

September 2018

Senior Activities-YMCA of McDonough County

Monday	Tuesday	Wednesday	Thursday	Friday
3 YMCA Open Noon to 5pm Labor Day Observed Senior Center Closed	4 8:00 Master Builders 11:30 Lunch 12:30 Canasta 4:00 Kneedlers Fall I Classes Begin!	5 10:00 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Pinochle	6 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:00 Pitch Potluck 5:30 Pitch	7 8:00 Pilates w/ Heather 10:00 Balance Stretch Strength 11:30 Lunch
10 8:00 Pilates w/ Heather 10:00 Balance Stretch Strength 11:30 Lunch 2:00 Caregiver Support Group	11 8:00 Master Builders 11:30 Lunch 12:30 Mexican Train 4:00 Kneedlers	12 10:00 Balance Stretch Strength 10:45 Blood Pressure by Western Home Health 11:30 Lunch 12:30 Scrabble and Bridge	13 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	14 8:00 Pilates w/ Heather 9:30 Card Construction Workshop* 10:00 Balance Stretch Strength 11:30 Lunch 1:00 Fun Friday Shooting Pool! 1:30 Rules of the Road*
17 September Birthday Bash! 8:00 Pilates w/ Heather 10:00 Balance Stretch Strength 11:30 Birthday Bash Lunch 12:30 Bingo w/Western Home Health	18 8:00 Master Builders 11:30 Lunch 12:30 Canasta 4:00 Kneedlers	19 10:00 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Pinochle	20 8:00 Master Builders 11:30 Lunch 5:30 Pitch <i>Line Dancing Demo Day</i>	21 8:00 Pilates w/ Heather 10:00 Balance Stretch Strength 11:30 Lunch
24 8:00 Pilates w/ Heather 10:00 Balance Stretch Strength 11:30 Lunch	25 8:00 Master Builders 11:30 Lunch 12:30 Mexican Train 1:00 Kneedlers	26 10:00 Balance Stretch Strength 11:30 Lunch 12:00 A Matter of Balance 12:30 Scrabble and Bridge	27 8:00 Master Builders 11:30 Lunch 1:30 Line Dancing 5:30 Pitch	28 8:00 Pilates w/ Heather 10:00 Balance Stretch Strength 11:30 Lunch
		<u>Water Fitness Classes appropriate for Seniors:</u> M/W/F-Water Workout at 1:30pm T/Th-Water Walking at 9:15am T/Th-Arthritis/Mobility at 10am Seniors 65+ can walk the track for \$1	<u>Phone Numbers for Meal Sites</u> Macomb 837-5733 Bushnell 772-2279 Colchester 776-4366 Industry 255-7626	

*Please register for program/lunch by calling the Senior Center Office at 309-837-5733. If a meal needs to be cancelled please do so by 1pm the preceding day.