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September 2025 Calendar




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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 1  | 2 9:30a=Chair Yoga I 9:30a=Comm. Health Worker 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo No Farmers Market | 3 9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Chair Massage \$15 11a=BRASS Crochet 11:30a=Empowered Caregiver-Alzheimer's Assoc. (1/2) 12:30p=Sewing (1/4) | 4 10a=BRASS Quilting 10a=Boxing 3 (There) 11a=Poker 11:30a=Café Lunch 12:30p=Wisewoman | 5 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 11a=City Mission |
| 8 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Sr. Ctr. Meeting (Adora Homecare) | 9 9:30a=Chair Yoga I 10a=B/P 10a=Farmers Mkt 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo | 10 9:30a=Stretch/Tone 10a=BCH Nutrition 11:30a=Empowered Caregiver-Alzheimer's Assoc. (2/2) 12:30p=Sewing (2/4) No BRASS Crochet | 11 10a=BRASS Quilting 10a=Boxing 4 (There) 11a=Poker 11:30a=Café Lunch | 12 12th Anniversary Party No Activities 11a to 1pm \$5.00 pre-paid  |
| 15 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dorner Nutrition | 16 9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 11:30a=Reflexology \$25 12:30p=Bingo | 17 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 10:30a=Tranquillity Vineyard - \$10/pp 12:30p=Sewing (3/4) | 18 10a=BRASS Quilting 10a=Boxing 5 (There) 11a=Poker 10a=Chorus 11a=Ukulele Lessons 11:30a=Café Lunch 11:30a=Reiki \$20 12:30p=Mandy Dupont | 19 9:30a=AARP Driver Class 10a=Wii Bowling B-fast Celebration 10a=Tech Help 11a=Computer Class 11a=Paint w/Silvia \$2 No BRASS Chair Strength |
| 22 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=WCAAA Lunch & Learn | 23 9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo | 24 9:30a=Stretch/Tone 10a=BCH Nutrition 10a=Dolce Haircuts \$2 12:30p=Sewing (4/4) NO BRASS Crochet | 25 10a=BRASS Quilting 10a=Boxing 6 (There) 10a=Chorus 11a=Ukulele Lessons 11a=Poker 11:30a=Café Lunch 12:30p=Senior Dine Sign Up | 26 9:30a=BRASS Chair Strength 10a=Vets Coffee Hour 10a=Tech Help 11a=Virtual Reality 11a=Paint w/Silvia \$2 |
| 29 10a=BRASS Paint \$2 11a=BRASS Zumba 11a=Setback 12p=Ask the Registered Dietitian | 30 9:30a=Chair Yoga I 10a=Farmers Mkt 10a=B/P 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo |  | | |
| Wii Bowling daily at 9am Cards, pool table, Chess, Dominoes, Fitness Room available daily | | | | |



September 2025 Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| Café Lunch served 11:30a to 12:30p Tuesday & Thursday All menus are subject to change | <p>2</p> Meatloaf w/gravy Whipped potatoes Mixed vegetables Wheat bread Pineapple tidbits | | <p>4</p> Bourbon pork Potato salad Sauteed mixed greens Wheat bread Vanilla pudding Juice | Suggested Donation for Seniors \$4.00 |
| | <p>9</p> King ranch chicken Brown rice Green beans Dinner roll Fruit | | <p>11</p> Minestrone soup/crx Chicken w/pesto cream sauce Zucchini Dinner roll Brownie Juice | PLEASE NOTE Aids & Guests are asked to pay \$8.14 for lunch. That is what the WSC pays New Opp for lunch |
| | <p>16</p> Tropical glazed chix Confetti brown rice Green beans Wheat bread Cookie Fruit juice | | <p>18</p> Potato soup w/crx Chef salad (lettuce, to- mato, egg, cheddar cheese & ranch dressing) Cornbread muffin Mandarin oranges Fruit juice | We are unable to use our funding to pay for lunch- es of individuals under the age of 60 |
| | <p>23</p> Mediterranean Putta- nesca chix breast Lemon orzo Tossed salad/Ranch dressing Italian bread Fruit | | <p>25</p> Vegetable soup w/crx Salisbury steak w/ gravy Whipped potatoes Wheat bread Cookie Fruit juice | |
| | <p>30</p> Beef tips w/gravy Garlic whipped potato Garden Vegetables White bread Pineapple tidbits | <div>    </div> | | |