

El Mirage Senior Center Activities – September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Center Closed Labor Day	3 8:00 Breakfast 9:00 Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Rock Art 12:00 Table Games	4 8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 One-on-One Cell phone assistance	5 8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Beading 12:00 Commodities	6 8:00 Breakfast 8:30 Gardening 9:30 Bingo 10:00 Exercise 11:30 Art Class with Freddy 12:00 Wii Bowling
9 8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Rock Art 11:30 Table Games 12:00 Commodities	10 8:00 Breakfast 9:00 Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Depart to Casino - Desert Diamond, Return time: 3:30pm Senior Center Closed at 11:30	11 8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 One-on-One Cell phone assistance	12 8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Beading 11:30 Card Games 12:00 Commodities	13 8:00 Breakfast 8:30 Gardening 9:00 Bingo 10:00 The Junk Lady 11:30 Exercise 12:00 Wii Bowling
16 8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 AZ Legislature with Amber 12:00 Commodities	17 8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Arizona History with Ruby 11:30 Table Games	18 8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 1:00pm State Farm Stadium Tour	19 8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Table Games 12:00 Commodities	20 8:00 Breakfast 8:30 Gardening 9:30 Bingo 10:00 Exercise 11:30 Art Class with Freddy 12:00 Wii Bowling
23 8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Rock Art 12:00 Commodities	24 8:00 Breakfast 9:00 Regular Bingo 10:00 Video Exercise 10:00 Sewing Club 11:30 Rock Art 12:00 Table Games	25 8:00 Breakfast 9:00 Support Group 9:00 Sewing Club 10:00 Two Mile Walk 11:00 Lunch 11:30 One-on-One Cell phone assistance	26 8:00 Breakfast 8:30 Gardening 9:00 Medicare Bingo 10:00 Line-Dancing 11:30 Table Games 12:00 Commodities	27 8:00 Breakfast 8:30 Gardening 9:00 Bingo 10:00 Alzheimer's Presentation 11:30 Art Class with Freddy 12:00 Wii Bowling 6:00pm Fiesta de la Gente
30 8:00 Breakfast 8:30 Chair Yoga 9:00 Nutrition Class 10:00 Two Mile Walk 11:30 Rock Art 12:00 Commodities		El Mirage Senior Center 14010 N. El Mirage Rd. 623-876-4232 Hours: 8:00am to 1:00pm		