

# Barry County Commission on Aging



## September 2019



### Activities Calendar

**Friendship Centers:**  
Please call for  
lunch reservations

#### D - Delton

Faith United Methodist Church  
503 S. Grove (M-43)  
Call Angela:(269)579-3918  
Open: Mon/Wed/Thurs  
10:30-1:00

#### H - Hastings

Commission on Aging  
320 W. Woodlawn  
Call Theresa(269) 948-4856  
Open: Mon thru Fri  
9:00-1:00

#### N - Nashville

Main Street Banquets  
301 N. Main Street  
Open Mon thru Fri  
11:00-1:00

#### W - Woodland

Woodland Eagles Club  
125 N. Main Street  
Call Leona:(269) 367-4041  
Open: Mon/Wed/Fri  
10:30-1:30

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>COA Closed</b> Labor Day 	<b>3</b> H-Wii Bowling 9:00 H-Line Dancing 9:30 H-Massage 10:30-12:00 H-Train Your Brain 1:00 N-Dominos 11:00 	<b>4</b> H-Card Program 9:00-11:00 H-Euchre 12:30-2:30 D-Walking 11:00-1:00 N-Dominos 11:00 W-Card Games 11:00 	<b>5</b> H- Line Dancing 9:30  N-Dominos 11:00 N- TV Time D- Puzzles/Trivia D-Walking 11:00-1:00 	<b>6</b> H- Exercise 9:00 H- Bingo 9:30 H-Iron Rails 10:30 N-Dominos 11:00 W-Card Games 11:00 
<b>9</b> H-Card Program 9:00-11:00 H-Tech Monday by appt. H-Painting Group 1:00 D-BP Checks D-Walking 11:00-1:00 N-Dominos 11:00 W-Card Games 11:00 H,W,N-Reminiscence	<b>10</b> H-Wii Bowling 9:00 H-Line Dancing 9:30 H-BP Checks 10:30  H-Train Your Brain 1:00 N-Dominos 11:00 	<b>11</b> H-Card Program 9:00-11:00 H-Euchre 12:30-2:30 H-Parkinson's Support 5:00 RSVP for Caregiver Event  D-Walking 11:00-1:00 N-Dominos 11:00 W-Card Games 11:00 N/W-BP Checks	<b>12</b> H-Line Dancing 9:30 H-Music with Celia 10:30 H-Sr. Zumba 5:30  D-Puzzles/Trivia  D-Walking 11:00-1:00 N-TV Time N-Dominos 11:00	<b>13</b> H- Exercise 9:00 H- Bingo 9:30 H-Iron Rails 10:30 N-Dominos 11:00 W-Card Games 11:00 
<b>16</b> H-Card Program 9:00-11:00 H-Painting Group 1:00 D-Walking 11:00-1:00 N-Dominos 11:00  W-Card Games 11:00 H,W,N-Reminiscence 	<b>17</b> H-Wii Bowling 9:00 H-Line Dancing 9:30 H-Train Your Brain 1:00 H-Board Meeting 2:00  N-Dominos 11:00	<b>18</b> H-Card Program 9:00-11:00 H-Euchre 12:30-2:30 D-Walking 11:00-1:00 N-Dominos 11:00 W-Card Games 11:00 	<b>19</b> MSU Caregiver Event 10:00-2:00  H-Sr. Zumba 5:30 N- TV Time N-Dominos 11:00 D- Puzzles/Trivia D-Walking 11:00-1:00	<b>20</b>  H- Exercise 9:00 H- Bingo 9:30 H-Iron Rails 10:30 N-Dominos 11:00 W-Card Games 11:00
<b>23</b> H-Card Program 9:00-11:00 H-Painting Group 1:00 D-Walking 11:00-1:00 N-Dominos 11:00  H,W,N-Reminiscence W-Card Games 11:00 	<b>24</b> H-Wii Bowling 9:00 H-Line Dancing 9:30  H-Train Your Brain 1:00 N-Dominos 11:00	<b>25</b> H-Card Program 9:00-11:00 H-Euchre 12:30-2:30 D-Walking 11:00-1:00 D-September Birthdays D-Reminiscence N-Dominos 11:00 W-Card Games 11:00 	<b>26</b> <b>Volunteer Luncheon</b> 10:30-12:30 N/D- Closed H-No Zumba tonight	<b>27</b> H- Exercise 9:00 H- Bingo 9:30 H-Iron Rails 10:30 N-Dominos 11:00 W-Card Games 11:00 
<b>30</b> H-Card Program 9:00-11:00 H-Sr. Group Exercise 9:15 H-Move for Better Bal. 10:30 H-Painting Group 1:00 N-Dominos 11:00 D-Walking 11:00-1:00 W-Card Games 11:00 H,W,N - Reminiscence 	<b>September is Falls Prevention Month!</b> 	<b>What can you do?</b> Regular Vision Checks Adequate Sleep Regular Exercise for Balance Manage and Monitor Meds Home Safety		
Weekend Notes: <b>Moving for Better Balance Parkinson's begins October 1, 12:15-1:30</b>				