

Grand Blanc Senior Activity Center September/October News

12632 Pagels Dr.
Grand Blanc, MI 48439

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Hours of Operation:
Monday- Friday 8:00am-4:00pm

**MARK YOUR CALENDAR
GRAND BLANC SENIOR CENTER
5TH ANNUAL
HEALTH FAIR
THURSDAY, OCTOBER 6TH
9:00 AM - 12:00PM.
MANY GREAT VENDORS
DOOR PRIZES
REFRESHMENTS
HANDOUTS
GOODIES
GREAT INFORMATION**

FLU/ PNEUMONIA SHOTS FROM VISITING NURSES

Center Shower

As many of you know, some of the senior centers receive product donations throughout the year to help defray operational costs. We too could use additional help with the following items: decaffeinated coffee, individual packets of creamer, sugar and sweet and low, and 8 oz. styrofoam cups. Some members have indicated it is difficult for them to carry products in and asked if we would accept a cash contribution toward these costs. The answer is yes, and we will gladly make the purchase on your behalf. Groups who want to provide these for their own use are welcome to do so. The center however, would not be able to provide space for or be responsible for those items. Therefore, any donation would be considered for all seniors participating at the center and shared equally amongst all. Please know any help from you is greatly appreciated, and we thank you for supporting the center.

CENTER INFORMATION

CENTER STAFF:

Coordinator: Debra Gilbert
Administrative Assistant: Misty Moen
Secretary: Elaine Willingham
Driver: Keith Kelley
Maintenance: Bill Palacios

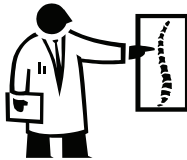
HEALTHY LIVING:

Free Blood Pressure Checks:
Tuesdays from 12:00-2:00PM



Chiropractic Care:

Dr. Jerry McLane is at the center on the
3rd Wednesday of each month
from 9:00-10:00am



YOUNG AT HEARTS ADVISORY BOARD:

Bob Tresedder
Pat Miller
Elaine Decou
Leona Krause
Shirley Stevens
Carolyn Stingel
Gene Gubala
Joann Jenks
Margaret Magness
John Wentworth
Lydia Baker
Our Advisory Board meets on the 3rd
Monday of each month at 8:30AM

MEDICARE/MEDICAID ASSISTANCE:

Do you have questions
regarding your Medicare or Medicaid
health benefits? Well look no further-
our MMAP volunteer Chuck can
help you work out your concerns or
questions. Call the office to set up
an appointment with Chuck Mitchell.

SENIOR VAN:

Our van is available 5 days per week by appointment only. There is a \$2.00 round trip charge per person/per stop. The bus operates in the Grand Blanc School District Area. Please make appointments at least 24 hours in advance. The Van schedule is as follows:

Monday, Tuesday, Wednesday: 8:00-4:00

Thursday: 10:00-1:00

Friday: 8:00-12:00

COMMODITIES FOOD ASSISTANCE

The Grand Blanc Senior Center offers the Commodities and TEFAP food assistance program for income qualifying adults 60 & over. For more information call the center.

CENTER SERVICES

MEDICAL LOAN CLOSET

If you or someone you know is in need of a durable medical good (walker, shower chair, cane, etc.) check with the center. If you have medical equipment that you no longer need the center is happy to accept them. Keep the sharing circle going!

**Please note the loan closet is available from
8:00am-12:00pm daily**

MICAFAE FOOD ASSISTANCE PROGRAM

MICAFAE, or Michigan's Coordinated Access to Food for the Elderly, helps adults 60 and older apply for a Bridge Card. The Bridge Card may be used to purchase food, so that senior can afford other essentials, such as medicine.

If you would like information please contact the office.

GRAND BLANC HIGH SCHOOL PASS

The Grand Blanc High School Pass is available to adults 55 & over who reside in the GB School District. The pass is good for all GB "Home" extra-curricular activities with a few exceptions. To pick up your pass simply come to the center and sign the register.

LIBRARY AND PUZZLES

The center has a great variety of books, books on tape/ CD, and puzzles which have all been donated by our generous community. Please make sure when checking out a book or puzzle that you scan your key tag for the library. Thanks!

CELL PHONES FOR SENIORS:

The center has 911 Emergency Cell Phones available.

