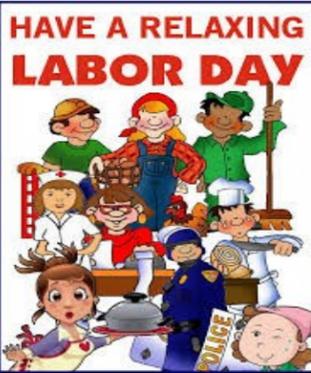


September

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LET'S DO LUNCH! The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlSeniorcenter.com</p> 	<p>OFFSITE SUPPORT GROUPS 9/12 10:00 Parkinson's Support Group- Aurora Health Care 9/13 8:30 Prostate Cancer Support Group-Rolling Meadows Family Rest. 9/20 4:00 Diabetic Support Group at Aurora Health Care Center</p> <p>** All Orange Events are held Offsite</p> <p>Open Pool daily except during league playing time.</p>	<p>1 9:00 Senior Outreach 9:00 Hand Chimes –No Rehearsal 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's—Boda's 12:30 Bridge 1:00 Flying Geese Quilters 1:00 Tech Tyme 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club</p> <p>Happy Travelers Trip-Fireside Theatre "Singin' in the Rain"</p>	<p>2 9:00 Self Defense 10:00 Memory Cafe 10:00 Balance and Body Movement 11:00 Balance and Body Movement</p> <p>12:30 Wii Bowling 1:15 Sheepshead 1:30 Game Day</p> <p>3 Saturday 4 Sunday</p>	
<p>5 Center Closed</p> 	<p>6 8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class</p> <p>12:30 Bridge 1:00 Bingo-Sponsor: Lutheran Home 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Jim & Linda's Social at 5:30</p>	<p>7 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 12:00 Canasta 12:30 Movie—"The Intern" 1:00 Recreational Sheepshead 1:15 Sheepshead</p> <p>3:30 Sewing Class 7:30 Wed Night Dance</p>	<p>8 9:00/10:30 Yoga 9:00 Foot Care 9:00 Hand Chimes 9:00 Senior Outreach Advisory 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 1:00 Tech Tyme 1:30 Aging Mastery Program 3:30 Melodies and Memories Choir 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitchers Happy Travelers Trip leaves for Colorado Rail Adventure</p>	<p>9 9:00 Self Defense 9:00 Health Screenings 9:00 Hearing Screening/Hearing Aid Cleaning 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement 12:30 Wii Bowling 1:15 Sheepshead 1:30 Game Day</p> <p>10 Saturday 10:00 Beg. Country Line Dance</p>
<p>12 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming</p> <p>5:30 Zumba Gold 5:30 FDL Artist Association</p>	<p>13 8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing Class 10:00 Bike Ride—Wild Goose Trail 12:30 Bridge 1:00 Volunteer Fair 1:00 Bingo-Sponsor: Manor Care 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class</p> <p>6:00 Winnebago Woodworkers 6:00 Coin Club 6:30 Senior Dining-Schrieners Social at 5:30</p>	<p>14 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:00 MPTC-Internet Security/Your Computer 9:30 Staff Meeting 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 1:00 Recreational Sheepshead 1:00 Advance Planning with Atty. Michael Blum 1:15 Sheepshead 3:30 Sewing Class</p> <p>7:30 Wed Night Dance</p>	<p>15 9:00/10:30 Yoga 9:00 Hand Chimes 9:00 Foot Care 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge</p> <p>12:30 Bridge 1:00 Tech Tyme 1:30 AARP 1:30 Aging Mastery Program</p> <p>5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook</p>	<p>16 9:00 Self Defense 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement</p> <p>12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day 5:00 Supper Club—TJ's Harbor 5:00 Social; 5:30 Dinner</p> <p>17 Saturday 10:00–2:00 Gift Shop Open 10:00 Beg. Country Line Dance</p> <p>18 Sunday</p>
<p>19 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club</p> <p>12:30 Movie—"The Intern" 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming</p> <p>5:30 Zumba Gold</p>	<p>20 8:00 Skat 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 MPTC-Pinterest Interests 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Singing Class 12:30 Bridge 1:00 Bingo-Sponsor: ResCare HomeCare 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 1:30 Red Hats at Ashwood Grove Club Hs 2:00 Beginning Card Making 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers at Horace Mann High School 6:30 Senior Dining-Sunset on the Waters—Social at 5:30</p>	<p>21 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheepshead 1:00 Meet the Author, Karl Stewart of "The Seventh Cruise" 1:15 Sheepshead 3:30 Sewing Class</p> <p>7:00 Stamp Club 7:30 Wed Night Dance</p>	<p>22 9:00/10:30 Yoga 9:00 Foot Care 9:00 Hand Chimes 10:00 Hiking 10:00 Beginning Bridge</p> <p>12:30 Bridge 1:00 Tech Tyme 1:00 SALT/TRIAD 1:30 Aging Mastery Program</p> <p>5:45 TOPS #0566 6:00 Country Line Dancing 6:30 Alzheimer's Support Group</p>	<p>23 9:00 Self Defense 9:00 Friends Board 9:00 MPTC-Setting Up Facebook Profile 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement 12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day</p> <p>24 Saturday 10:00 Beg. Country Line Dance</p> <p>25 Sunday</p>
<p>26 8:00 Newsletter Assembly 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club</p> <p>1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming</p> <p>5:30 Zumba Gold</p>	<p>27 8:30 Pool League 8 Ball 8:00 Skat 8:00 Will Planning and Creation 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Massage 10:00 Singing Class 12:30 Bridge 1:00 Bingo-Sponsor: Hospice Adv 1:00 Stitchery Group 1:00 Recreational Bid Euchre 1:00 Drawing & Watercolor Class 2:00 Community Cares @ Brookdale 3:00 Mixed Media Art Class 6:00 WinnWoodworkers @ Horace Mann 6:30 Senior Dining-Peebles Grille</p>	<p>28 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise</p> <p>12:00 Hand & Foot 1:00 Recreational Sheepshead 1:15 Sheepshead 1:00 Umbrella Brigade Practice 2:00 Umbrella Brigade at Artisan Assisted Living 7:30 Wed Night Dance</p> <p>Happy Travelers Trip-Memories Theatre "Cookin' with Gus"</p>	<p>29 9:00/10:30 Yoga 9:00 Hand Chimes 10:00 Hiking 10:00 Beginning Bridge</p> <p>12:30 Bridge 1:00 Tech Tyme 1:30 Aging Mastery Program 2:00 National Senior Center Month Party and Happy Travelers 2017 Trip Reveal</p> <p>5:45 TOPS #0566</p>	<p>30 9:00 Self Defense 9:00 Connecting on Facebook 10:00 Red Hat Chorus 10:00 Balance and Body Movement 11:00 Balance and Body Movement</p> <p>12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day</p>