

SEPTEMBER 2023 Activities **EXCELSIOR SPRINGS SENIOR CENTER** 630-5955

MON	TUE	WED	THU	FRI
	<p>White Elephant B-I-N-G-O! Bring a FUN trinket or USEFUL prize to put into the Community Bingo Chest. Bring a prize, win a prize and play BINGO!</p>	<p>CRAFT CLUB Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects. Learn to crochet & knit, too!</p>	<p>Tech Tutor 9/21 9:30-11:30am Mid-Content Public Library will teach you features on your smartphone, tablet or laptop. Sign up for a 1:1 appointment to ask and learn your tech.</p>	<p>1 BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket!</p>
<p>4 CLOSED LABOR DAY</p>	<p>5 Wii Bowling 9-11am </p>	<p>6 RED WEDNESDAY  KICKOFF PARTY!  10:ish </p>	<p>7 RED GAMEDAY  COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>8 BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket! Education on Flu Safety w/ Angela Ochoa 11:35am</p>
<p>11 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy exploring music with your friends. 🎵</p>	<p>12 Wii Bowling 9-11am </p>	<p>13 CRAFT CLUB 9-11am</p>	<p>14 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>15 RED FRIDAY  BINGO! 10-11am Fraud Safety w/ Clay Co. Prosecuting Attorney Zachary Thompson 11:35am</p>
<p>18 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:30am</p>	<p>19 ??Mystery Party?? ??? DOMINOES (after lunch) </p>	<p>20 CRAFT CLUB 9-11am</p>	<p>21 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Tech Tutor 9:30-11:30am Outreach by Mid-Continent Public Library</p>	<p>22 RED FRIDAY  BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket!</p>
<p>25 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy exploring music with your friends. 🎵</p>	<p>26 White Elephant Bingo 10-11am Bring a prize to put into the Community Chest!</p>	<p>27 CRAFT CLUB 9-11am</p>	<p>28 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Update on Thrive Excelsior w/ Kim Halfhill 11:35am</p>	<p>29 RED FRIDAY  BINGO! 10-11am Birthday Celebration!</p>

SENIOR FITNESS CLASSES

Daily on weekdays in the Group Exercise Room, sponsored by Clay County Senior Services. Free for all residents over the age of 60.

Silver Shadowboxing 7:15-7:45 Aging Effortlessly 10:00	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Zumba Silver 7:15-7:45	Silver Strong 7:15-7:45 Stretch & Restore 8:00	Silver Yoga 7:15-7:45 Drum Fit 9:00
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