



Featured Classes and Special Events at the Senior Center

September 6 – Sep 9, 2022

Tue, Sep 6 - 11 a.m.
Sit and Stretch
Video Series

. Tue, Sep 6 – 1:30 p.m.
Senior Yoga Class!

Wed, Sep 7 - 11 a.m.
Indoor Corn Hole Play

Thursday, Sep 8 - 11 a.m.
Whole Body Chair Exercise
for Seniors
Video Series

Friday, Sep 9 - Noon
Friday Movie Potluck!
Free Movie!
Free Popcorn!

Labor Day Closed...
 Enjoy the cooler
 weather

Tue, Sep 6, 12:30 pm
 Dry Bar Comedy Special
 with comedian Cyrus Steele
 (All clean material
 No profanity)

Wed, Sep 7 - 1:00
 Dominoes Tournie!
 Single Elimination

Free Bingo!!
 Each Monday and Tuesday
 Noon!

Coming Soon!
 Fresh Start to a
 Healthier You!
 Class Begins Tuesday
 September 13 @ 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.