

SEPTEMBER 2025

Monday – Friday ~ 8 a.m. to 5 p.m.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Card Games 8:00 a.m. Materials for Education 8:00a.m. Chair Yoga 8:30 a.m. Dominos 8:30 a.m. Word Games 9:30 a.m. Morning Walk 10 a.m. Current Events 10 a.m. “News Article” Computer Class 10:30 a.m. Bingo 12 p.m.		Card Games 8:00 a.m. Materials for Education 8:00 a.m. Dominos 8:30 a.m. Blood Pressure 9:30 a.m. Bible Study 10 a.m. Morning Walk 10 a.m. Current Events 10 a.m. “News Article” Jazzco Line Dance 12:30 p.m. Square Dance 7 p.m.		Chair Yoga 8:30 a.m. Materials for Education 8:00 a.m. Dominos 8:30 a.m. Trivia 9:30 a.m. Morning Walk 10 a.m. Current Events 10 a.m. “News Article” Zumba Gold 10:30 a.m. Computer Class 12 p.m. Ballroom Dancing 7 p.m.		Blood Pressure 9:30 a.m. Materials for Education 8:00 a.m. Dominos 8:30 a.m. Bible Study 10 a.m. News Article 10 a.m. “News Article” Morning Walk 10 a.m. Bingo 12 p.m.		Chair Yoga 8:30 a.m. Word Games 9:30 a.m. Morning Walk 10 a.m. Zumba Gold 10:30 a.m. Bingo 12 p.m.	
AVAILABLE DAILY: Adult Coloring, Card Games, Computer Lab, Dominoes, Hidden Picture, Billiards, Walking, Word Puzzles, & Educational Topics BREAKFAST: Tuesday-Thursday 8:30 a.m. LUNCH: 11:30 a.m.									
1 CENTER CLOSED IN OBSERVANCE OF LABOR DAY		2 National Senior Center Month! “Recognizing the vital role centers play in enhancing the lives of older adults and strengthening communities” Northwest Behavioral Health Presentation 9 a.m. Crochet Class 10 a.m. Arlington Heights Elementary-School Supply Drive		3 Frances Padgett Site Council Meeting 10 a.m. Field Trip: Aldi’s 10 a.m. Bingo with Melanie from Archwell Health 12 p.m.		4 Field Trip: AHEC FALLS FREE FESTIVAL Jim Fortuna Senior Center 10:30 a.m.		5 New Spanish Class 10 a.m.	
8 Zumba 10:30 a.m.		9 Frances Padgett Participant Meeting 11 a.m. Crochet Class 10 a.m.		10 Field Trip: Jim Fortuna Senior Center 10 a.m. (Encompass Health Exercise Class) Bunko 12 p.m. CENTER CLOSES EARLY FOR CAS MEETING		11 American Care Presentation with Arts and Crafts 10 a.m.		12 End of Summer Celebration “Pizza Provided by Archwell Health” 10:30 a.m.	
15 Field Trip: TJ Maxx 10 a.m.		16 Frances Padgett Spirit Day “Oldies But Goodies” Chair Balloon Bad Mitten, Fun activities and Games 9:30 a.m. Spirit Stick Display 10 a.m.		17 Field Trip: Bridge the Gap 9:30 a.m. (Food Commodities) Trivia with Archwell Health 12 p.m.		18 Food Pantry and Presentation w/Nelson of CarePlus 10 a.m.		19 Spirit Week Center Unity! Field Trip: Benny Furlong Senior Center “Potluck Luncheon” 10 a.m.	
22 Zumba 10:30 a.m.		23 Captel Closed Captioned Phone's Presentation and Bingo 10 a.m.		24 Nutrition Education with Dietitian Sharon 10 a.m. Topic - " Food Sources of Fiber"		25 Field Trip: Walmart Supercenter 10 a.m. CENTER CLOSES AT 3:00 SENIOR SERVICES OPEN HOUSE SOUTHSIDE CENTER 5:30 – 7:30		26 Site Council Breakfast Fundraiser 8:30 a.m.	
29 Morning Movie 9:30 a.m.		30 Archwell Health Educational Class and Presentation 10:30 a.m. “Food Provided”							