The phones will only dial 911. Helpful hints:

- *Place phones on charger at night
- * Take with you when you are away from home
- * Put in your robe or pocket when using the rest room
- *If you have a fall and need assistance

CENTER HEALTH AND WELLNESS

CHIROPRACTIC CARE

Dr. Jerry McLane is at the center on the 3rd Wednesday of every month from 9:00-10:00 AM. Stop in and have Dr. McLane help you!

BODY RECALL

Body Recall is a Nationally recognized lifetime fitness program that focuses on every muscle in your body. You do not need to be a fitness guru to take this class! **A new 10 weeks session begins the week of September 12th.**

Cost for a 10 week session is \$40. Classes are held on:

**Body Recall I: Monday-Wednesday-Friday: 8:30am
with Judy**

**Body Recall I: Tuesday-Thursday-Friday: 10:45am
with Vickie**

**Body Recall II: Monday-Wednesday-Friday: 9:30am
with Judy**

BEACH BALL VOLLEYBALL

Volleyball is a great way to have fun and get exercise. Come join the fun on Mondays at 10:45am and Thursdays at 1:30pm

ADVANCED LINE DANCING

The most fun you can have in 90 minutes! Join us on Mondays from 12:00-1:30pm for Line Dancing with Norma. Cost is only \$2.00 per class. Please make sure you use your key tag to sign in!

EVENING LINE DANCING

Join Norma on Thursdays from 6:30pm-8:00pm. Cost is \$5.00 per class.

LEARN TO LINE DANCE

Join Norma on Thursdays from 12:00-1:00pm. No experience necessary! Line dancing is a great way to have fun and exercise at the same time! Cost is \$2.00 per class.

Walking Club

Want to enjoy a walk in a safe and climate controlled area? Then join our walking club every Tuesday and Thursday morning from 9:00am-10:30am.

CENTER HEALTH AND WELLNESS

TAI CHI

Join Mike Schurig for Tai Chi on Mondays. Tai Chi is great for the mind, body, and soul.

Advanced Tai Chi: Mondays from 2:00-3:00pm. Current classes run through September 26th.

Beginner Tai Chi: Mondays from 3:00-4:00pm. Current classes run through September 26th.

New 6 week Classes will begin on October 3rd.

Cost is \$36.00.

YOGA

Introduction to basic yoga exercises (poses), focusing on stretching, strengthening and

Lengthening of all major muscle groups, plus proper breathing techniques to help understand the importance of the body and mind connection. A deep relaxation

period will also be included during the last 10-15 minutes. Students will feel both physically energized and mentally calmed by the end of each session, and need

only to bring a yoga mat and smile to class. Please wear comfortable, loose-fitting clothing. **Classes are offered**

on Wednesdays at 5:00pm or Friday at 2:30pm.

Cost for either a Wednesday or Friday 6-week session is \$30.

Drop ins are welcome!

UNIVERSITY OF MICHIGAN-FLINT RESEARCH STUDY!

A research study examining the role of cognition and risk of falling in the older adult is planned to be held

at the GBSC this Fall. Researchers from the

University of Michigan-Flint are in need of volunteers to participate in balance and cognition testing and

computerized cognitive training sessions. For more information please contact the senior center office or

Jennifer Blackwood at the University of

Michigan-Flint at 810.762.3373. An information session is planned for September 13th at noon

CARDS, PROGRAMS, AND CLASSES

SCRABBLE

Scrabble is a great way to keep your mind active. Join our wonderful group on Mondays and Wednesdays at 1:00pm

WATERCOLOR CLASS

Joe Green can teach anyone to paint with watercolors. This class meets on Tuesdays from 9:30-11:30am. New session will begin on September 6th. Cost for the 4 week class is \$30

BOOK DISCUSSION GROUP

Join us on the 2nd Thursday of every month at 10:00am for great conversation.

MAH-JONGG

This is a great game to keep your mind active. Our Mah-Jongg group meets on Thursdays at 11:00am and Fridays at 10:00am.

CARD GROUPS

Bridge: The Center has 2 opportunities for you to play.
Mondays at 12:30pm (no partner needed)
Tuesdays at 6:30pm (partner needed)
Please sign up before attending!

Euchre: Meets on Tuesdays and Fridays at 12:30pm

Pinochle: Meets on Mondays and Tuesdays at 1:00pm

CHINESE CHESS AND MAH-JONGG

Join our multi-cultural mah-jongg and chess group on Tuesdays at 9:00am

CHESS

We have a wonderful chess group that meets on Tuesdays at 1:00pm. Come join in the fun!

