



SENIOR SERVICES

Greendale Center Activities

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call 989-832-8683 or visit us online at SeniorServicesMidland.org			1	2 Otago Exercise Program Labor Day Celebration Play a Game of Pool
5 Center Closed for Labor Day	6	7 Blood Pressure Clinic 10:30-12:00 Bingo with Prizes	8	9 Otago Exercise Program Music of Windsong with George Eagle
12 Make Homemade Caramel Sauce – RSVP by Sept. 9	13	14 Flu Shot Clinic for All Ages 11:00-1:00 Bingo with Prizes	15	16 Otago Exercise Program Play a Game of Pool
19 Bowling in our own Bowling Alley Myra’s Exercise 9:30	20	21 Bingo with Prizes Birthday & Anniversary Celebration	22	23 Otago Exercise Program Work on our Puzzle
26 Cards – Play your favorite card games with us! Myra’s Exercise 9:30	27	28 Bingo with Prizes	29	30 Otago Exercise Program Bowling

Meals are available Monday, Wednesday and Friday at 11:30 am. Please call 989-832-8683 by 9 am the day you would like to reserve a meal.

Regularly Scheduled Programs:

- Chair Exercise with Myra 9:30 am on Mondays
- OTAGO Exercise Program with CMU College of Medicine 10:00 am Fridays: Build strength & prevent falls!
- Daily Walking, Cards

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-10:50 am					OTAGO

Activity Descriptions

Fri, Sept 2 | Celebrate Labor Day, Play Pool

Wed, Sept 7 | Blood Pressure Clinic 10:30-12:00, Bingo

Fri, Sept 9 | Windsong Music

Mon, Sept 12 | Make Caramel Sauce, RSVP by Sept 9

Wed, Sept 14 | Flu Shot Clinic 11-1 for all ages, Bingo

Mon, Sept 19 | Bowling, Exercise with Myra

Wed, Sept 21 | Birthday & Anniversary Celebration with a treat for all, Bingo

Wed, Sept 28 | Bingo

Otago Exercise Program on Fridays; walking inside or on outside trails is always available to stay healthy and in good shape!



Greendale Center

4011 W Isabella Rd • Shepherd
(989) 832-8683

SeniorServicesMidland.org