Your Money Workshop  
4:00 Senior Ukulele

8  
7:30 Pickleball ▲  
8:00 Walking Group ●  
9:00 NOCE - Health & Wellness with Eunice  
10:00 Korean Parkinson Support Group  
11:00 Sr. Lunch with Reservations  
11:00 Grief Support Group  
12:30 NOCE- Fit & Healthy with Kenny  
12:30 Friday Movie - Asteroid City

8:00 Walking Group ●  
9:00 NOCE - Fun and Fitness with Janine  
9:00 Longevity Stick Balance ●  
9:00 Needlecraft Service Group ●  
11:00 Sr. Lunch with Reservation  
11:00 Table Tennis ▲  
12:30 Bingo ●

*No Chair Yoga*

11  
7:30 Pickleball ▲  
9:00 Tai Chi Chuan ●  
9:00 Hawaiian Dance Lessons ▲  
9:00 NOCE-Staying Mentally Sharp  
10:00 NOCE- Robin's Health & Exercise  
10:30 Belly Dance Lesson ▲  
11:00 Sr. Lunch with Reservation  
1:00 Alzheimer's Caregiver Support Group  
6:00 Tuesday Evening Dance ▲

*No Low Intense Interval Training  
No Flow and Slow Yoga.*

12  
8:00 Walking Group ●  
8:30 Farmer's Market  
8:30 Tai Chi Chuan ●  
9:00 Sr. Line Dance Lessons ▲  
11:00 Sr. Lunch with Reservation  
12:30 NOCE - Fit & Healthy with Kenny  
1:00 Museum & More, Cultural Excursions ▲  
4:00 Birthday Karaoke! ●

*No Chair Yoga*

13  
9:00 NOCE- Crocheting & Knitting 14  
9:00 NOCE-Staying Mentally Sharp  
9:00 Community Legal Aid Appointments  
10:30 Korean Folk Singing ▲  
11:00 Sr. Lunch with Reservation  
11:00 Table Tennis ▲  
12:00 Festive Fitness with Deena ●  
12:30 Creative Coloring ●  
1:30 Korean Dance ▲  
2:00 It's Your Money Workshop  
4:00 Senior Drum Circle

15  
7:30 Pickleball ▲  
8:00 Walking Group ●  
9:00 NOCE - Health & Wellness with Eunice  
11:00 Sr. Lunch with Reservation  
12:30 NOCE- Fit & Healthy with Kenny  
1:30 Control Your Cholesterol Workshop +  
2:30pm Crafternoon - Bird Feeder

*No Movie Today.*

8:00 Walking Group ●  
9:00 NOCE - Fun & Fitness with Janine  
9:00 Longevity Stick Balance ●  
9:00 Needlecraft Service Group ●  
10:00 Chair Volleyball  
11:00 Sr. Lunch with Reservation  
11:00 Table Tennis ▲  
12:00 Medicare Counseling - HICAP  
12:30 Bingo ●

*No Chair Yoga*

18  
7:30 Pickleball ▲  
9:00 Tai Chi Chuan ●  
9:00 Hawaiian Dance Lessons ▲  
9:00 NOCE-Staying Mentally Sharp  
10:00 NOCE- Robin's Health & Exercise  
10:30 Belly Dance Lesson ▲  
11:00 Sr. Lunch with Reservation  
11:00 Tech Assistance Appointments  
12:45 Loteria ●  
6:00 Tuesday Evening Dance ▲

*No Low Intense Interval Training  
No Flow and Slow Yoga.*

19  
8:00 Walking Group ●  
8:30 Farmer's Market  
8:30 Tai Chi Chuan ●  
9:00 Sr. Line Dance Lessons ▲  
11:00 Sr. Lunch with Reservation  
12:30 NOCE - Fit & Healthy with Kenny  
4:00 Karaoke! ●

*No Chair Yoga*

20  
9:00 NOCE - Crocheting & Knitting 21  
9:00 NOCE - Staying Mentally Sharp  
10:30 Korean Folk Singing ▲  
10:45 Grocery Distribution  
11:00 Sr. Lunch with Reservation  
11:00 Table Tennis ▲  
12:00 Festive Fitness with Deena ●  
12:30 Creative Coloring ●  
1:00 Senior Club Board Meeting  
1:30 Korean Dance ▲  
2:00 It's Your Money Workshop  
4:00 Senior Sing-a-Long

22  
7:30 Pickleball ▲  
8:00 Walking Group ●  
8:00 Bulletin Collation  
9:00 NOCE - Health & Wellness with Eunice  
11:00 Sr. Lunch with Reservation  
11:00 Grief Support Group  
12:30 NOCE - Fit & Healthy with Kenny  
12:30 Friday Movie - The Guernsey Literary and Potato Pie Society  
4:30 Crafternoon - Bird Feeder

Similar Schedule to September 18th 25  
Exclude:  
12:00 Medicare Counseling - HICAP

Similar Schedule to September 19th 26  
Exclude:  
11:00 Tech Appt  
12:45 Loteria

Similar Schedule to September 20th 27

Similar Schedule to September 21st 28  
In Addition:  
4:00 Senior Drum Circle

Similar Schedule to September 22nd 29  
Exclude:  
2:30 Crafternoons