

ONSTED SENIOR CITIZEN CENTER
 AMERICAN LEGION, ONSTED, MICHIGAN
 TAMI HINDES - CENTER DIRECTOR
 8:30 - 2:30 MON - WED - THUR
 PHONE: 467-6917

PROGRAM AND NEWSLETTER



WE BEGIN SERVING LUNCH
 AT 11:30

AUGUST 2017

MONDAY	WEDNESDAY	THURSDAY
	2 LEFT HANDED DAY 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY	3 8:45 BRAINIACS 9:15 LINE DANCING w/ GLORIA
7 10:00 GENTLE AEROBICS 12:30 VEGGIE LADY 12:00 End of Summer Euchre	9 9:00 Ferragosto Festival 10:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 ARMCHAIR TRAVEL ITALY	10 8:45 BRAINIACS 9:15 LINE DANCING w/ GLORIA 12:00 INDIGENOUS DAY
14 10:00 MULTICULTURAL MARKET DAY 12:30 GENTLE AEROBICS 1:00 VEGGIE LADY 1:00 VEGGIE TALK	16 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY	17 8:45 BRAINIACS 9:15 LINE DANCING w/ GLORIA
21 10:00 GENTLE AEROBICS 12:30 VEGGIE LADY 12:30 BE A CLOWN	23 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 FRIENDSHIP FUN DAY	24 PROHIBITION DAY 8:45 BRAINIACS 9:15 LINE DANCING w/ GLORIA
28 10:00 GENTLE AEROBICS 12:30 VEGGIE LADY	30 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY	31 8:45 BRAINIACS 9:15 LINE DANCING w/ GLORIA

Nutrition Notes: · An apple a day is not just a wives tale. · Apples are full of vitamins and minerals. · Apples are also full of fiber-leave the skin on. · Apples are good for the sweet tooth, too.
 · ~Wishing you wellness... Cassie Hollenbeck, Nutrition Director

