



*****TRAVEL CORNER*****

Many remaining trips are full; however, the travel committee continues to take reservations for a cancellation list. If interested in any of their trips, please call 203-1179

The Center is open Monday Evenings from 7-9pm!

If you or your group is interested in using the center Monday evenings, call for availability 797-2307

SENIOR SWIM

Returns to its normal hours in September
 Monday & Thursday from 4-6pm

NEW FITNESS CLASS!!

We are offering a new Low Impact Aerobics Class starting Tuesday, September 5th at 10am. This class will run through the month of September, if its successful, this will become a permanent fixture on our calendar! **The class on Sept. 5th is free, after that it is \$3 a class.**

Tuesday, September 12th at 12:15

Join us as we welcome Cindy from Brookdale Senior Living. She will be providing information on the type of services her agency provides.

September Evening Meal
Thursday, September 14th.

Meal Choice will be Liver or Chicken Cordon Bleu
Musical Guest: Ryan Wilson
 For reservations call: 729-6214

Wednesday, September 27th

Join us for our Apple Fest & Retired Teachers Luncheon
Author, Jack Shay, will present at 12:15

Breakfast for Lunch is held every Monday

No Reservations Required

Serving 10:30am TO 12:30pm

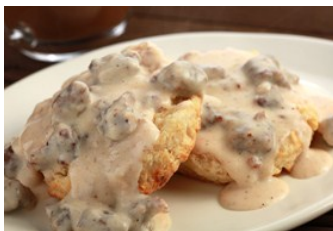
BRING A FRIEND!

September Dates

- Mondays-Roberson International Folk Dancers 7-9:30pm
 -Ceramics and Osteo Exercise 7pm
- Tuesdays-CHOWbus Market 11:30am
- Tuesdays-Low Impact Aerobics 10am
- 6th-Social Club 1pm
- 7th- Executive Board Meeting 9:30am
- 11th-**JFF Pool League Resumes**
- 12th-**Brookdale Presentation 12:15pm**
- 13th-Legal Aid 9am (appointment required)
- 13th-Flu Shots 10-11:30am (appointment required)
- 14th-**Evening Meal w/Musical Guest Ryan Wilson at 5:15**
- 20th-**FW Chorus Resumes 9am**
- 21st-**Philly Cheese Steak 11:30am**
 w/Orange Blossom Special at 12:15 pm
- 27th-**Apple Fest & Retired Teachers Luncheon**
 w/Special Guest: Author, Jack Shay 12:15pm
- 28th-Chop & Chat 10am (class size is limited, call for availability)

SPECIAL BREAKFAST FOR LUNCH!!

September 18th- Sausage, Biscuit & Gravy



September 21st- Philly Cheese Steak

No Reservations Required

