



Featured Classes and Special Events at the Senior Center September 26 – Sep 30, 2022

Tue, Sep 27 - 11 a.m.
Sit and Stretch
Video Series

Tue, Sep 27 – 1:30 p.m.
Senior Yoga Class!
Video Series

Wed, Sep 28 - 11 a.m.
Indoor Corn Hole Play

Thursday, Sep 29 - 11 a.m.
Whole Body Chair Exercise
for Seniors
Video Series

Friday, Sep 30 - Noon
Friday Movie Potluck!
Free Movie!
Free Popcorn!

Mon, Sep 26 – 1 p.m.
Billiards Tournie!
Single elimination

Tue, Sep 27, 12:30 pm
Dry Bar Comedy Special
with comedian Willie Brown
(All clean material)

Wed, Sep 28 - 1:00
Michael Jackson Sit and Fit
Dance Class

Free Bingo!!
Each Monday and
Wednesday
Noon!

Fresh Start to a
Healthier You!
September 27 @ 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.