

# Newburgh Senior Center Activities

## September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day  (Closed)	2 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Bingo-Leslye-Sterling House	3 *10:30 Yoga with "O" *Noon-Bingo-Cypress Grove *12:45 Kazoo Practice	4 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise	5 *11:00 Arthritis Stretch *Noon-Musical Guest	6
7	8 *11:00 Exercise *Noon-Clabber Club	9 *10:00 Knit & Crochet *10:30 Exercise-Lisa Messel-Woodlands *Noon-Bingo-Laura-Around the Clock Care <b>*5:30 Celebrity Chef</b>	10 *10:30 Yoga with "O" *Noon-Rummikub *2:30 – Kazoo @ Newburgh Healthcare	11 *9:30, 10:00 Tai Chi *Noon-BBB - Jackie *12:30 SWIRCA Exercise	12 *11:00 Arthritis Stretch *Noon-Bingo-Bell Oaks -Jessica	13
14	15 *11:00 Exercise *Noon-Clabber Club	16 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Card Making with Jane	17 *10:30 Yoga with "O" *Noon-Bingo-Sarah-Woodlands *12:30 Sjogren's Group	18 *9:30, 10:00 Tai Chi *12:30 SWIRCA Exercise *2:30 Kazoo @ Woodlands	19 *11:00 Arthritis Stretch *Noon-Bingo *Walgreens Flu Shot clinic here today 9:30 to 1pm	20
21	22 *11:00 Exercise *Noon-Clabber Club	23 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Bingo-Chloe-Reliable Adult Care	24 *10:30 Yoga with "O" *Noon-Bingo-Justine-River Pointe	25 *9:30, 10:00 Tai Chi *Noon- "Hypertension" – Southern Care *12:30 SWIRCA Exercise	26 *11:00 Arthritis Stretch *Noon-Bingo-Signature-Mackenzie	27
28	29 *11:00 Exercise *Noon-Clabber Club	30 *10:00 Knit & Crochet *11:00 Arthritis Stretch *Noon-Rummikub				