

Mon	Tue	Wed	Thu	Fri	Sat
		<u>Baked Chicken</u> 1 1:30 NATC Mtg	<u>Ham Balls</u> 2 8:15 State Fair Trip	<u>Pork Roast</u> 3 9:30 Fitness Orientation 9:30 Medicare Consults 6:30 Card & games	4 10a Fitness Orientation
<u>No meal today</u> 6 Center Is Open No classes.	<u>Tator Tot Cass.</u> 7 12:30 Foot Care 1:30 Detailed Photo Edt	<u>Hamburgers</u> 8 6:30 Fitness Orient.	<u>Crn of Broc. Soup</u> 9 1:30 Detailed Photo Edit.	<u>Roast Beef</u> 10 9:00 Joy of Quilting 9:30 Fitness Orientation 10:30 Book Club 11 - DJJD Royalty, Dining 6:30 Card & games	11 8a Fort Snelling Metro Walk 10a Fitness Orientation
<u>Goulash</u> 13 9:30 Intro into Layers 12:30 Better Balance Workshop 1p Popcorn & Movie 1p Travel Committee 6p Fitness Orientation	<u>Roast Turkey</u> 14 9:30 More Proc. I 9:30 Ceramics begins 10a Woodcarvers 10:30 Grief & Loss 10:30 Food is Medicine 10:30 Blood Pressure Ch 11:30 Out to Lunch 12:30 Foot Care 7p Writing/Food Memoir	<u>Baked Ham</u> 15 11a Organic versus Local Foods 1:30 Better Breathers 1:30 NATC Mtg	<u>Meatloaf</u> 16 9:30a More Proc. I 9:30 Finance Committee 9:30 Chinese Painting begins 3:00 Tap Dancing Class begins 7p Ping Pong Lessons begin	<u>Baked Fish</u> 17 9:30 Fitness Orient. 9:30 Medicare Consults 9:30 CPR Class 10:30 Tech Time 4:30 Twins Game Trip 6:30 Card & games	18 8a Hike Afton State Park
<u>Chicken Pot Pie</u> 20 9:30 Intro into Layers 9:30 Writing to Save... 12:30 Better Balance 1p AARP Drivers Safety 1p Popcorn & Movie 1:30 Card Making	<u>Beef Tip/Noodles</u> 21 8:00 Mason City Trip 9:30 More Proc. I 10:30 Birthday Dinner, Dining Center 10:30 Food is Medicine 1:30 Beg. Spanish begins	<u>Roast Beef</u> 22 6:30 Fitness Orient.	<u>BBQ Beef on Bun</u> 23 9:30 More Proc. I 9:30 Chinese Painting 12:30 TPT MN Program 12:45 Chime Choir beg. 3:00 Board Meeting	<u>Pork Steak</u> 24 9:00 Joy of Quilting 9:30 Digital Camera Grp 9:30 Fitness Orientation 6:30 Card & games	25 10a Fitness Orient. Overnight Hike starts Sun-9/26 thru 9/29.
<u>Pork Chow Mein</u> 27 9:30 Basic Quicken 1p Popcorn & Movie 12:30 Better Balance Workshop 5:30 AARP Drivers Safety Classes	<u>Chic/Broc. Bake</u> 28 9:30 Basic Quicken 9:30 Ceramics 10a Woodcarvers 10:30 Food is Medicine 5:30 AARP Drivers	<u>Meatballs</u> 29 10a Self Massage	<u>Chicken Breast</u> 30 9:30 Chinese Painting 12:30 TPT MN Program	SEMCAC SENIOR DINING Mon-Fri Meals served at 11:30. Call 664-3735 by noon of the previous day for a reservation.	

On-going Weekly Activities

Mon	Tue	Wed	Thu	Fri	Sat
<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10 Aqua Fit 'n' Tone 10a-7:45p Open Swim</p> <p><u>FITNESS CLASSES</u> 7-8:00 Yoga 8:30-9:15 Tai Chi 9:30-10:15 Bdy Wakeup 10:30-11:30 SS MSROM 1:30 -2:30 Pilates Fus. 5:15-6 Move & Groove 6:15-7:15p Class. Yoga 6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 8:30a Bike Club Rides 12:30p Fun and Games 1p Popcorn & A Movie</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-8a Early Bird Aqua 8a-5:30p Open Swim 5:30-6:30 Evening Aqua 6:30-7:45 Open Swim</p> <p><u>FITNESS CLASSES</u> 7-7:45 Studio Strength 8:30-9:15a Core & More 9:30-10:30a Circuit Tr. 9:30-10:15 County Line 10:30-11:15 Gentle Yoga 6-6:45 Strength Circuit 6:30-7:30p Mindful Yoga 6-9:30a Fitn. Rm Open 10:30a-6p Fitness Rm Open 6:45-8P Fitn Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:30-3p Euchre 1:15-3:15-3 Int./Adv Open Ping Pong 1-3p Hook, Yarn & Needle 1-4p Duplicate Bridge</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10a Aqua Fit 'n' Tone 10a-7:45p OPEN SWIM Pool closed 2nd Wed. of Month for Cleaning</p> <p><u>FITNESS CLASSES</u> 8:30-9:15a Tai Chi 9:30-19:15 Zumba Gold 10:30-11:30 SS MSROM 12:00-1:15p Slo Flo Hatha Yoga 6-6:45p Zumba 7-7:45 Pilates 6a-8p Fitness Rm Open</p> <p><u>SERVICES</u> 8-11:30 Massage Therapy</p> <p><u>GROUP ACTIVITIES</u> 1-4p Social Bridge 3-5p Open Ping Pong</p> <p><u>COMPUTER LAB</u> 9:30-11:30a Open Lab</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-8a Early Bird Aqua 8a-5:30p Open Swim 1-4 HOT TUB CLOSED 5:30-6:30p Evening Aqua 7:00-7:45p Water Volleyball</p> <p><u>FITNESS CLASSES</u> 8:05-8:50 Core & Str. 9:30-10:15 Move & Grove 9:30-10:30 Circuit Tr. 10:30-11:30 Gentle Yoga 1:15-2 Pilates 5:45 Classical Yoga 6-6:45 Strength Circuit 6-9:30a Fitn Rm Open 10:30a-6p Fitness Rm Open 6:45-8P Fitn Rm Open</p> <p><u>SERVICES</u> 8-11:30 Massage Therapy</p> <p><u>GROUP ACTIVITIES</u> 12:45-2:15 Chime Choir 3-5:00 Open Ping Pong All levels 7-10p Duplicate Bridge 7-7:45 Water Volleyball</p>	<p><u>POOL ACTIVITIES</u> 6-7a Open Swim 7-7:45a Aqua Sunrisers 8:15-9a Aqua Ageless 9:15-10a Aqua Fit 'n' Tone 10a-3:15p Open Swim 3:15-5p Grandparent/Grandchild Swim 5-7:45p Open Swim</p> <p><u>FITNESS CLASSES</u> 8-9:00 Body Wakeup 10:30-11:30 Silver-Sneakers MSROM 6a-8p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 12:30-3p "500" cards 6:30-8:30p Card and Game Night</p>	<p><u>POOL ACTIVITIES</u> 6a-10:15 Open Swim 10:15 -11a Aqua Fitness Fusion 11:00-2p Open Swim 2:00-3:45 Family Swim Time</p> <p><u>FITNESS CLASSES</u> 9:15-10a Zumba Gold 6a-4p Fitness Rm Open</p> <p><u>GROUP ACTIVITIES</u> 10-12p Adv. Open Ping Pong</p>