



SENIOR SERVICES

Mills Center Activities

September 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| 2 Labor Day All Centers Closed | 3 Exercise with Natalie 10:45 am – 11:15 am Emergency Medical Systems 12:15 pm | 4 Exercise with Natalie 10:45 am – 11:15 am Nickel Bingo 12:15 Seasonal Treats | 5 <i>Silver Sneakers Class</i> offered by North Family Center 1:00-1:55pm | 6 Exercise with Natalie 10:45 am – 11:15 am Energy Smart Seniors 12:30 |
| 9 <i>Silver Sneakers Class</i> offered by North Family Center 9:00- 9:55 am | 10 Exercise with Natalie 10:45 am – 11:15 am Live Entertainment with Paul Wilkinson | 11 Exercise with Natalie 10:45 am – 11:15 am Health Benefits Assistance 12:00 pm | 12 <i>Silver Sneakers Class</i> offered by North Family Center 1:00-1:55pm | 13 Exercise with Natalie 10:45 am – 11:15 am Building Midland's Hospital 12:15 pm |
| 16 <i>Silver Sneakers Class</i> offered by North Family Center 9:00- 9:55 am | 17 Exercise with Natalie 10:45 am – 11:15 am BP Clinic 11:30-1pm Friendly Folks Meeting | 18 Sweating the Oldies- Tribute to Richard Simmons 10:45- 11:15 am | 19 <i>Silver Sneakers Class</i> offered by North Family Center 1:00-1:55pm | 20 No Exercise Yahtzee! Bring a Neighbor for Ice Cream |
| 23 <i>Silver Sneakers Class</i> offered by North Family Center 9:00- 9:55 am | 24 Exercise with Natalie 10:45 am – 11:15 am Euchre Joint Pain with Renee PT 12:15 | 25 Exercise with Natalie 10:45 am – 11:15 am Building Emotional Resiliency 12:15 | 26 <i>Silver Sneakers Class</i> offered by North Family Center 1:00-1:55pm | 27 Exercise with Natalie 10:45 am- 11:15 am Flu/COVID Vaccination Clinic 11-1:00 pm Birthday/Anniversary Party After Lunch |
| 30 <i>Silver Sneakers Class</i> offered by North Family Center 9:00- 9:55 am | <p>Call 989-282-1622 or visit us online SeniorServicesMidland.org</p> <p>*All Activities starting at 12:15 unless otherwise noted*</p> | | | |

Meals are available Tuesday, Wednesday and Friday at 11:30 am. Please call 989-282-1622 by 9 am the day you would like to reserve a meal.

Regularly Scheduled Programs

Three Things in a Bag Activity every Friday after lunch unless otherwise noted. Let's get to know each other! We are taking turns sharing three things and are important to us. Call or come in for more details.

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

Activity Descriptions

***Tues, Sept 3** • Emergency Medical Systems with the Mills Township Fire Department.

Wed, Sept 4 • Nickel Bingo!

Fri, Sept 6 • Energy Smart Seniors with Consumers Energy.

Tues, Sept 10 • Live Entertainment with Paul Wilkinson.

Wed, Sept 11 • Health Benefits Assistance with Amy Pentkowski 12pm.

Fri, Sept 13 • Building Midland's Hospital with Floyd Andrick.

Tues, Sept 17 • BP Clinic, Friendly Folks Board Meeting.

Wed, Sept 18 • Sweating with the Oldies tribute to Richard Simmons!

Fri, Sept 20 • Yahtzee! Bring in a neighbor for Ice Cream!

Tues, Sept 24 • Joint Pain and Mobility with Renee Physical Therapy.

Wed, Sept 25 • Thriving Through Turbulence: Building Emotional Resiliency, by Kathy Snyder of Midland Area Wellbeing Coalition.

Fri, Sept 27 • Flu & COVID-19 Vaccine Clinic 11 am-1 pm, Birthday/Anniversary Party - Cake and Ice Cream Social after Lunch



Mills Center

2601 E Shearer Rd • Midland
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SeniorServicesMidland.org