

SEPTEMBER ACTIVITY CALENDAR 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Labor Day	2 9:30 Wii Bowling No Chair Yoga 12:30 Cards/Games	3 9:30 Morning Movie "The Help" 12:30 BINGO	4 9:30 Wii Bowling 12:00 Nutrition Report w/Angie 12:30 Cards/Games	5 10:00 Fast Track 11:45 Highs/Lows 12:15 Wii/Cards/Games
8 9:30 Wii Bowling 12:00 "Trip Down Memory Lane" 12:30 Cards/Games	9 9:30 Wii Bowling 9:30-12:00 Blood Pressure Clinic 10:30 Chair Yoga 12:00 Health Talk 12:30 Cards/Games	10 9:30 Wii Bowling 9:30-11:30 Crafts 12:00 Info Talk w/Evelyn "Dancing at Lake Robbins Ballroom" 12:30 BINGO	11 9:30 Wii Bowling 12:00 Info Talk w/Bev "Fall Planting and Decorating Ideas" 12:30 Cards/Games	12 10:00 Fast Track 11:45 Highs/Lows 12:15 Wii/Cards/Games Wii Bowling Tourney in Urbandale 8:30-4:00pm
15 9:30 Wii Bowling 12:00 Food of the Month "Sweet Potatoes" 12:30 Cards/Games	16 9:30 Wii Bowling 10:30 Chair Yoga 12:30 Cards/Games Evening—Polk County Volunteer Recognition Event	17 9:30 Wii Bowling 10:45 Music w/Marilyn 12:00 Senior Medicare Patrol 12:30 BINGO	18 9:30 Wii Bowling 12:00 Monthly Talk w/Mike 12:30 Cards/Games	19 10:00 Fast Track 11:45 Highs/Lows 12:15 Wii/Cards/Games
22 9:30 Wii Bowling 12:00 Fun writing "Burma Shave Signs" 12:30 Cards/Games	23 9:30 Wii Bowling 10:30 Chair Yoga 12:00 Top Health 12:30 Cards/Games	24 9:30 Wii Bowling 9:30-11:30 Crafts 12:00 Senior Moment w/Grace "Her Sewing Handiwork" 12:30 BINGO	25 Closed for Church Lunch	26 10:00 Fast Track 11:45 Highs/Lows 12:15 Wii/Cards/Games
29 9:30 Wii Bowling 12:00 Fun writing "Burma Shave Signs" 12:30 Cards/Games	30 9:30 Wii Bowling 10:30 Chair Yoga 12:30 Cards/Games		Rene' Leppert Site Coordinator 515-986-5747	Grimes Senior Center 410 SE Main St Grimes, IA 50111 Lunch served at 11:30

