

September 2024



SENIOR SERVICES

Greendale Center Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day All Centers Closed	3 Senior Theatre Cast 9 am Craft- Hanging Porch Décor 10 am	4 Cardio Drum 9:30 am BP Clinic 10:30-12:00 Bingo at 10:45 am Pickle Ball at 12 pm	5 Woodworking Club Presentation with Harold at 10 am	6 OTAGO Exercise 10am Nickel Bingo 10:45am Pickle Ball at 12 pm
9 Myra's Exercise 9:30 Line Dancing 12:30-1:30 pm	10 Senior Theatre Cast 9 am Craft- Primitive No- Sew Sunflower 10 am Mobile Secretary of State 10-1:00	11 Cardio Drum 9:30 am Guitarist Mark DeNolles at 10 am Health Assistance Talk at 11 am Pickle Ball at 12 pm	12 Woodworking Club Presentation with Harold at 10 am	13 OTAGO Exercise 10am Nickel Bingo 10:45am Pickle Ball at 12 pm
16 Myra's Exercise 9:30 Line Dancing 12:30-1:30 pm	17 Senior Theatre Cast 9 am Craft- Toilet Paper Pumpkins 10 am	18 Cardio Drum 9:30 am Assorted Cards & Euchre Pickle Ball at 12 pm	19 Come play cards with us! 9 am Woodworking Club at 11 am	20 OTAGO Exercise 10am Nickel Bingo 10:45am Pickle Ball at 12 pm
23 Myra's Exercise 9:30 Consumer's Energy Efficiency Talk 10:00 Line Dancing 12:30-1:30 pm	24 Senior Theatre Cast 9 am Craft- Pine Cone Kissing Ball 10 am	25 Neighboring Week Celebration 10 am Cardio Drum 9:30 am Bingo at 10:45 am Pickle Ball at 12 pm	26 Come play cards with us! 9 am Woodworking Club at 11 am	27 OTAGO Exercise 10am Nickel Bingo 10:45am Flu/COVID Vaccination Clinic 11-1:00 Pickle Ball at 12 pm
30 Myra's Exercise 9:30 Line Dancing 12:30-1:30 pm	Call 989-832-8683 or visit us online at SeniorServicesMidland.org Variety of Fall Crafts • Tuesdays 10 am - Please register supplies are limited, call 989-832-8683			

Fitness Classes: No class Sept 2. To register for OTAGO call 989-774-1350 or 989-774-2715 Email: fallprevention@cmich.edu.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10 am	Exercise		Cardio Drumming		
12:30-1:30 pm	Line Dancing				OTAGO

Activity Descriptions

Tues, Sept 3 • Senior Theatre Cast 9 am and Craft - Hanging Porch Decor, Recycled Cans and Beads 10 am.

Wed, Sept 4 • Blood Pressure Clinic 10:30 am, Bingo 10:45 am.

Thurs, Sept 5 • Learn How to Use Woodworking - Leigh Machinery.

Presentation with Harold Berg 10 am.

Tues, Sept 10 • Senior Theatre Cast 9 am and Craft - Primitive No-Sew Sunflower Art 10 am and Mobile Secretary of State 10 am-1 pm.

Wed, Sept 11 • Guitarist Mark DeNolles 10:30 am and Health Benefits Assistance with Grace Daines at 11 am.

Thurs, Sept 12 • Learn to Use Woodworking - Leigh Machinery Presentation with Harold Berg 10 am

Tues, Sept 17 • Senior Theatre Cast 9 am and Craft - Toilet Paper Pumpkins 10 am.

Mon, Sept 23 • Energy Smart Seniors with Consumers Energy 10 am. Free Giveaways!

Tues, Sept 24 • Senior Theatre Cast practice 9 am and Craft - Pine Cone Kissing Ball 10 am.

Wed, Sept 25 • Bingo 10:45 am, Neighboring "Week" Celebration and Birthday/Anniversary Celebration 10 am.

Fri, Sept 27 • Flu and COVID-19 Vaccination Clinic 11 am-1 pm

Meals are available Monday- 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 Mondays
- **Cardio Drumming** Wednesdays at 9:30 am
- **OTAGO Exercise Program with CMU College of Medicine** 10:00 am Fridays: Build strength & prevent falls!
- Daily Walking, Cards
- Pickle ball at 12pm Wednesday and Friday

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



Greendale Center

4011 W Isabella Rd • Shepherd

(989) 832-8683

SeniorServicesMidland.org