

SEPTEMBER 2016 CALENDAR OF EVENTS

- 1 Bible Study, 10-11:00
Bridge
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
- 2 TOPS, 9:45
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Edward Jones, Timothy R. Domian, Financial Advisor
- 5 Center CLOSED for the Labor Day holiday
- 6 Center's Annual Election, 9:00-1:00
Site Council, 9:00, anyone welcome to attend
AFEP Exercise Class, 9:45-10:30
Bridge
- 7 Dominoes, 8:00
- 8 Bible Study, 10-11:00
NO APPLE Project Paperwork Service today
Raffle, 11:45
Bridge
- 9 TOPS, 9:45
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Broadway Prescription Shop
- 12 Laughter YOGA, 9:45
Board Meeting, 12:30
- 13 AFEP Exercise Class, 9:45-10:30
Bridge
- 14 Trendsetters Beauty Bingo, 10:30
Dominoes, 8:00
- 15 Blood Pressures, Legacy Hospice, 10:00 - 11:00
Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
Bridge
- 16 TOPS, 9:45
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, Sponsored by The Lutheran Home and Saxony Village
- 19 Laughter YOGA, 9:45
Birthday Bingo, 10:15
Birthday Party, 11:00
- 20 AFEP Exercise Class, 9:45-10:30
Bridge
- 21 Dominoes, 8:00
- 22 Bible Study, 10-11:00
APPLE Project Paperwork Service, 10:30
Raffle, 11:45
Bridge
***12:30!!! The Hat Lady Comedy Show!!! Jean Seres will present a very entertaining show using a hundred or more hats for a light-hearted and fun program! Please come and support this fun program!
- 23 TOPS, 9:45
AFEP Exercise Class, 9:45-10:30

- Bingo, 12:30
- 26 Laughter YOGA, 9:45
Membership Meeting and Board Members Installation Ceremony, 11:00
- 27 AFEP Exercise Class, 9:45-10:30
Bridge
- 28 Dominoes, 8:00
Trendsetters Beauty Bingo, 10:30
- 29 FLU SHOT CLINIC! 10:00-12:00 noon, Sponsored by Broadway Prescription Shop
Bring your Medicare card and wear a short-sleeved shirt please.
Bible Study, 10-11:00
Apple Project Paperwork Service, 10:30
Raffle, 11:45
Bridge
- 30 TOPS, 9:45
AFEP Exercise Class, 9:45-10:30
Bingo, 12:30, sponsored by the motorcycle group GWRRA Chapter I

LABOR DAY HOLIDAY OBSERVED BY CENTER

The center will be closed on Monday, September 5, 2016 for the Labor Day Holiday. The Center's employees appreciate an extra day of rest and leisure. Everyone will be ready to return to work on Tuesday with regular business hours.

SENIOR CENTER'S ANNUAL ELECTION SEPTEMBER 6

Following our By-Laws, the center's annual election of board officers and members will be held on Tuesday, September 6 from 9:00 to 1:00. Anyone who is 60 years of age and older and a resident of Cape Girardeau county may vote. The election results will be posted by 8:00 am Wednesday, September 7. Good Luck to all who have stepped up to accept their nomination to be on the election ballot.

HAT LADY PROGRAM PROMISES SOME GREAT LAUGHS!

Jean Seres will be with us on Thursday, September 22 at 12:30 for a special program full of laughter and light-hearted commentary while showing and using over 100 different hats. She presents a very nice program and we hope the dining room is full when she arrives to set up for her program. Please plan to attend this great activity provided for you to enjoy! Invite a friend to come with you and make it a great day together.

ANNUAL BOARD OFFICER AND MEMBER INSTALLATION

The annual installation ceremony for the newly elected board of directors and board members will be held Monday, September 26 at 11:00 am. This will be a brief ceremony and all board members and officers are encouraged to be in attendance so everyone can see your bright smiling faces!

FLU SHOT CLINIC SCHEDULED FOR SEPTEMBER 29

The center's annual FLU shot clinic will be on Thursday, September 29, 2016 from 10:00-12:00 noon, or until they get everyone through. They will bring plenty of vaccine with them, so not everyone needs to be here at 10:00. Bring your Medicare card and please wear a short-sleeved shirt.

This FLU clinic is provided by Broadway Prescription Shop as a courtesy to the senior center.

LAUGHTER YOGA

Laughter YOGA is a lot more fun when there are a lot of people laughing together! his invigorating activity provides an excellent way for you to stretch, bend, move and laugh!!!! Attendance has dropped off and we would love to get it built back up. Schools are back in session, children are getting back into a routine...so now is the perfect time for us to start with a new routine that includes LAUGHTER YOGA!!! You will feel better and energized when you participate!

The Senior Center is always in need of your time and resources.

Please remember your Senior Center when making your final arrangements, and letting your family members know your wishes.