


September

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> 	<p>4 9:30 Coffee & bakery</p> <p>10:15 Dominoes game</p> <p>11-1 Aging & Disability Specialist Satellite Office</p> <p>11:30-12:30 Lunch</p>	<p>5 9:30 Coffee & bakery</p> <p>10:30-11:15 Zumba Gold \$5 or \$25 per session</p> <p>11:30-12:30 Lunch</p>	<p>6 9:30 Coffee & baker</p> <p>11:30-12:30 Lunch</p> <p>12:30- 1:15 BINGO</p>	<p>7 9:30 Coffee & bakery</p> <p>10:30-11:15 Chair Yoga \$10 or \$50 per session</p> <p>11:30-12:30 Lunch</p>
<p>10 9:30 Coffee & bakery</p> <p>9:30 Coloring and Conversation (KPL)</p> <p>11:30-12:30 Salad bar lunch</p> <p>12:30 Painting Pinecones (KPL)</p>	<p>11 9:30 Coffee & bakery</p> <p>10:15-11:15 Wii bowling game</p> <p>11-1 Aging & Disability Specialist Satellite Office</p> <p>11:30-12:30 Lunch</p>	<p>12 9:30 Coffee & bakery</p> <p>10:30-11:15 NEW SESSION Zumba Gold \$5 or \$25 per session</p> <p>11:30-12:30 Lunch</p>	<p>13 9:30 Coffee & bakery</p> <p>10:15-11:15 Crossword Puzzle</p> <p>11:30-12:30 Lunch</p> <p>1-3 Creative minds: Express Yourself with Tatsiana O'Neil Paint IT class \$10</p>	<p>14 9:30 Coffee & bakery</p> <p>10:30-11:15 Chair Yoga \$10 or \$50 per session</p> <p>11:30-12:30 Lunch</p> <p>12:30-2:30 Chair or foot massage \$5 - 10 minutes session</p>
<p>17 9:30 Coffee & bakery</p> <p>10:30 Book Discussion (KPL) "Victoria & Abdul by Shrabani Basu</p> <p>11:30-12:30 Salad bar lunch</p> <p>12:30 Movie "Victoria & Abdul"</p>	<p>18 9:30 Coffee & bakery</p> <p>10:15 Rebus For You</p> <p>11-1 Aging & Disability Specialist Satellite Office</p> <p>11:30-12:30 Lunch</p> <p>12:30-1:30 Chair massage \$5 - 10 minutes session</p>	<p>19 9:30 Coffee & bakery</p> <p>10:30-11:15 Zumba Gold \$5 or \$25 per session</p> <p>11:30-12:30 Lunch</p>	<p>20 9:30 Coffee & bakery</p> <p>10:15-11:15 Dominoes game</p> <p>11:30-12:30 Lunch</p> <p>1-2 Guest Speaker Bryant Hazard "History of AL Ringling"</p>	<p>21 9:30 Coffee & bakery</p> <p>10:30-11:15 Chair Yoga \$10 or \$50 per session</p> <p>11:30-12:30 Lunch</p>
<p>24 9:30 Coffee & bakery</p> <p>9:30-12:30 Painting on wood quilt block by Maday \$10</p> <p>10:00 Writing workshop (KPL)</p> <p>11:30-12:30 Salad bar lunch</p> <p>12:30 Farkle dice game</p>	<p>25 9:30 Coffee & bakery</p> <p>10:15 Crossword Puzzle</p> <p>11-1 Aging & Disability Specialist Satellite Office</p> <p>11:30-12:30 Lunch</p> <p>12:30-2:00 Handcraft project by Nadia Meyer \$10</p>	<p>26 9:30 Coffee & bakery</p> <p>10:30-11:15 Zumba Gold \$5 or \$25 per session</p> <p>11:30-12:30 Lunch</p>	<p>27 9:30 Coffee & bakery</p> <p>11:30-12:30 Lunch</p> <p>12:30-1:15 BINGO</p>	<p>28 9:30 Coffee & bakery</p> <p>10:30-11:15 Chair Yoga \$10 or \$50 per session</p> <p>11:30-12:30 Lunch</p>

Activities are subject to change on occasion .

- ♦ **“Express Yourself” by Tatsiana O’Neil Paint IT class.** Everything you need to complete a painting .
Sign up for this class by phone or in person. **\$10**
- ♦ **Chair Yoga by Andrea Henry** 6 weeks session **\$10** per class OR **\$50** per 6 weeks session.
- ♦ **Zumba Gold by Erika Gerhardt** Low impact activity , 6 weeks session,
\$5 per class OR **\$25** per 6 weeks session.
- ♦ **Chair massage or foot massage by Mary Karls** 10 minutes session **\$5**
- ♦ **Chair Back massage mini session by Katy Carter** 10 minutes session **\$5**
- ♦ **Handcraft project by Nadia Meyer** . All materials included.
Sign up for this class by phone or in person **\$10**
- ♦ **PAINTING ON WOOD, quilting block craft by Maday** All materials included to complete the wood
quilt. Sign up for class by phone or in person **\$10**
- ♦ **Guest Speaker Bryant Hazard** “History of AL Ringling”
- ♦ Mondays are activities with KPL - Kilbourn Public Library

**Transportation to/from “Senior Gathering Center” available for
Lake Delton and Wisconsin Dells residents.**

CALL FOR DETAILS 608-355-3278