

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

Leroy Rogers Senior Center (229) 391-3979

|   |   |   |   |   |  |  |   |
|---|---|---|---|---|--|--|---|
|   |   |   |   |   |  | 1<br>10am Errand Day   | 2 |
| 3   | 4<br><b>CLOSED IN OBSERVANCE OF LABOR DAY</b><br><small>Labor Day</small>           | 5<br>9am *Exercise<br>10am *Computer Class  | 6<br>9am *Line Dance<br>10am *Bible Study<br>10:15 *Chair Yoga<br><b>1pm Bridge</b> | 7<br>9am Exercise<br>10am Nutrition Education<br><b>12pm Kiwanis</b>  | 8<br>10am BINGO (LRSC Seniors ONLY)<br>   | 9  |   |
| 10<br><br><small>Grandparents Day</small>    | 11<br>9am *Exercise<br>10am "Dedication" "Minister Hill"<br>10:15 *Chair Yoga       | 12<br>9am *Exercise<br>10am Crafts w/Kim<br> | 13<br>9am *Exercise<br>10am *Bible Study<br>10:15 *Chair Yoga<br><b>1pm Bridge</b>  | 14<br>9am Exercise<br>10am Medicare Open Enrollment   | 15<br>10am *Dining with Diabetes Luncheon<br><b>7pm SELF</b><br><small>Rosh Hashanah Begins</small><br> | 16<br><small>Oktoberfest Begins</small>  |   |
|    | 18<br>9am *Exercise<br>10am *Dementia Friends<br>10:15 *Chair Yoga                  | 19<br>9am *Exercise<br>10am Games w/Nicole<br><b>Happy Birthday Verian &amp; Christine</b>                                    | 20<br>9am *Exercise<br>10am *Bible Study<br>10:15 *Chair Yoga<br><b>1pm Bridge</b>  | 21<br>9am *Exercise<br>10am Medication Management<br><b>12pm Kiwanis</b><br> | 22<br>10am JINGO (LRSC Seniors ONLY)   | 23<br><br><small>Autumn Begins</small> |   |
| 24<br><br><small>Yom Kippur Begins</small> | 25<br>9am *Exercise<br>10am *Alzheimer's Education & Behaviors<br>10:15 *Chair Yoga | 26<br>9am *Exercise<br>10am Crafts w/Tasha (LRSC Seniors ONLY)  | 27<br>9am Exercise<br>10am Bible Study<br>10:15 Chair Yoga<br><b>1pm Bridge</b>     | 28<br>9am *Exercise<br>10am BINGO (LRSC Seniors ONLY)   | 29<br>10am *Singing w/Deloris<br><br><small>Sukkot Begins</small>                                     | 30<br>                                |   |