

September



News Notes

Walking

Monday-Friday 8:00-10:00 am
Armstrong Recreation Center
Don't forget to sign in!!

LUNCH PROGRAM

Monday, Wednesday, Friday, 11:15 am
Reservations required in advance
Cost: \$4-Members \$5-Guests

Refresher Bridge
Class for 6 weeks
starting Tuesday,
October 3rd
10:00 am-1:00 pm
Sign Up at the Desk

The VA
representative will be
here on
September 18th



Gaslight Week is
September 11 - 17

Reminder:

We will be closed on
Monday, September 4th
In observance of Labor Day

FLU SHOTS & PNEUMONIA VACCINES

Friday, September 22
11:00 am-1:00 pm

In the ballroom
Please fill out form at desk.
We need to make a copy of
your Medicare card and
private insurance card if
applicable.

Chandler, our tech expert will **NOT**
be here during the month of
September!! Please plan on seeing
Chandler in October. Thank you!!!

Zumba will be at the walking
bridge on
Wednesday, September 20th!!!