AARP SAFE DRIVING

AARP Safe Driving Class is beneficial in more ways than one! You can get a refresher on rules of the road and possibly receive a discount on your auto insurance.

Class will run on Wednesday, October 5th and Thursday, October 6th from 12:00-4:00pm. You must attend both 4 hour classes to receive credit. Cost of the class is \$12.00 for AARP Members and \$14.00 for non AARP Members.

UPCOMING EVENTS AT THE CENTER

VAAA Presentation

Brenda Evans will be at the center on Wednesday, September 7th during the luncheon to share information regarding fraud, abuse, and Medicare open enrollment. If you would like to attend the luncheon please make reservations by Tuesday, September 6th.

Hear Clear Screenings

Hear Clear will be offering free hearing screenings on Thursday, September 8th from 9:00am-3:00pm. Please call the center for a reservation. Appointments are an hour and a half.

Brightstar Presentation

Elizabeth Lorge will be at the center on Wednesday, September 14th during the luncheon to share information on home safety. If you would like to attend the luncheon please make reservations by Tuesday, September 13th.

Lunch & Learn with Health Quest

Please join us for a free lunch on Wednesday, September 21st at 12:30 when Dr. Ryan Long, DC, one of the team doctors for the Detroit Lions will educate and inform you on ways to manage back and neck pain. Please call for reservations by Wednesday, September 14th.

Folk Ensemble Performance

Come for lunch on Wednesday, October 19th and enjoy a folk ensemble performance. Please make reservations for lunch by Tuesday, October 18th.

Medicare Open Enrollment

VAAA representatives will be at the center on Tuesday, October 25th from 9:00am-4:00pm assisting with the Medicare enrollment process. Appointments must be scheduled-no walk-ins.

New Classes at the Center **BOLLYWOOD DANCING**

Bollywood dance is from India. The name "Bollywood" is derived from Bombay, the city that is the center of the Indian cinema and Hollywood the center of the American film industry. Bollywood films are usually musicals. Few movies are made without at least one song-and-dance number.

What is Bollywood dancing?

Bollywood dancing is a commercial name for modern Indian dancing as seen in Indian cinema. It's a combination of classical Indian dances, folk dances of various States, and sometimes has a Latino and Arabic influence. The songs are very expressive and the dancer conveys the meaning of the song through the graceful movements of the body and facial expressions.

Join Neelam's dance classes if you would like to know more about Bollywood dancing. She has formal training in India's classical dance style, "Kathak." Neelam has been a dance choreographer, teacher and performer since her teenage years and has given over 1,000 performances in India and the US. In her classes she uses various different styles of Bollywood dance and music. Here is an opportunity for you to have fun, while working out and at the same time learn a new style of dance. Come and join Neelam's dance class and dance your way to fitness. These courses will suit beginners as well as those who have a dance background.

Classes are offered on Fridays from 1:00-2:00pm

beginning Friday, September 16th. Cost is

\$5.00 per class

COMPUTER CLASSES

Basic Computer Knowledge

Cost is \$60 for a four-week session

Classes are offered on Mondays from 10:00am-12:00pm

Jerry and Matthew are also available on Thursdays from

10:00am-12:00pm to answer questions for those that are enrolled in the class.

New Classes will begin September 12th. Space is limited so enroll early. The next session of classes will begin

October 10th. If there is a class that you would like to see offered please let the office know and we can make arrangements with the instructors.

UPCOMING EVENTS AT THE CENTER

LET'S HAVE A PARTY!!!

Sunday, September 25th

4:00pm-6:30pm

Variety Music By:

Jim & Betty Hedrich

Music for Your Listening or

Dancing Enjoyment!

Admission: \$8.00 per person

Includes: Light Lunch, Snacks, Beverages

Bring Your Own Beer, Wine, Liquor

OKTOBERFEST!!

Sunday, October 16th

4:00pm-6:30pm

Variety Music By:

Jim & Betty Hedrich

Music for Your Listening or Dancing

Enjoyment!

