





September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ELDER CENTER NUMBER: 785.966.8091 OPEN 8:00am-4:30pm Pool, Darts, Board/Card Games, Puzzles available daily.				1 1pm- Havester's @ Old Bingo Hall NATION CLOSED @ 12	2
3	4 NATION CLOSED LABOR DAY	5 10am- Chair Exercises	6 10:30am Healing with Art 12:30pm- Bone Necklace Making	7 10am- Chair Exercises	8 12pm- All Elder Meeting (Door Prizes to be given)	9 STATE GAMES SHUFFLEBOARD
10 10am- Walking Club 10:30am- Line Dance	11	12 10am- Chair Exercises 10am- Bowling	13 10:30am Healing with Art 4:30pm Elder Dinner Outing	14 10am- Chair Exercises 11:30am-  FRESH CONVERSATIONS	15 8:30am- Garage Sales	16
17 10am- Walking Club 10:30am- Line Dance	18	19 8am- Thrift Shopping & Casino (Kansas City) 10am- Chair Exercises	20 10:30am Healing with Art 12:30pm- Bone Necklace Making	21 10am- Chair Exercises 12:30pm- Dominoes	22 NATION CLOSED NATIVE AMERICAN DAY	23 VETERAN'S POW WOW
24 10am- Walking Club 10:30am- Line Dance	25	26 10am- Chair Exercises 12:30pm- Cribbage	27 10:30am Healing with Art	28 10am- Chair Exercises	29  7:30a-9:00a- BREAKFAST SALE	30
ELDER BAKE/CRAFT SALE 8-4						

TAKE A LOOK →

Elder Dinner Outing- 13th

Los Churro (Topeka) is a Mexican cuisine that was selected at our last elder dinner outing. Elder Center will provide transportation. Elder is responsible for their meal.

Fresh Conversations

This month will be the last in the series for the year. The topic is: Preserve Muscle: Maintain Your Life
Join us for some healthy talk and door prizes!

Bake/Craft Sale and Breakfast Sale

Spots available only for our elders. Everyone is welcome to shop! On the 29th the Elder Center will have a breakfast sale from 7:30am-9am.