

SEP 2026

Healthy Aging Month



"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	MOB04	05
		Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10AM	Wellness Wed. Brain Game 8AM Fitness 11AM Pokeno/Arts&Crafts 12:30PM	Brain Game 8AM Tech Class 9AM Zumba 10AM Beyond Bingo 12:30PM	SEA Fun Friday! Brain Game 8AM Board Game 10AM Pokeno/Art&Crafts 12:30PM	
06	07 Blood Pressure	08	09	10	11	12
Grandparent day	Labor day Center Closed	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10AM	Wellness Wed. Brain Game 8AM Fitness 11AM Pokeno/Arts&Crafts 12:30PM	Brain Game 8AM Tech Class 9AM Zumba 10AM Beyond Bingo 12:30PM	SEA Staff Training Center Closed	
13	14	15	16	17 Citizen Day	MOB18	Birthdays
	Brain Game 8AM Financial Lit. 9AM Yoga 10:30AM Pokeno/Arts&Crafts	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10AM	Wellness Wed. Brain Game 8AM Fitness 11AM Pokeno/Arts&Crafts 12:30PM	Brain Game 8AM Tech Class 9AM Zumba 10AM Beyond Bingo 12:30PM	SEA Fun Friday! Brain Game 8AM Board Game 10AM Pokeno/Art&Crafts 12:30PM B Day Celebration	Sandra J. - 4 Carol J. - 5 Gloria D. - 6 Lorraine C. - 9 Gwendolyn - 19 Bertica C. - 22 Patricia M. - 23 Raphael R. - 25 Carla T. - 26
20	21 Alzheimer Day	22	23	24	MOB25	
	Brain Game 8AM Financial Lit. 9AM Yoga 10:30AM Pokeno/Arts&Crafts	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10AM	Wellness Wed. Brain Game 8AM Fitness 11AM Pokeno/Arts&Crafts 12:30PM	Brain Game 8AM Tech Class 9AM Zumba 10AM Beyond Bingo 12:30PM	SEA Fun Friday! Brain Game 8AM Board Game 10AM Pokeno/Art&Crafts 12:30PM SEA MEETING	
27	28	29 Heart Day	30			
	Brain Game 8AM Financial Lit. 9AM Yoga 10:30AM Pokeno/Arts&Crafts	Brain Game 8AM SEA MEET 8:15AM Nutritional Ed. 9AM SEA Bingo 10AM	Wellness Wed. Brain Game 8AM Fitness 11AM Pokeno/Arts&Crafts 12:30PM			

NOTES: Senior Center

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



Leo S. Butler

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Hours: 8:00AM - 3:00PM