

NEW CASTLE SENIOR CENTER
SEPTEMBER
WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Billiards 10:00 Wii Bowling 12:00 Lunch 12:00 Mah Jongg 1:00 Chair Yoga	9-3:00 Billiards 10:00 Bingo 10:30 Shanghai 12:00 Lunch 12:30 Wii Bowling 1:00 Strength Building/Exercise	9-3:00 Billiards 11:00 Line Dancing 12:00 Lunch 1:00 Agility/Balance/Coordination Class	9-7:00 Billiards 9:30 Bridge 10:00 Wii Bowling 10:00 Games w/Tom 12:00 Lunch 12:30 Super Market 1:00 Wii Bowling 1:00 Zumba Gold 2:15 Tai Chi/Qi Gong 2:30 Bible Study 5:30 Yoga	9-3:00 Billiards 10:00 Bingo 10:00 Mah Jongg 10:30 Beginner's/Arthritis Exercise 12:00 Lunch

SEPTEMBER MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CENTER CLOSED LABOR DAY	9:30 Haircuts	10:00 Nutrition Ed.: <i>"Meal Planning/ Cooking for One"</i> 10:00 Chair Yoga 10:00 Pinochle 1:30 YMCA Diabetes Prevention Program	9:00 Bank & PO 12:30 Food Lion No bible study 5:00 Potluck Dinner	12:30 Brain Boosters
9	10	11	12	13
10:00 Bingo	12:30 Pokeno	11:00 Board Games 11:15 Lunch out: Portofino's	9:30 Massages 10:00 CareWear (date change) 12:30 Shop Rite	12:00 Entertainment: Suzette Pritchett and Root Beer Floats
16	17	18	19	20
10:00 Cigna: <i>"How to Recognize & Deal w/ Emotional Stress"</i> 10:30 Book Club 11:00 Reminisce Group	1:30-2:30 Diabetes Education	9:00-1:00 AARP Driver Safety Refresher Class 10:00 Pinochle 10:00 Blood Work 10:00 Podiatrist: <i>"What's Wrong with My Foot?"</i>	9:00 Bank & PO 10:00 Blood Pressure Screenings 12:30 Food Lion 4:30 Old is Not Easy	12:30 New Castle Farmer's Market
23	24	25	26	27
10:00-12:00 Health Fair	12:30 Food Distribution 1:30 Diabetes Educ.	8:00 Trip to Rehoboth Beach 1:00 Bazaar Meeting	9:00 Stand by Me 12:30 Shop Rite 4:00 Movie Night	12:30 Dollar Store
30				
10:00 Adult Coloring 10:00 Cornhole 12:15 Birthday Celeb 12:30 Brain Boosters				