

## VALLEY WEST CENTER ACTIVITES SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>CLOSED</b>  <b>Labor Day</b>	3 8:00 Games/Cards <b>10:30 Sing-Along</b> With Gene V.	4 8:00 Socialization 9:00 Walk N Roll Exercise	5 8:00 Socialization 9:00 Crafts 11:00 Bingo	6 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	7
8 	9 8:00 Games/Cards <b>10:30 Chair Tai Chi</b> 11:30 Crafts Afternoon Chit Chat	10 <b>Western Day</b> 8:00 Games/Cards <b>10:30 Western Sing-Along</b> with Gene V. <b>*wear your Western attire*</b>	11 8:00 Socialization 9:00 Walk N Roll Exercise <b>10:30 Table Games</b>	12 8:00 Socialization 9:00 Crafts <b>10:30 Back to School Party</b>	13 8:00 Socialization 9:00 Stretching Exercise 10:00 Coloring	14
15	16 8:00 Games/Cards <b>10:30 Chair Tai Chi</b> 11:30 Crafts Afternoon Chit Chat	17 9:30 <b>Your Nutrition with Lori</b> <b>10:30 Sing-Along</b> with Gene V. 11:00 Crafting Activity	18 8:00 Socialization 9:00 Walk N Roll Exercise <b>11:00 Show &amp; Tell</b>	19 8:00 Socialization 11:00 Site Council <b>Birthday Celebration</b>	20 8:00 Socialization 9:00 Stretching Exercise 10:00 <b>Coloring Contest</b>	21
22	23 8:00 Games/Cards <b>10:30 Chair Tai Chi</b> 11:30 Crafts Afternoon Chit Chat	24 8:00 Games/Cards <b>10:30 Sing-Along</b> With Gene V. 11:00 Crafting Activity	25 8:00 Socialization 9:00 Walk N Roll Exercise <b>10:00 Crazy Hat Day</b>	26 8:00 Socialization <b>11:00 Grocery Bingo with Wesley</b> <b>Blood Pressure Checks</b>	27 9:00 Stretching Exercise 10:00 Coloring <b>11:00 Simple Ideas for Cooking, Cleaning,</b>	28
29	30 8:00 Games/Cards <b>10:30 Chair Tai Chi</b> 11:30 Crafts Afternoon Chit Chat			<b>Baby Picture Contest</b> Starts Sept 2 <sup>nd</sup> Ends Oct 1 <sup>st</sup> <b>*bring in your baby pic*</b>		
		Check us Out	On Facebook	<a href="http://www.facebook.com/ywcaseniorcenter">www.facebook.com/ywcaseniorcenter</a>		