



Little River Weekly Activities

Hello,
September! 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:00 COFFEE AND CONNECT	8:30-9:00 COFFEE AND CONNECT	8:30-9:00 COFFEE AND CONNECT	8:30-9:00 COFFEE AND CONNECT	8:30-9:00 COFFEE AND CONNECT
9:00-9:30 RELAXATION ART	9:00-9:30 RELAXATION ART	9:00-9:30 RELAXATION ART	9:00-9:30 RELAXATION ART	9:00-9:30 RELAXATION ART
9:30-10:00 TRIVIA	9:30-10:00 TRIVIA	9:30-10:00 TRIVIA	9:30-10:00 TRIVIA	9:30-10:00 TRIVIA
10:00-10:30 EXERCISES	10:00-10:30 EXERCISES	10:00-10:30 QUILTING AND GAMES	10:00-10:30 EXERCISES	10:00-10:45 BINGO
10:30-11:00 QUILTING AND GAMES	10:30-11:00 QUILTING AND GAMES	10:30-11:15 DEVOTION	10:30-11:00 QUILTING AND GAMES	10:45-11:30 QUILTING AND GAMES
11:00-11:30 RECOLLECTIONS AND ACHEIVEMENTS	11:00-11:30 WORD PUZZLES	-----	11:00-11:30 NUMBER PUZZLES	-----
11:30-12:15 LUNCH	11:30-12:15 LUNCH	11:30-12:15 LUNCH	11:30-12:15 LUNCH	11:30-12:15 LUNCH
12:30-1:00 CRANIUM CRUNCHES	12:30-1:00 CRANIUM CRUNCHES	12:30-1:00 CRANIUM CRUNCHES	12:30-1:00 CRANIUM CRUNCHES	12:30-1:00 CRANIUM CRUNCHES
1:00-1:30 DEPARTURES	1:00-1:30 DEPARTURES	1:00-1:30 DEPARTURES	1:00-1:30 DEPARTURES	1:00-1:30 DEPARTURES



A National Day of Service
& Remembrance

SPECIAL PRESENTATIONS/ACTIVITIES	DATE	TIME
CLOSED FOR LABOR DAY	MONDAY 9/4/2017	CLOSED FOR LABOR DAY
ARTHRITIS LUNCH & LEARN BY ABBVIE	THURSDAY 9/28/17	10:30am

National Senior
Center Month

Master aging at
"OUR CENTER!"

**** EXERCISES:** Instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics.

**** CRANIUM CRUNCHES:** Improve memory and attention with fun brain games.