

ORANGE BEACH SENIOR/ADULT ACTIVITY CENTER □ 26251 CANAL ROAD □ 251-981-3440

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30-9:30am: Yoga 9-11am: Shell Art 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	2	3
4	5  SENIOR CENTER CLOSED	6 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	7 9-9:30am: Blood Pressure Ch 9-10am: Tai Chi 9-11am: Gourd Baskets 9:30-12pm: MexTrain Dominoes 1-3pm: Yahtzee 2-3pm: Sit & Be Fit	8 8:30-9:30am: Yoga 9-11am: Shell Art 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	9 9:45am: TRIP – Baldwin County Heritage Museum & lunch at Big Potato Company	10
11	12 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 12:30-3pm: Mah Jong 2-3pm: Sit & Be Fit	13 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	14 9-9:30am: Blood Pressure Ch 9-10am: Tai Chi 9-11am: Gourd Baskets 9:30-12pm: MexTrain Dominoes 11am: LUNCH&LEARN: Pain Management w/ Dr. Webb 1-3pm: Yahtzee 2-3pm: Sit & Be Fit	15 8:30-9:30am: Yoga 9-11am: Shell Art 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	16	17
18	19 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 12:30-3pm: Mah Jong 2-3pm: Sit & Be Fit	20 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	21 9-9:30am: Blood Pressure Ch 9-10am: Tai Chi 9-11am: Gourd Baskets 9:30-12pm: MexTrain Dominoes 1-3pm: Yahtzee 2-3pm: Sit & Be Fit	22 8:30-9:30am: Yoga 9-11am: Shell Art 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	23 11am: LUNCH & LEARN – Open Enrollment Info w/ Council on Aging	24
25	26 9am-2pm: Craft Workshop 9:30-11:30am: Hand & Foot 12:30-3pm: Mah Jong 2-3pm: Sit & Be Fit	27 8:30-9:30am: Yoga 9-11am: Ceramics 12-3pm: Party Bridge	28 9-9:30am: Blood Pressure Ch 9-10am: Tai Chi 9-11am: Gourd Baskets 9:30-12pm: MexTrain Dominoes 1-3pm: Yahtzee 2-3pm: Sit & Be Fit	29 8:30-9:30am: Yoga 9-11am: Shell Art 9:30-11:30am: Hand & Foot 12-3pm: Party Bridge	30 10am: GAME & LUNCH BIRTHDAY BASH – Hand & Foot Canasta	