Admission : \$8.00 per person

Includes: Light Lunch, Snacks, Beverages

Bring Your Own Beer, Wine, Liquor

DAY TRIPS

Sept. 18th	Come Fly Away	Full
Oct. 4th	Soaring Eagle	\$25
Sept 25-Oct 1	The Hamptons	Full
Oct. 13th	Jersey Boys	Full
Oct. 18th	Mid-Michigan Color Tour	\$70
Oct. 25th	Quilts, Quakers, Questors	TBA
Nov. 15th	The Underground Railroad	
	A Christmas Story-Musical	\$90
Nov. 18th	Silver Bells in the City	\$30
Nov. 26-30th	Christmas in the South	\$899
Dec. 3-11th	Orlando Florida	\$689
Dec. 4th	Donny & Marie Christmas	\$139
Dec. 8th	Wicked at Detroit Opera	\$139
Dec. 30-Jan 1st	Nostalgic New Year-Niagara Falls	TBA
	No passport required	
Jan. 9th	Motor City Casino	\$25
Jan. 19th	Rembrandt Faces of Jesus	\$49
Feb. 8-14th	California Coast	\$1949
April 26th	Art in the Strangest Places	TBA
May 10th	Arts, Amish, & Adventure	TBA

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>September Meal Calendar Please note that a minimum 24 hour notice is needed to attend all meals. Also all meals have a suggested \$2.00 donation for those 60 & over and \$3.50 for those under 60- unless otherwise stated.</p>			1 BBQ Rib Sandwich Baked Beans Maui Veggies Apple Juice	2 Chicken Lasagna Green Beans Tossed Salad Corn Muffin Mixed Fruit
5 No Meal The Center is Closed	6 Chicken Tenders Carrots Broccoli Wheat Roll Orange Juice	7 Turkey w/ Gravy Green Beans Wheat Roll Cookie Milk	8 Chicken Salad Pita Fruit Salad Juice	9 Bratwurst Key West Veggies Steamed Cabbage Grapes Milk
12 Meatballs w Mushroom Gravy Noodles Broccoli Wheat Roll Milk	13 Turkey Ham Red Skin Potatoes Carrots Corn Muffin Juice	14 Chicken Cordon Bleu Green Beans Carrots Roll Applesauce Milk	15 Suffed Green Peppers Sliced Beets Cauliflower Potato Roll Cake Juice	16 Macaroni and Cheese Succotash Stewed Tomatoes Corn Muffin Mixed Fruit
19 BBQ Chicken Sandwich Potato Wedges Mixed Veggies Milk	20 Philly Steak Sandwich Baked Potato Peas & Carrots Orange	21 Lunch&Learn with Dr. Long Pizza & Salad Free- Reservations Required by Sept 14th	22 Swedish Meatballs Rotini Pasta Green Beans Carrots Wheat Roll Fruit & Juice	23 Turkey Burger Macaroni & Cheese Salad Veggies Fruit Milk
26 Sloppy Joes Normandy Veggies Potato Salad Milk	27 Scalloped Potatoes w/ Ham Fresh Spinach Wheat Roll Juice	28 Masonic Temple Meal Oven Baked Chicken & Macaroni and Cheese Cost: \$5.50	29 Pork Chop w/ Gravy Capri Veggies Potato Salad Wheat Roll Juice	30 Baked Tilapia Scalloped Potatoes Coleslaw Rye Bread Cookie Milk

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5	The Center Will Be Closed In Observance Of Labor Day!	6 Walking- 9:00-10:45 Mah-Jongg- 9:00 Watercolor- 9:30-11:30 Lunch- 12:00 Blood Pressure-12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30
12	Body Recall8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00	13 Walking- 9:00-10:45 Mah-Jongg- 9:00 Watercolor-9:30-11:30 Body Recall- 10:45 Lunch- 12:00 Blood Pressure-12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30
19	Body Recall8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00	20 Walking- 9:00-10:45 Mah-Jongg- 9:00 Watercolor-9:30-11:30 Body Recall- 10:45 Lunch- 12:00 Blood Pressure-12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30
26	Body Recall8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00	27 Walking- 9:00-10:45 Mah-Jongg- 9:00 Watercolor-9:30-11:30 Body Recall- 10:45 Lunch- 12:00 Blood Pressure-12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30

