

SEP 2026

Healthy Aging Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	Aloha 04	05
		Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM	Wellness Wed. Brain Game 8AM Chair Exercise 8:30AM S Line Dance 9AM Arts/Crafts 1PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 11AM	SEA Fun Friday! Brain Games 8AM CRK Bingo 10AM Board Games 1PM	
06	07 Blood Pressure	08 Chip&Dip	09	10	11	12
Grandparent day	Labor day Center Closed	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM	Wellness Wed. Brain Game 8AM Chair Exercise 8:30AM S Line Dance 9AM Arts/Crafts 1PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 11AM	SEA Staff Training Center Closed	
13	14	15	16 Green Day	17 Citizen Day	18	Birthdays
	Brain Game 8AM Planting 8:30AM Yoga 9:30AM Finance Lit 10AM Fran U Nurses	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM	Wellness Wed. Brain Game 8AM Chair Exercise 8:30AM S Line Dance 9AM Arts/Crafts 1PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 11AM	SEA Fun Friday! Brain Games 8AM CRK Bingo 10AM Board Games 1PM B Day Celebration	Barbara B. - 2 Wanda B. - 6 Tracey B. - 7 Brenda B. - 8 Christine B. 13 Joseph B. - 14 Rhonda R. - 14 Phillip M. 16 James V. 23
20	21 Alzheimer Day	22	23	24	25 Swap Meet	
	Brain Game 8AM Planting 8:30AM Yoga 9:30AM Finance Lit 10AM Fran U Nurses	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM	Wellness Wed. Brain Game 8AM Chair Exercise 8:30AM S Line Dance 9AM Arts/Crafts 1PM	Brain Game 8AM Tech Class 9AM Beyond Bingo 10:30AM Fitness 11AM	SEA Fun Friday! Brain Games 8AM CRK Bingo 10AM Board Games 1PM SEA MEETING	
27	28	29 Heart Day	30			
	Brain Game 8AM Planting 8:30AM Yoga 9:30AM Finance Lit 10AM Fran U Nurses	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10:30AM SMP - 10:30AM	Wellness Wed. Brain Game 8AM Chair Exercise 8:30AM S Line Dance 9AM Arts/Crafts 1PM			

NOTES:

Kelly Senior Center

Monday ~ Friday Daily Schedule
8:00AM - 9:30AM - Coffee & Conversation
9:30AM - Inspirational Words
11:30AM - 1:00PM Lunch



Charles R.

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Hours - 8:00AM - 3:30PM