

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Check in with membership card starting September 1</p> 		9:00 Pickleball 1 9:00 Happy Feet 10:00 Bean Bags 10:00 Book Club #1 1:00 Bingo	8:00 Men's Golf 2 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 1:00 Music Jams 5:30 Pickleball	9:00 Walking Club 3 9:00 Pickleball 9:15 Wii™ Bowling 10:00 The ABCs of Tai Chi 10:30 Bocce Ball 11:00 Tai Chi for Health 1:00 Quilting Group	8:15 Yoga 4 9:00 Pickleball 1:00 Social Painting	
6	Heritage Center Closed 	7 9:00 Pickleball 8 10:00 Bean Bags 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Active Adults Advisory Comm. Mtg. (virtual-Zoom) 5-9 Driver Safety Class (4-hr.)	9 8:00 Men's Golf 9 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 1:30 & 2:15 Outdoor Music - Antlers Park 5:30 Pickleball 	10 9:00 Walking Club 10 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 The ABCs of Tai Chi 10:00 No Flexibility & Strength 10:30 Bocce Ball 11:00 Tai Chi for Health 11:00 No Bodyweight Strength Training	11 8:15 Yoga 9:00 Pickleball 1:00 Tatting 1:00 Social Painting	12 Gift Shop in Heritage Center is open weekdays 8:30 a.m.-2:30 p.m. 
13	9:00 Walking Club 14 9:15 Wii™ Bowling 9:30 Knitting 11:00 Hearing Screening  Fitness Center Re-opens Today (by appointment only)	15 9:00 Pickleball 10:00 Bean Bags 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Bingo	16 8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 11:00 Legal Advice 12:30 Bocce Ball 1:00 Music Jams 5:30 Pickleball	9:00 Nature Walk-Valley Lake Park 17 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi 	18 8:15 Yoga 9:00 Pickleball 1:00 Social Painting	19 8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
20	9:00 Walking Club 21 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	22 9:00 Pickleball 10:00 Wii™ Bowling Learning Session 10:00 Bean Bags 10:00 Creative Writing (virtual-Zoom) 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training	23 8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	9:00 Walking Club 24 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Flu Shots 10:00 Motorcycle Ride 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi 	25 8:15 Yoga 9:00 Pickleball 1:00 Social Painting	26
 Metro Dining Cards for sale at Heritage Center & City Hall Just \$25 per box	27 9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	28 9:00 Pickleball 29 10:00 Bean Bags 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training	30 8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	<div style="border: 2px dashed red; padding: 10px; text-align: center;"> Day Old Bread available Mon-Fri, from 10:45 a.m. to 2:30 p.m. </div>		



October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
		<div style="border: 2px dashed black; padding: 5px; background-color: #FFD700;"> Day Old Bread Available Monday-Friday, from 10:45 a.m. to 2:30 p.m. </div>		9:00 Walking Club 1 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi	8:15 Yoga 2 9:00 Pickleball 1:00 Social Painting						
4	9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	5	9:00 Pickleball 6 9:00 Happy Feet 10:00 Bean Bags 10:00 Book Club #1 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Bingo 5-9 Driver Safety Class (4-hr.)	7	8:00 Men's Golf 8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 1:30 Music Jams 5:30 Pickleball	8	9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi	9	8:15 Yoga 9:00 Pickleball 1:00 Tatting 1:00 Social Painting	10	
11	9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	12	9:00 Pickleball 13 10:00 Bean Bags 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Active Adults Advisory Comm. Mtg (virtual-Zoom)	14	8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 10:00 Flu Shots  12:30 Bocce Ball 5:30 Pickleball	15	9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:00 Quilting Group 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi	16	8:15 Yoga 9:00 Pickleball 1:00 Social Painting	17	
18	9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	19	9:00 Pickleball 20 10:00 Bean Bags 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training 1:00 Bingo	21	8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 11:00 Legal Advice 12:30 Bocce Ball 1:30 Music Jams 5:30 Pickleball	22	9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Motorcycle Ride 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi	23	8:15 Yoga 9:00 Pickleball 1:00 Social Painting	24	8:30 a.m.-12:30 p.m. Driver Safety Class (4-hr.)
25	9:00 Walking Club 9:15 Wii™ Bowling 9:30 Knitting 10:00 S.S. Strength & Balance 11:00 S.S. Strength & Balance	26	9:00 Pickleball 27 10:00 Bean Bags 10:00 Creative Writing 10:00 Flexibility & Strength 11:00 Bodyweight Strength Training	28	8:15 Yoga 9-12 Line Dancing (virtual-Zoom) 9:00 Ladies Golf 9:30 Health Angels Biking 9:30 Wheel Friends Biking 12:30 Bocce Ball 5:30 Pickleball	29	9:00 Walking Club 9:00 Pickleball 9:15 Wii™ Bowling 10:00 Flexibility & Strength 10:30 Bocce Ball 11:00 Bodyweight Strength Training 1:15 Tai Chi for Health 2:00 The ABCs of Tai Chi	30	8:15 Yoga 9:00 Pickleball 1:00 Social Painting	31	
											