



# Menasha Senior Center **SEPTEMBER 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>September is National Chicken Month.</b> Give a cluck cluck and celebrate.</p> <p>How exactly does one observe Nat'l Chicken month? ➤</p>	<p>1</p> <p>10:00 <b>Wii</b></p> <p>11:20 Meals</p> <p>1:15-3:00 <b>Blood Pressure ck</b></p>	<p>2</p> <p>9:30 Line Dancing</p> <p>10:00-11 Chair exercise</p> <p>11:00 <i>You Can Do It</i></p> <p>11:20 Meals</p> <p>12:30 Texas Hold'em</p> <p>12:30 Shuffleboard</p> <p>1:00 VNA Foot-</p>	<p>3</p> <p>8:30 Oil Painting</p> <p>10:00 <b>BenSpec</b></p> <p>11:20 Meals</p> <p>12:30 Cribbage</p> <p>1:00 Bridge</p>	<p>4</p> <p>8:00 Bike 4 Fun</p> <p>10:00 <b>Wii</b></p> <p>11:20 Meals</p> <p>1:00 Quilting</p> <p>12:30 <i>Hand&amp;Foot</i></p>
<p>7</p> <p><b>CLOSED</b></p> <p><b>LABOR DAY</b></p>	<p>8</p> <p>10:00 <b>Wii</b></p> <p>11:20 Meals</p> <p>12:00 Agility exercise</p> <p>1:15-3:00 <b>Blood Pressure ck</b></p>	<p>9</p> <p>9:30 Line Dancing</p> <p>10:00-11 Chair exercise</p> <p>11:00 <i>You Can Do It</i></p> <p>11:20 Meals</p> <p>12:30 Texas Hold'em</p> <p>12:30 Shuffleboard</p>	<p>10</p> <p>7:45 CA meeting</p> <p>8:30 Oil Painting</p> <p>9:00 PC meeting</p> <p>10:00 <b>BenSpec-Turning 65?</b></p> <p>11:20 Meals</p> <p>12:30 Cribbage</p> <p>1:00 Bridge</p>	<p>11</p> <p>8:00 Bike 4 Fun</p> <p>10:00 <b>Wii</b></p> <p>10-11:00 <b>Colorectal Screen.</b></p> <p>11:20 Meals</p> <p>1:00 Quilting</p> <p>12:30 <i>Hand&amp;Foot</i></p>
<p>14</p> <p>9:00 Computer class</p> <p>9:30 Line Dancing</p> <p>10:30am <b>Nutro</b> Bingo</p> <p>11:20 Meals</p> <p><del>12:30 Card making class</del></p> <p>12:30 Scrabble</p> <p>1:00 Men's cards</p>	<p>15</p> <p>10:00 <b>Wii</b></p> <p>11:20 Meals</p> <p>12:00 Agility exercise</p> <p>2:00 SALT meeting</p> <p>1:15-3:00 <b>Blood Pressure ck</b></p>	<p>16</p> <p>9:30 Line dancing</p> <p>10:00-11 Chair exercise</p> <p>11:20 Meals</p> <p>11:00 <i>You Can Do It</i></p> <p>12:30 Texas Hold'em</p> <p>12:30 Shuffleboard</p>	<p>17</p> <p>8:30 Oil Painting</p> <p>11:20 Meals</p> <p>12:30 Cribbage</p> <p>1:00 Bridge</p>	<p>18</p> <p>8:00 Bike 4 Fun</p> <p>10:00 <b>Wii</b></p> <p>10-11:00 <b>Anemia Screening</b></p> <p>11:20 Meals</p> <p>1:00 Quilting</p> <p>12:30 <i>Hand&amp;Foot</i></p>
<p>21</p> <p>9:00 Computer class</p> <p>9:30 Line Dancing</p> <p>11:20 Meals</p> <p>1:00 Men's cards</p>	<p>22</p> <p>9:00 Newsletter Assembly</p> <p>10:00 <b>Wii</b></p> <p>1:15-3:00 <b>Blood pressure</b></p> <p>12:00 Agility exercise</p> <p>11:20 Meals</p>	<p>23</p> <p>9:30 Line Dancing</p> <p>10:00-11 Chair exercise</p> <p>11:00 <i>You Can Do It</i></p> <p>11:20 Meals</p> <p><b>4:30-6:30 Hawaiian Cookout</b></p>	<p>24</p> <p>8:30 Oil Painting</p> <p>11:20 Meals</p> <p>12:30 Cribbage</p> <p>1:00 Bridge</p> <p>1:00 VNA Foot care</p>	<p>25</p> <p>8:00 Bike 4 Fun</p> <p>10:00 <b>Wii</b></p> <p>11:20 Meals</p> <p>1:00 Quilting</p> <p>12:30 <i>Hand&amp;Foot</i></p> <p>MSC brat fry at Piggly Wiggly 25th &amp; 26th</p>
<p>28</p> <p>9:00 Computer class</p> <p>9:30 Line Dancing</p> <p>11:20 Meals</p> <p>1:00 Men's cards</p>	<p>29</p> <p>10:15 <b>Oral Health Pres.</b></p> <p>10:00 <b>Wii</b></p> <p><del>10:30-12n Blood Pressure</del></p> <p>11:20 Meals</p> <p>12:00 Agility exercise</p>	<p>30</p> <p>9:30 Line Dancing</p> <p>10:00-11 Chair exercise</p> <p>11:00 <i>You Can Do It</i></p> <p>11:20 Meals</p> <p>12:30 Texas Hold'em</p> <p>12:30 Shuffleboard</p>	<p><b>You could:</b></p> <ul style="list-style-type: none"> <li>-Play <i>Chicken Invaders</i> on your PC.</li> <li>-Do the "chicken dance".</li> <li>-Don't eat chicken, join the HSUS and get their guide to vegetarian eating.</li> <li>-Read the book "Chicken Little"/watch the movie.</li> <li>-Eat more chicken throughout the month!!</li> </ul>	