

## SEPTEMBER 2019 CALENDAR OF EVENTS

- 2 Center Closed for the Labor Day holiday
- 3 Annual Election for Board Directors and Members (if needed), 9:00 am  
Site Council 8:30 am to decorate, meeting immediately following  
Exercise Class, 9:30
- 4 Alzheimer's Program: 10 Early Warning Signs of Alzheimer's, 9:30  
Dominoes, 8:00  
Women's Bible Study, 1:30
- 5 Exercise Class, 9:30  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 6 Weight Sense, 9:00  
Bingo, 12:30, Edward Jones, Timothy Domian, Financial Advisor
- 9 Board Meeting, 12:00
- 10 Exercise Class, 9:30
- 11 Dominoes, 8:00  
Beauty Bingo, 10:30  
Women's Bible Study, 1:30
- 12 VJ Music Band, live music and wonderful entertainment, 10-11:15, You won't want to miss this!  
Sponsored by Jane Tipton... Thank You!!!  
Exercise Class, 9:30  
Bible Study, 10-11:00  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 13 Weight Sense, 9:00 am  
Bingo, 12:30, Broadway Pharmacy
- 16 Birthday Bingo, 10:15, Montgomery Bank  
Birthday Party, 11:00, cake provided by Crown Hospice, please sign up if you plan to attend and sit at the birthday table
- 17 Exercise Class, 9:30
- 18 Dominoes, 8:00  
Blood Pressures, 10-11:00, Crown Hospice  
Life Care Center Fun Activity, Fish Tales Storytelling activity, 10:30  
Women's Bible Study, 1:30
- 19 Exercise Class, 9:30  
Bible Study  
APPLE Project Paperwork Service, 10:30  
Raffle, 11:45
- 20 Weight Sense, 9:00  
Bingo, 12:30, Saxony Village, Scott Sprandel
- 23 Annual Membership Meeting, 11:00, Board Director and Member Installation
- 24 Exercise Class, 9:30  
Foot Care Clinic, Sign-ups necessary  
VNA Fun Activity! 10:00
- 25 Dominoes, 8:00

- Beauty Bingo, 10:30
- Women's Bible Study, 1:30
- 26 FLU shot clinic, 10:00-12:00 noon, Bring Medicare card and wear a short-sleeved shirt
- Exercise Class, 9:30
- Bible Study, 10-11:00
- APPLE Project Paperwork Service, 10:30
- Raffle, 11:45
- 27 Weight Sense, 9:00 am
- Bingo, 12:30, The Villas of Jackson, Assisted Living

#### 10 EARLY WARNING SIGNS OF ALZHEIMER'S PROGRAM SCHEDULED

Wednesday, September 4 at 9:30 we'll have a very important and informative program presented by the Alzheimer's Association from St. Louis.

This one-hour program will cover typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and resources available.

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Come and attend this program to learn about 10 common warning signs and what to watch for in yourself and others.

#### FLU SHOT CLINIC SCHEDULED FOR THURSDAY, SEPTEMBER 26

It is the beginning of FLU season, and it is NOT too early to start planning for your vaccination now. To help you, we have scheduled our annual FLU clinic for Thursday, September 26 from 10:00-12:00 noon, or until they have everyone finished. They will bring plenty of supplies, so there is no worry of running out. Please bring your Medicare card and wear a short-sleeved shirt for convenience.

Broadway Pharmacy will be conducting our clinic and they have done an excellent job for us in the past.

#### ANNUAL BOARD MEMBERS ELECTION PLANNED FOR SEPTEMBER 3

Following the Membership Meeting on August 26, we will see how many spots we will have to fill and if an election is needed, it will be Tuesday, September 3 from 9:00am to 12:30 pm. Watch for more information on this election on the chalk board next to the tray return window.

#### LIVE BAND SCHEDULED FOR THURSDAY, SEPTEMBER 12

VJ Music will be with us again on Thursday, September 12 from 10:00-11:15. Come ready to tap your toes, sing along or dance along to a few tunes.

VJ Music is brought to us by the radical generosity of Jane Tipton. Thank you, Jane!

#### SEPTEMBER 18 IS A BUSY DAY! COME AND TAKE PART IN THE FUN!

Every Wednesday is a busy day, but the 18th is especially busy, so plan to come to the center and take part in Dominoes, the blood pressure clinic, the FishTales Storytelling activity and the Bible study. It's a good day, so plan to come and take part in the fun!

#### TAKE A LOOK AT TUESDAY'S ACTIVITIES.... EXERCISE CLASS!

Every Tuesday and Thursday we offer you the opportunity for exercise class from 9:30 to 10:45. It is a fun group with great music and you're moving your body while having a good time with other friends. There is no fee to you for the class, just come prepared to have fun while doing this low-impact workout.

#### MEMORIAL GIFTS GIVEN DURING THE MONTH

Memorial gifts given in memory of Kenneth Wood, long time volunteer, friend of the senior center, past board member and meal delivery driver, were given by Dorothy Lancaster, Marlene Cloude, Dick and Phyllis Koenig.

Memorial gifts were given in memory of Joan Mason by Judy Borgfield, and Phil and Evelyn Finney.

The Senior Center is always in need of your time and resources.  
Please remember your Senior Center when making your final arrangements.