

Upcoming Events



**THINK PINK HEALTH
FAIR**

October 2, 2019

9:00 AM - 1:00 PM

With Guest Speaker

Gina Gregory

Sponsored By: Homecare Companions

NIGHTS OF LIGHTS GALA

October 10, 2019

Mobile Regional Senior

Community Center Foundation

Tickets on Sale Soon

HALLOWEEN DANCE

October 18, 2019

5:30 pm– 9:00 pm

DJ WAYNE

In conjunction with

Homecare Companions

Better Business Bureau

Fraud Seminar

October 25

9:00am-10:00am



Mobile Duplicate Bridge

Sectional Tournament

October 25-27



251.208.6212

Monday	Tuesday	Wednesday	Thursday	Friday
Sept 2 	Sept 3 Country Fried Steak Shepherd Pie Mashed Potatoes Collards Black eye Peas	Sept 4 Hamburger Steak Fried Pork Chops Mashed Potatoes Steamed Cabbage Mixed Veggies	Sept 5 Roast Pork Grilled Tenders Mac N Cheese Green Beans Sweet Potato Soufflé	Sept 6 Fried Fish Chicken Spaghetti Rice Baked Beans Cheese Grits
Sept 9 Hamburger Steak Grilled Tenders Mashed Potatoes Turnips Black eye Peas	Sept 10 Fried Pork Chop Chicken Pot Pie Mac N Cheese Broccoli Rice/Gravy	Sept 11 Meat Loaf Chicken Spaghetti Brussels sprouts Mixed Veggies Cream Potatoes	Sept 12 Lasagna Fried Chicken Tenders Red Potatoes Carrots English Peas	Sept 13 Fried Fish Roast Pork Green Beans Cheese Grits Baked Beans
Sept 16 Baked Fish Grilled Tenders Mashed Potatoes Large Lima Beans Turnip Greens	Sept 17 Beef Stroganoff Fried Pork Chops Steamed Cabbage Rice Mac N Cheese	Sept 18 Liver/Onions Fried Tenders Broccoli Mashed Potatoes Baby Lima Beans	Sept 19 Greek St Leg Quarters Hamburger Steak Mashed Potatoes Collards Carrots	Sept 20 Fried Fish Gumbo/Rice Green Beans Baked Beans Cheese Grits
Sept 23 Grilled Chicken Tenders Red Beans/Rice Black eye Peas Yam Patties Collard Greens	Sept 24 Roast Pork Salmon Patties Loaded Potatoes Steamed Broccoli Mix Veggies	Sept 25 Salsa Chicken Hamburger Steak Cream Potatoes Steamed Cabbage Corn	Sept 26 Meat Loaf Smothered Pork Chops Mac N Cheese Mashed Potatoes English Peas	Sept 27 Fried Fish Beef Stroganoff Brussel Sprouts Baked Beans Cheese Grits
Sept 30 Country Fried Steak Grilled Tenders Large Lima Beans Turnips Mixed Veggies				

Hours of Operation
Monday –Friday
11:00 a.m. - 1:30 p.m.

September Newsletter

National Senior
 Center Month
 FRIDAYS

MONDAYS	
8:10 a.m.	Body Sculpting II
8:30	Bible Study
9:30	Chair Fitness
9:45	Beading Buddies
10:00	Beginning Drawing
10:00	Fitness Basic 101/ Carl
11:00	Water Aerobics
12:30p.m.	Scheduled Dominoes
1:00	Open Art
2:00	Pickle Ball
4:00	Circuit Training

TUESDAYS	
8:30	Step Aerobics
9:00	Beginner Quilting 3and 17
9:00	Rook 3 and 17
9:00	Interval Training with Carl
9:30	Stretch and Relax
10:00	Open Art
10:00	Chess
10:30	Water Aerobics
2:00p.m.	Guitar
3:30	Boom Mind
4:00	ZUMBA GOLD
4:00	Chair Supported Yoga

WEDNESDAYS	
8:00 a.m.	Boom Mind
8:30	Quilting
8:30	Circuit Training
9:00	Acrylic
9:30	Strength & Flexibility
10:00	Fitness Basic 101/Carl
1:00 p.m.	Open Art
1:00	40 min With WAYNE
1:45	Beginner Line Dancing
2:45	Intermediate Line Dancing
3:00	Italian
4:00	Line Dancing w/Carla

THURSDAYS	
8:30	Step Aerobics
9:00	Crochet (Room B)
9:00	Hillcrest Writer's Group
9:30	Dance with Mary
10:00	Chess
11:00	Bible Study
11:00	Water Aerobics
12:30	Wii Bowling
12:30	Loom Knitting
12:30	Dominoes
12:30	Beginner Tai Chi
1:00	Oil Painting
1:00	Tai Chi
3:30	Body Fusion *NEW*
4:00	Zumba Gold
4:00	Chair Yoga

8:00 a.m.	Yoga
8:10	Body Sculpting
9:00	Art
9:30	Stretch and Relax
11:30	Scheduled Bridge
1:00 p.m.	Open Art
3:00	Pickle Ball

Lobby Events 11:00am—1:00pm	
September 4	Crowne Health Care
September 5	Healthcare Resource Center
September 12	Pine Crest Funeral Home Area Agency on Aging
September 18	Rebound Rehab
September 19	AIDS Alabama Comfort Keepers
September 20	Humana Market Pointe Radney Funeral Home
September 26	Cigna Health Springs

Health Checks	
September 13	Wal-Mart Flu shots
September 18	Infirmiry Cancer Care Cancer Screening

Sponsored B I N G O 2:30	
September 5	Healthcare Resource Center
September 10	Humana Market Pointe
September 17	Infirmiry Homecare
September 19	First Light Homecare
September 24	Crowne Health Care
September 26	Community Insurance Partners

Special Outings	
September 7th 9:00am Grandparent's Day Bring the Grandkids or come enjoy a splash with us to Celebrate Medal of Honor Park Splash Pad	
Catholics Social Services Emergency Assistance for Utility Bills September 26 10:00am - 1:00pm *See Front Desk for Details*	

Birthday Rally September 13 12:00pm Sponsored by: Kindred Hospice	
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Matter of Balance Managing Concerns about Falls. September 9—October 14 Sign Up @ Front Desk	
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GET TO KNOW YOUR STAFF SOCIALS 1:00 pm – 2:00 pm	
September 19 Talk like a Pirate Day	
September 25 Health & Fitness Day	
September 26 National Piano Day <i>Come Hear Live Tunes</i>	

Seminars	
<u>Rec Desk 101</u> Come See the New Database and get your new key card 9am-11am Daily	
<u>Humana Medicare 101</u> September 13 9:30am - 11:00am	
<u>Pine Crest Funeral Home Lunch and Learn</u> September 18 11:00am - 12:45pm	

Sponsored Socials 12:00pm – 2:00pm	
September 5 Family Security Credit	
September 18 New York Life	
September 23 Fall Preventions Day Area Agency on Aging	

Monthly Tournaments	
<u>Billiard</u> September 12 9am - 2:30pm	
<u>Wii</u> September 19 12:00pm University Oaks	