

## Daily Activities

### Monday

**All HSRC programs will be Closed September 2<sup>nd</sup>**

Karate	9:30-10:30 am
Mah Jongg	10:00-12:30 pm
Tai Chi for better balance w/Sandi	11:00-12:00 pm
Sail with Muriel	1:15-2:00 pm
FABS/SAIL with Beth & Lois	2:10-3:10 pm
Memoir Writing Class	2:30-4:00 pm

### Tuesday

Harry's Bingo (except Sept 3)	10:00-11:00 am
Bunco (except Sept 3)	12:30-1:30 pm
Pinochle	12:15-2:15 pm
FABS/SAIL with Beth & Lois	2:10-3:10 pm
Tai Chi Practice	3:30- 4:30 pm

### Wednesday

Bunco	10:00-11:00 am
Sail with Muriel	1:15-2:00 pm
Intermediate Line Dancing	1:30-3:30 pm
Fab/Sail with Beth & Lois	2:10-3:10 pm
Android phone & Tablet users	1:00-3:00 pm

### Thursday

Grocery Bingo	10:00-11:00 am
Intermediate French	10:00-11:30 am
FABS/SAIL with Beth & Lois	2:10-3:10 pm
Laughing your heart open	3:30- 4:30 pm

### Friday

Falun Dafa	9:00 -10:00 am
Beginning Tai Chi	10:00-11:00 am
Beginning Yoga	11:00 -12:00 pm
Bridge	1:00 -4:00 pm

### Available Monday-Friday

Library	9:00-1:00 pm
Senior Services Office	9:00-3:00 pm
Lunch (Not on Mondays)	11:30-12:15 pm
Billiards	12:00-3:00 pm

### September 2019 Activities

<b>Sept 3</b>	Dine and Dance w/ Ray, Dave and Lois	10:30-11:30
<b>Sept 3</b>	Hospital Stay Rights and Vial Life	12:30-2:00
<b>Sept 4</b>	Caregiver Support Group	1:00-2:00
<b>Sept 5</b>	Genealogy Group	10:00-12:00
<b>Sept 6</b>	Dale Winget Performs	11:00-11:30
<b>Sept 6</b>	Grandparents Day Lunch	11:00-12:15
<b>Sept 6</b>	Conscious Living Book Club	1:30-2:30
<b>Sept 7</b>	Sassy Seniors - Bay Front (1st & F St.)	Noon
<b>Sept 11</b>	LeAnne Morini Performs	11:00-11:30
<b>Sept 11</b>	Emblem Club Serves Lunch	11:30-12:15
<b>Sept 14</b>	"The Age of Love" film screening (at the Humboldt County Library)	2:00-4:00
<b>Sept 17</b>	Foster Grandparents Program	11:30-2:00
<b>Sept 18</b>	Commodities Distribution	10:00-11:30

<b>Sept 18</b>	Co-op Local Lunch	1:00-2:00
<b>❖ Sept 18</b>	Flu Shot Clinic	12:00-1:00
<b>Sept 18</b>	Caregiver Support Group	1:00-2:00
<b>Sept 19</b>	Genealogy Group	10:00-12:00
<b>Sept 20</b>	Conscious Living Book Club	1:30-2:30
<b>Sept 21</b>	Nooners – Hunan's	Noon
<b>Sept 24</b>	Stamp Club	6:00-9:00pm
<b>Sept 27</b>	Accordionaires Perform	11:30-12:15
<b>Sept 27</b>	Birthday Celebration	11:30-12:15

**❖ CVS pharmacy will be here to provide the flu shot. Each recipient will receive a \$5 Target coupon. The flu shot is free with most insurance. Other Vaccines and boosters will also be available.**

<sup>3</sup> Sloppy Joes	<sup>4</sup> Roasted Pork	<sup>5</sup> Butternut Ravioli	<sup>6</sup> Beef Stew <b>Happy Grandparents Day!</b>
<sup>10</sup> Salisbury Steak	<sup>11</sup> Summer Berry Salad	<sup>12</sup> Chicken Pesto Sandwich	<sup>13</sup> Old Fashioned Goulash
<sup>17</sup> Broccoli Cheese Soup and ½ Chicken Sandwich	<sup>18</sup> Beef Bourguignon <b>Co-op Local Lunch!</b>	<sup>19</sup> Braised Pork Stew	<sup>20</sup> Chicken w/ Fire Roasted Tomatoes
<sup>24</sup> Chinese Chicken Salad	<sup>25</sup> Hamburger	<sup>26</sup> Lemon Dill Fish	<sup>27</sup> Cheese Tortellini w/ Alfredo Sauce <b>Birthday Party!</b>