

SEPTEMBER 2024

calendar of events



Senior Center Hours
Monday - Friday - 8:00am - 4:30pm

Manistee County
Council On Aging

M

T

W

T

F

2

LABOR DAY!
We honor our nation's workers and their contributions to the well-being of the country.



3

11- Drop In Tech Help
12:30- Bridge
1- Pinochle
1- **NO** Line Dancing
2- Knit & Crochet Circle
3:30- Chair Yoga

4

9 - Tai Chi
10 - BP Clinic
10:30 - TOPS Mtg.
10:30 - Zumba Gold
11 - Produce Bingo
1 - Cardio Drumming

5

10 - Cribbage
10 - Sit and Fit
11 - Grief Support Group
1 - Cardio Drumming
1 - Chess
1 - Sign Language
2 - Depression Support Group

6

9 - Self Parenting
10 - Balancing & Stretching
1 - Cardio Drumming
1 - Euchre
4 - Suicide Prevention Prg.

9

9 - Tai Chi
10 - Reflexology
10 - Dominoes
10:15 - You gotta have Art
12 - Chair Massage
1 - Balance/Stretching
1 - Pinochle
1 - Maj Jong
2 - Board Games

10

NO Tech Help
9:30 - Foot Clinic
11 - Musicw/Playing it Forward
12:30 - Bridge
1 - Pinochle
1 - Line Dancing
2 - Knit & Crochet Circle
3:30 - Chair Yoga

11

9 - Tai Chi
10 - Kayak Club @ Platte
10 - BP Clinic
10 - Eyeglass Clinic
11 - Foot Clinic
10:30 - TOPS Mtg.
10:30 - Zumba Gold
11 - Bingo
1 - Art ROCKS!
1 - Cardio Drumming

12

10 - Cribbage
10 - Sit and Fit
1 - Cardio Drumming
1 - Chess
1 - Sign Language
3 - Dementia Support Group

13

9 - Mystery Trip w/ Netter's!
9 - Self Parenting
9 - Tai Chi
10 - Free Legal Advice
10 - Balancing & Stretching
1 - Cardio Drumming
1 - Euchre

16

9 - Tai Chi
10 - Dominoes
10:15 - You gotta have Art
1 - Balancing/Stretching
1 - Mah Jongg
1 - Pinochle
2 - Board Games

17

9:30 - Foot Clinic
11 - Drop In Tech Help
12:30 - Bridge
1 - Pinochle
1 - Line Dancing
2 - Knit & Crochet Circle
3:30 - Chair Yoga

18

9 - Tai Chi
10 - BP Clinic
10:30 - TOPS Mtg.
10:30 - Zumba Gold
11 - Bingo
12:30 - Rootbeer Floats Party/National Sr. Center Month
1 - Cardio Drumming

19

10 - Cribbage
10 - Sit and Fit
11 - Coffee & Donuts w/ Local First Responders
11 - Parkinson's Support Group
1 - Cardio Drumming
1 - Chess
1 - Sign Language
2 - Munson Healthcare Hospital

20

9 - Food Bank
9 - Self Parenting
9 - Tai Chi
10 - Balancing/Stretching
1 - Cardio Drumming
1 - Euchre

23

9 - Tai Chi
10 - Reflexology
10 - Dominoes
10:15 - You gotta have Art
12 - Chair Massage
1 - Balancing/Stretching
1 - Mah Jongg
1 - Pinochle
2 - Board Games

24

9:30 - Cards & Coffee
11 - Drop In Tech Help
11 - Piano W/ Suzanne
12:30 - Bridge
1 - Popcorn and a Movie!
1 - Pinochle
1 - Line Dancing
2 - Knit & Crochet Circle
3:30 - Chair Yoga

25

9 - Tai Chi
10 - BP CLINIC
10:30 - TOPS mtg
10:30 - Zumba® Gold
11 - Celebrate Sept. 8-Days
11 - Bingo
1 - Ireland Trip Meeting
1 - Cardio Drumming

26

10 - Cribbage
10 - Sit & Get Fit
11 - Coffee w/ Port City Brew
1 - Cardio Drumming
1 - Chess
1 - Sign language

27

9 - Self Parenting
9 - Tai Chi
10 - Veterans Out Reach
10 - Balancing/Stretch
1 - Wheelin' & Dealin' W/ Johnny O'
1 - Cardio Drumming
1 - Euchre

30

9 - Tai Ch
10 - Dominoes
10:15 - You gotta have Art
1 - Balancing/Stretching
1 - Mah Jongg
1 - Pinochle
2 - Board Games

Important dates in september

2 - Closed - LABOR DAY

6 - Suicide Prevention Program

10 - Music w/ Paying It Forward

11 - Kayak Club @ Platte

13 - Mystery Trippin' w/ Netter's

15 - PotLuck - Sunday 8/15 at 1pm - Brig a dish.

19 - Coffee & Donuts w/ Local First Responders

20 - Food Bank

24 - Cards & Coffee

24 - Popcorn and a Movie

25 - Ireland Trip Informational Meeting

26 - Coffee w/ Port City Brew

27 - Wheelin' & Dealin' w/ Johnny O'

27 - Veterans Our Reach Program