



# SEPTEMBER 2017

8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

WE BEGIN SERVING LUNCH  
AT 11:30

MONDAY	WEDNESDAY	THURSDAY
<b>CENTER CLOSED FOR</b> <b>Labor Day</b>	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 SURPRISE BINGO	9:15 LINE DANCING w/ GLORIA 12:00 SHUFFLE BOARD 12:15
10:00 GENTLE AEROBICS <b>BLOOD PRESSURE CHECK</b> 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY	9:15 LINE DANCING w/GLORIA <b>TAMI DAY</b> 12:00
10:30 GENTLE AEROBICS 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 SPECIALTY BINGO	9:15 LINE DANCING W/ GLORIA 12:00 SHUFFLE BOARD
10:30 GENTLE AEROBICS 10:30 <b>ADVISORY BOARD</b> 12:30 VEGGIE MOBILE	9:00 CARDIO DRUMMING 10:00 BIBLE STUDY	9:15 LINE DANCING W/ GLORIA 12:00 SHUFFLE BOARD

**Nutrition Notes:**

\* If you can't get to the store yourself to grocery shop, check whether your grocer offers a delivery service as there are more stores doing this. Or connect at the senior center with someone who may be willing to volunteer to driver you to the store.  
 \* Arrange to shop with a friend. You can share the expense of transportation or ride Dial-A-Ride or Lenawee Transportation together.  
 \* Take your list, your coupons and glasses or magnifying glasses to read the labels and compare prices. You might also want to carry a calculator for figuring out which items are the better buys.

Fresh fruit and vegetables in season now:  
 Apples, Pears, Plums, Grapes, Cabbage, Broccoli, Beets, Cauliflower and Squash.

~Wishing you wellness...  
**Cassie Hollenbeck, Nutrition Director**