

OCTOBER 2024 Activities EXCELSIOR SPRINGS SENIOR CENTER 630-5955

MON	TUE	WED	THU	FRI
<p>White Elephant B-I-N-G-O! 10/29 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>1 Wii Bowling 9-11am </p>	<p>2 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>3 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>4 BINGO! 10-11am Trivia with Tina Tina of ES Hospital 11:35am</p>
<p>7 RED GAMEDAY COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am</p>	<p>8 Wii Bowling 9-11am </p>	<p>9 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>10 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>11 BINGO! 10-11am Excelsior Springs Hospital Lab Presents 11:35am</p>
<p>14 🎵 Music with Rachelle 🎵 10:00-11:00am Social Services presents Aging in Place & Long Term Care Planning 11:35am</p>	<p>15 Wii Bowling 9-11am  DOMINOES (after lunch) </p>	<p>16 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>17 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵 Tech Tutor 9:30-11:30am</p>	<p>18 RED FRIDAY BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket!</p>
<p>21 COLORING Like A Kid Again Bring your work of art, no matter the medium. Adult coloring, art, even diamond painting! Coloring supplies provided. 9:00-11:00am</p>	<p>22 Wii Bowling 9-11am </p>	<p>23 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>24 COUNTRY MUSIC MAKERS 9:00-10:30am 🎵 Live Bluegrass band! 🎵</p>	<p>25 RED FRIDAY BINGO! 10-11am Treats, Pantry Items and a BLACKOUT Bucket! Birthday Celebration!</p>
<p>28 🎵 Music with Rachelle 🎵 10:00-11:00am 🎵 Come enjoy music 🎵 with your friends</p>	<p>29 White Elephant B-I-N-G-O! 10am</p>	<p>30 CRAFT CLUB 9-11am Bring your current craft project to show the club! Socialize with other crafters, show us your technique and work on your projects.</p>	<p>31 🎃 🎃 🎃 🎃 🎃 Halloween! Party starts 10:ish! Costumes encouraged!</p>	<p>Tech Tutor 10/17 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>

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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