



Featured Classes and Special Events at the Senior Center August 22 - 26, 2022

Tue, August 23 11 a.m.
Sit and Stretch
Video Series

Thurs, August 25, 12:30 p.m.
Facebook for Seniors
Seniors
Computer Lab

Wed, August 24, 11 a.m.
Indoor Corn Hole Play

Thur, August 25, 11 a.m.
Whole Body Chair Exercise
for Seniors
Video Series

Friday, August 26, Noon
Friday Movie Potluck!
Red Tails
Free Popcorn!

Mon, August 22, 1 p.m.
Standing Workout For
Seniors
Video Series

Tues, August 23,
Thank you club! 11 a.m.
Seniors will write letters to
first responders for their
service during the recent
grass fires.

Wed, August 24, 1:00
Pool Tourne!
Single elimination

Free Bingo!!
Each Monday and Tuesday
Noon!

Coming Soon!
Fresh Start to a
Healthier You!
Class Begins Tuesday
September 6 @ 10 a.m.
Instructor: Jade Edgar

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Daily Open Play Activities</u>				
Billiards Air Hockey Ping Pong Bridge Dominoes Arts and Crafts Puzzles Books Magazines TV Lounge Iced Tea, Coffee Free Snacks are available	Billiards Air Hockey Ping Pong Bridge Dominoes Arts and Crafts Puzzles Books Magazines TV Lounge Iced Tea, Coffee Free Snacks are available	Billiards Air Hockey Ping Pong Bridge Dominoes Arts and Crafts Puzzles Books Magazines TV Lounge Iced Tea, Coffee Free Snacks are available	Billiards Air Hockey Ping Pong Bridge Dominoes Arts and Crafts Puzzles Books Magazines TV Lounge Iced Tea, Coffee Free Snacks are available	Billiards Air Hockey Ping Pong Bridge Dominoes Arts and Crafts Puzzles Books Magazines TV Lounge Iced Tea, Coffee Free Snacks are available

Free shuttle to the Glenn Heights Senior Center will pick up seniors between 8 a.m. and a.m.
Interested seniors should call **469-225-5013** and schedule pickup. The shuttle will drop off seniors between 1 p.m. – 2 p.m.