	<p>1 Library- 8:00-4:00 Computers- 8-4 Walking- 9:00-10:45 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>2 Computers- 8:00-4:00 Library- 8:00-4:00 Body Recall- 9:00 Mah-Jongg- 10:00 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>
<p>7 Body Recall- 9:00 Lunch- 12:00 VAAA-Fraud & Abuse Presentation-12:15 Bingo- 1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>8 Walking- 9:00-10:45 Hear Clear- 9:00-3:00 Book Club- 10:00 Mah-Jongg-11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball-1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>9 Rummage Sale 9:00-2:00 No Programs will take place in the large activities room Mah-Jongg- 10:00 Lunch- 12:00 Euchre- 12:30</p>
<p>14 Library- 8:00-4:00 Computers- 8-4 Body Recall- 8:30 Body Recall-9:30 Lunch-12:00 BrightStar - 12:00 Bingo- 1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>15Library- 8:00-4:00 Walking- 9:00-10:45 Body Recall-10:45 Basic Computer-10-12 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>16 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Mah-Jongg- 10:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>
<p>21 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall-9:30 Lunch & Learn with Dr. Long- 12:30 Bingo- 1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>22 Library- 8:00-4:00 Walking- 9:00-10:45 Body Recall-10:45 Basic Computer-10-12 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>23 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Mah-Jongg- 10:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>
<p>28 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Lunch- 12:00 Bingo-1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>29 Library- 8:00-4:00 Walking- 9:00-10:45 Body Recall-10:45 Basic Computer-10-12 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>30 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Mah-Jongg- 10:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>

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<p>3 Body Recall 8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00</p>	<p>4 Walking- 9:00-10:45 Mah-Jongg- 9:00 Watercolor- 9:30-11:30 Body Recall- 10:45 Lunch- 12:00 Blood Pressure-12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>
<p>10 Body Recall 8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00</p>	<p>12 Walking-9:00-10:45 Mah-Jongg- 9:00 Watercolor- 9:30-11:30 Body Recall- 10:45 Lunch-12:00 Blood Pressure- 12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>
<p>17 Body Recall 8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00</p>	<p>18 Walking-9:00-10:45 Mah-Jongg- 9:00 Watercolor- 9:30-11:30 Body Recall- 10:45 Lunch-12:00 Blood Pressure- 12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>
<p>24 Body Recall 8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00</p>	<p>25 Walking-9:00-10:45 Mah-Jongg- 9:00 Watercolor- 9:30-11:30 Body Recall- 10:45 Lunch-12:00 Blood Pressure- 12-2 Euchre- 12:30 Pinochle- 1:00 Chess- 1:00 Bridge- 6:30</p>
<p>31 Body Recall 8:30/9:30 Basic Computer- 10-12 Volleyball- 10:45 Line Dancing- 12:00 Lunch- 12:00 Bridge- 12:30 Scrabble- 1:00 Pinochle- 1:00 Adv. Tai Chi- 2:00 Beg. Tai Chi-3:00</p>	<p style="text-align: center;">Medicare Open Enrollment By Appointment Only on Tuesday, October 25th from 9:00-4:00</p>

<p>5 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Lunch- 12:00 Safe Driving- 12-4 Bingo-1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>6 Health Fair & Flu Shot Clinic 9:00-12:00 Basic Computer-10-12 Mah-Jongg- 11:00 Lunch- 12:00 Safe Driving- 12-4 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>7 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Mah-Jongg- 10:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>
<p>12 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Clarebridge Alzheimer Lunch- 12:00 Bingo-1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>13 Library- 8:00-4:00 Walking- 9:00-10:45 Body Recall-10:45 Basic Computer-10-12 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>14 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Mah-Jongg- 10:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>
<p>19 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Folk Ensemble Performance Lunch- 12:00 Bingo-1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>20 Library- 8:00-4:00 Walking- 9:00-10:45 Body Recall-10:45 Basic Computer-10-12 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>21 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Mah-Jongg- 10:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>
<p>26 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Lunch- 12:00 Bingo-1:00 Scrabble- 1:00 Yoga- 5:00</p>	<p>27 Library- 8:00-4:00 Walking- 9:00-10:45 Body Recall-10:45 Basic Computer-10-12 Mah-Jongg- 11:00 Lunch- 12:00 Line Dancing- 12:00 Volleyball- 1:30 Pickleball- 3:00 Line Dancing- 6:00</p>	<p>28 Library- 8:00-4:00 Computers- 8:00-4:00 Body Recall- 8:30 Body Recall- 9:30 Mah-Jongg- 10:00 Body Recall- 10:45 Lunch- 12:00 Euchre- 12:30 Yoga- 2:30</p>

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Grand Blanc, MI 48439

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Fax: (810) 953-0726

E-mail: gbseniorcenter@sbcglobal.net

We're on the Web

www.gbseniorcenter.org

September/October Newsletter

This program/service is partially or fully
funded by the senior services millage.
Your tax dollars at work.

**PRST STD
U.S. POSTAGE
PAID**

**GRAND BLANC, MI
PERMIT NO. 35**

OR CURRENT RESIDENT