



Calendar of Activities - September 2024				
Monday - September 2	Tuesday - September 3	Wednesday - September 4	Thursday - September 5	Friday - September 6
 <p>Labor Day CENTER IS CLOSED</p>	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 9:00-11:00a Native American Food As Medicine 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongq 11:30a-1:30p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Shosh Decorating 6:00-7:00p Senior Tabata	6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Morning Ceramics 10:00-11:00a Peer Support 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-2:00p Medicare 101 1:00-2:30p Senior Scam Awareness 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Spanish for Beginners 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - September 9 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9:10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	Tuesday - September 10 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 9:00-11:00a Native American Food As Medicine 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongq 11:30a-1:30p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Shosh Decorating 6:00-7:00p Senior Tabata	Wednesday - September 11 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00a-12:00n Morning Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	Thursday - September 12 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Support Group for Dementia 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	Friday - September 13 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Spanish for Beginners 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - September 16 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	Tuesday - September 17 7:00-8:00a Zumba Chair 8:00-10:00a Newsletter Folding 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 9:00-11:00a Native American Food As Medicine 10:00-11:00a Peer Support 10:00-11:00a VETERANS BINGO 10:00a-12:00n American Mah-jongq 11:30a-1:30p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Shosh Decorating 6:00-7:00p Senior Tabata	Wednesday - September 18 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00-11:00a Drop-in Ping Pong (on patio) 9:00a-12:00n Drop-In Crafters 10:00-11:00a Grief Support 10:00a-12:00n Morning Ceramics 10:15-11:15a Traditional Exercise 10:30-11:45a Top Dollar Music 12:00-4:00p Bridge 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	Thursday - September 19 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:00-12:00p JOLLY TIMES 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	Friday - September 20 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Spanish for Beginners 6:30-7:30p Beginning Karate 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - September 23 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	Tuesday - September 24 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:30-11:30a Pinochle 9:00-10:00a Book Club 9:00-10:00a Blood Pressure Check 9:00-11:00a Native American Food As Medicine 10:00-11:00a Peer Support 10:00-11:00a Bingo 10:00a-12:00n American Mah-jongq 11:30a-1:30p Make & Take 1 12:30-4:00p Interm./Advanced Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art 2:30-3:30p Yoga 3:30-4:30p Beginning Karate 5:00-7:00p Shosh Decorating 6:00-7:00p Senior Tabata	Wednesday - September 25 6:00-6:45a Fast Fitness 8:00-10:00a Drop-in Art 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 9:00a-12:00n Drop-In Crafters 10:00-11:00a Grief Support 10:00a-12:00n END OF SUMMER BASH 10:00a-12:00n Morning Ceramics 10:15-11:15a Traditional Exercise 12:00-4:00p Bridge 1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics 5:00-8:00p Karaoke Night	Thursday - September 26 6:00-6:45a Fast Fitness 7:00-8:00a Zumba Chair 8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics 11:30a-12:30p Aerobic Kickboxing 12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise 1:30-2:30p Mixed Media Art 2:30-3:30p Yoga 3:00-6:00p Make & Take 2 3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	Friday - September 27 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold 10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music 12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot 1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 5:00-6:00p Meditation 5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Spanish for Beginners 6:00p - CLOVIS LIONS SPAGHETTI DINNER 6:30-7:30p Beginning Karate 7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
Monday - September 30 8:00-8:45a Walking Workout (at Rec. Center) 8:30-9:30a Tai Chi Beginning Basics 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr) 9:00a-12:00n Mexican Train 10:00a-12:00n Drop-in Ping Pong 10:15-11:15a Traditional Exercise 11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training 1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief 3:00-5:00p Pre-Beginning Line Dance 3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing 5:30-7:30p Easy Creative Garden Painting 7:00-9:00p Intermediate Couples Dance	<p style="text-align: center;">THE SEPTEMBER LUNCH MENU IS AVAILABLE FOR PICK UP AT THE FRONT COUNTER</p> 			<p style="text-align: center;">NOTE: THIS CALENDAR DOES NOT INCLUDE ALL ACTIVITIES AND EVENTS OFFERED AT THE SENIOR CENTER. SEE THE NEWSLETTER FOR ADDITIONAL INFORMATION.</p>