

**Johnston/Polk County Senior Center**  
**6300 Pioneer Parkway, Johnston IA 50131**  
**Phone 515-251-3707**

**SEPTEMBER ACTIVITY CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 PickleBall  9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>2</b> 9:00 Tennis  10 Silver Sneakers  11:30 Bridge 1:00 Games	<b>3</b> 9:00 PickleBall  9:00 ZUMBA Gold <i>(SMP)</i> 1:00 Games	<b>4</b> <b>7</b> 9:00 Tennis Health Maintenance Clinic 9:00 to 1:00 12:45 Bingo
<b>7</b> 9:00 Tennis  10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	<b>8</b> 9:00 PickleBall  9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>9</b> 9:00 Tennis “Sew-cial” <i>(sewing-quilting )</i> 10:0 to 3:00 10 Silver Sneakers 11:30 Bridge 1:00 Games	<b>10</b> 9:00 PickleBall 9:00 ZUMBA Gold  <u>News U can Use</u> <i>(following lunch)</i> 1:00 Games	<b>11</b> 9:00 Tennis Eyerly-Ball <i>(following lunch)</i>  12:45 Bingo
<b>14</b> 9:00 Tennis Johnston Senior Adv. Board 10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	<b>15</b> 9:00 PickleBall  9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>16</b> 9:00 Tennis 10 Silver Sneakers 11:30 Bridge 1:00 Games Senior Fun Night 6:30 to 9:30	<b>17</b> 9:00 PickleBall  9:00 ZUMBA Gold <u>Nutrition News</u> <i>(following lunch)</i> 1:00 Games	<b>18</b>  9:00 Tennis  12:45 Bingo
<b>21</b> 9:00 Tennis  10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	<b>22</b> 9:00 PickleBall  9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>23</b> 9:00 Tennis “Sew-cial” <i>(sewing-quilting )</i> 10:0 to 3:00 10 Silver Sneakers 11:30 Bridge 1:00 Games	<b>24</b> 9:00 PickleBall  9:00 Zumba Gold  1:00 Games	<b>25</b> 9:00 Tennis  12:45 Bingo
<b>28</b> 9:00 Tennis  10:00 to 3:00 Caring Hands of Johnston <i>(knit-crochet-sew)</i>	<b>29</b> 9:00 PickleBall  9:30 Mah Jongg  YOGA 9:30 & 10:45	<b>30</b> 9:00 Tennis  10 Silver Sneakers  11:30 Bridge 1:00 Games		