





# Johnson County Senior Center

*You've got a Friend!*

## ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Blood Pressure and Glucose Checks with Pam and Danado Mondays and Fridays - <b>FREE</b></p> 		<p>1. <b>CLOSED</b> Staff Meeting 2pm  Shady Valley Day 11:00-1:00pm</p>	<p>2. Billiards &amp; Fitness Room 9-4 Arthritis Class – 10am Computers 2:00 Walmart and Cracker Barrel w/ Tonya - 10am</p>	<p>3. <b>CLOSED</b> Enjoy Long Journey Home and Labor Day Weekend</p>
<p>6. <b>CLOSED</b></p> 	<p>7.. Billiards &amp; Fitness Room 9-4pm Arthritis Class - 10am Quilting Bees - 9am Senior JAM - 12 noon <b>Fall Prevention Home Safety</b></p>	<p>8. <b>CLOSED</b> Senior Center Advisory Board Meeting 12:30</p>	<p>9. Billiards &amp; Fitness Room 9-4 Arthritis Class – 10am Computers 2:00 <b>Volunteer Appreciation Day</b></p>	<p>10. <b>CLOSED</b> World Suicide Day QPR Training w/ Staff and Volunteers – 12 noon</p>
<p>13. Billiards &amp; Fitness Room 9-4pm Chicks with Sticks – 10am Silver Sneakers – 10am Bridge Club Line Dancing – 1:00 Crafts w/ Kay – 12noon</p>	<p>14. Billiards &amp; Fitness Room 9-4pm Arthritis Class - 10am Quilting Bees - 9am Senior JAM - 12 noon <b>Hometown Hero Event FREE Lunch</b></p>	<p>15. <b>CLOSED</b></p>	<p>16. Billiards &amp; Fitness Room 9-4 Arthritis Class – 10am Computers 2:00 <b>Loveable Ladies Trip and Storytelling 1:00pm</b></p>	<p>17. Billiards &amp; Fitness Room 9-4 Silver Sneakers – 10am <b>Fall Prevention Physical Therapy – Balance and Strength</b></p>
<p>20. Billiards &amp; Fitness Room 9-4pm Chicks with Sticks – 10am Silver Sneakers – 10am Line Dancing – 1:00pm Bridge Club <b>Fall Prevention Medication Safety and Management</b></p>	<p>21. Billiards &amp; Fitness Room 9-4pm Arthritis Class - 10am Quilting Bees - 9am Senior JAM - 12 noon</p>	<p>22. <b>CLOSED</b>  <b>Wohlfahrt Haus Dinner Theatre Trip</b> See front desk for more information</p>	<p>23. Billiards &amp; Fitness Room 9-4 Arthritis Class – 10am Computers 2:00 <b>BINGO w/ Dee Avalon Hospice Care</b></p>	<p>24. Billiards &amp; Fitness Room 9-4 Silver Sneakers – 10am</p>
<p>27. Billiards &amp; Fitness Room 9-4pm Chicks with Sticks – 10am Silver Sneakers – 10am Line Dancing – 1:00pm Bridge Club Book Club – 12:00 <b>Fall Prevention Physical Therapy- Eye Diseases and Community Safety</b></p>	<p>28. Billiards &amp; Fitness Room 9-4pm Arthritis Class - 10am Quilting Bees - 9am Senior JAM - 12 noon <b>Lancaster Trip Meet and Greet 6:00pm</b></p>	<p>29. <b>CLOSED</b> <b>Open only for Veterans Café - 10:30</b></p>	<p>30. Billiards &amp; Fitness Room 9-4 Arthritis Class – 10am Computers 2:00 <b>Special Storytelling Trip – 12 noon</b></p>	<p>We encourage you to come and begin card games, board games, table tennis and shuffle board, etc. We also invite our puzzlers “JIG SAW” Club back with us! We have missed you!</p>

# Fall Prevention Month

Sponsored by Ballad Health  
Instructor: Heatherly Simerly