



# Featured Classes and Special Events at the Senior Center August 29 – Sep 2, 2022

Tue, Aug, 30, 11 a.m.  
Sit and Stretch  
Video Series

Mon, Aug 29, 12:30 p.m.  
Ping Pong Tournie!  
Single elimination

Wed, August 31, 11 a.m.  
Indoor Corn Hole Play

Thursday, Sep 1, 11 a.m.  
Whole Body Chair Exercise  
for Seniors  
Video Series

Friday, Sep 2, Noon  
Friday Movie Potluck!  
Hidden Figures  
Free Popcorn!

Mon, Aug 29, 10 a.m.  
Standing Workout for  
Seniors  
Video Series

Tues, Sep 30, 12:30 pm  
Dry Bar Comedy Special  
with comedian Jeff Allen  
(All clean material  
No profanity)

Wed, August 31, 1:00  
Ice Crème Sundae Social  
Free for all!

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.