



Featured Classes and Special Events at the Senior Center September 19 – Sep 23, 2022

Tue, Sep 20 - 11 a.m.
Sit and Stretch
Video Series

Tue, Sep 20 – 1:30 p.m.
Senior Yoga Class!
Video Series

Wed, Sep 21 - 11 a.m.
Indoor Corn Hole Play

Thursday, Sep 22 - 11 a.m.
Whole Body Chair Exercise
for Seniors
Video Series

Friday, Sep 23 - Noon
Friday Movie Potluck!
Free Movie!
Free Popcorn!

Mon, Sep 19 – 1 p.m.
Billiards Tournie!
Single elimination

Tue, Sep 20, 12:30 pm
Dry Bar Comedy Special
with comedian Orlando
Baxter
(All clean material)

Wed, Sep 21 - 1:00
Michael Jackson Sit and Fit
Dance Class

Free Bingo!!
Each Monday and
Wednesday
Noon!

Fresh Start to a
Healthier You!
September 20 @ 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 9 a.m. Interested seniors should call 469-225-5013 and schedule pickup. The cut-off time to schedule for pick up is 11 am, the day before. The shuttle will drop off seniors between 1 p.m. – 2 p.m.