



September 2022

| MONDAY                                                                                                           | TUESDAY                                                                        | WEDNESDAY                                                               | THURSDAY                                                                              | FRIDAY                                                        |
|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Call 989-465-6216 or visit us online at <a href="http://SeniorServicesMidland.org">SeniorServicesMidland.org</a> |                                                                                |                                                                         | 1 Random Acts of Kindness Recognized<br>Exercise with Tracey 10:45                    | 2 Labor Day Celebration<br>Music with Paul Wilkinson 11:00 am |
| 5 Center Closed for Labor Day                                                                                    | 6 Exercise with Tracey 10:45<br>Friendly Folks Meeting 12:15 pm                | 7 Euchre Tournament 12:15                                               | 8 National School Picture Day – bring a school picture!<br>Exercise with Tracey 10:45 | 9 Celebrate Patriot Day – Remember our Heroes                 |
| 12 Celebrate Grandparent's Day – Story/Picture Share<br>Bunko 12:15 pm                                           | 13 Exercise with Tracey 10:45                                                  | 14 Blood Pressure Clinic 10:30-noon<br>Fun Bingo 12:15 pm               | 15 Exercise with Tracey 10:45<br>Shuffleboard After Lunch                             | 16 Music With Dale Hafer at 11:00 am                          |
| 19 Bunko 12:15 pm                                                                                                | 20 Flu Shot Clinic – Open to All Ages 9:00-12:00<br>Exercise with Tracey 10:45 | 21 Euchre Tournament 12:15                                              | 22 Exercise with Tracey 10:45<br>Shuffleboard After Lunch                             | 23 Checker's Day – Play Checkers With Us!                     |
| 26 Bunko 12:15 pm                                                                                                | 27 Exercise with Tracey 10:45<br>Corn Hole After Lunch                         | 28 Invite Your Neighbor for Neighboring Week<br>Centerpiece Décor Craft | 29 Exercise with Tracey 10:45<br>Shuffleboard After Lunch                             | 30 Birthday & Anniversary Party with ice cream & cupcakes!    |

Meals are available Monday-Friday at 11:30 am. Please call 989-465-6216 by 9 am the day you would like to reserve a meal.

**Regularly Scheduled Programs:**  
*Daily Coffee*  
*Social 9:00-10:30 am*  
*Daily Puzzles, Cards & Billiards*  
*Bunko Mondays at 12:15 pm*

*Please cancel your reservation if anyone in your household is sick.*

## Activity Descriptions

Thurs, Sept 1 • Random Acts of Kindness Recognized

Fri, Sept 2 • Labor Day Celebration, Music with Paul Wilkinson at 11:00 am

Tues, Sept 6 • Friendly Folks Meeting 12:15 pm

Wed, Sept 7 • Euchre Tournament 12:15 pm

Thurs, Sept 8 • National School Picture Day - bring yours

Fri, Sept 9 • Celebrate Patriot Day – Remember Our Heroes

Mon, Sept 12 • Celebrate Grandparent's Day, Bunko

Wed, Sept 14 • Blood Pressure Clinic 10:30-noon, Bingo 12:15

Fri, Sept 16 • Music 11:00 am

Mon, Sept 19 • Bunko 12:15 pm

Tues, Sept 20 • Flu Shot Clinic 9-12

Wed, Sept 21 • Euchre 12:15 pm

Wed, Sept 28 • Invite Your neighbor for Neighboring Week

Fri, Sept 30 • Birthday & Anniversary Party with Ice Cream & Cupcakes

*Join us for Monday Bunko; Tues. & Thurs. for Exercise. Try all of our other activity options!*



**Coleman Center**  
 415 E Webster • Coleman  
 (989) 465-6216  
[SeniorServicesMidland.org](http://SeniorServicesMidland.org)