

September 2022 Activities **EXCELSIOR SPRINGS SENIOR CENTER** 630-5955

| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| | | | 1 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am | 2 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am |
| 5 CLOSED  HAPPY LABOR DAY | 6 Cardio Drums! 7:15-7:45 (GroupEx Room) Wii Bowling 9-11am  | 7 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am Listening Session about Senior Needs w/ Laura Mize of ES Neighborhoods 11:35am | 8 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am | 9 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am RED FRIDAY PARTY! 11:00am Wear RED or Chiefs!  |
| 12 Silver Strong 7:15-7:45 (GroupEx Room) Wii Bowling 9-11am  | 13 Cardio Drums! 7:15-7:45 (GroupEx Room) COLORING Like A Kid Again 9:00-11:30am | 14 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am | 15 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am | 16 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am |
| 19 Silver Strong 7:15-7:45 (GroupEx Room) COLORING Like A Kid Again 9:00-11:30am | 20 Cardio Drums! 7:15-7:45 (GroupEx Room) Wii Bowling 9-11am  Suicide Awareness and Prevention Presented by Senior Life Solutions 11:35am | 21 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am | 22 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC MAKERS 9:00-10:30am | 23 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am Outpatient Services: Big City Services with a Small Town Feel w/ ES Hospital 11:35am |
| 26 Silver Strong 7:15-7:45 (GroupEx Room) Wii Bowling 9-11am  | 27 Cardio Drums! 7:15-7:45 (GroupEx Room) COLORING Like A Kid Again 9:00-11:30am TRIVIA MASTERS TUESDAY 10:30am | 28 Zumba Silver 7:15-7:45 (GroupEx Room) CRAFT CLUB 9-11am | 29 Gentle Yoga 7:15-7:45 (GroupEx Room) COUNTRY MUSIC 9-10:30am Medication Disposal w/ Tina Cook of ES Hospital 11:35am | 30 Silver Strong 7:15-7:45 (GroupEx Room) BINGO! 10-11am Birthday Celebration! |