

Cedar Falls Senior Center –528 Main Street
 NEI3A program questions or comments call 319-277-1900
Please call us by 9:45 if you would like to join us for lunch
the next day or you can sign up at the senior center.

September 2019

Mon	Tue	Wed	Thu	Fri
2 Closed Have a good Labor Day	3 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 500, Hand and Foot	4 8:00 8 Ball Tournament 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 12:00 Bridge 1:00 Ceramics 1:00 Ceramics	5 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13	6 8:00 Billiards 9:00 FUNctional FITness 10:00 Bingo 11:45 Lunch 12:30 Bridge / 1:00 Ceramics 12:45 500, Hand and Foot
9 8:00 Billiards 9:00 FUNctional FITness * 11:45 Lunch 1:00 Center closes	10 8:00 Billiards/ 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:00 Fresh Conversations 12:45 500, Hand and Foot	11 8:00 8 Ball Tournament 9:00 FUNctional FITness* 11:45 Lunch 11:30 Bridge 1:00 Ceramics*	12 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 3:00 Senior Device Advice	13 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo 11:45 Lunch 1:00 Ceramics* 12:45 500, Hand and Foot
16 8:00 Billiards 9:00 FUNctional FITness * 11:45 Lunch 1:00 Center closes	17 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 500, Hand and Foot	18 8:00 8 Ball Tournament 9:00 FUNctional FITness* 11:45 Lunch 11:30 Bridge 1:00 Ceramics* Button Club No Meeting	19 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13	20 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo/ 11:45 Lunch 11:45 Antique Photo Display 1:00 Ceramics* 12:45 500, Hand and Foot
23 8:00 Billiards 9:00 FUNctional FITness* 11:45 Lunch 1:00 Center closes	24 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 500, Hand and Foot	25 8:00 8 Ball Tournament 9:00 FUNctional FITness* 11:45 Lunch 11:30 Bridge 1:00 Ceramics*	26 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 11:15 Osteoporosis Info 12:45 Pinochle, Rummy 13	27 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo/ 11:45 Lunch 1:00 Ceramics* 12:45 500, Hand and Foot
30 8:00 Billiards 9:00 FUNctional FITness* 11:45 Lunch 1:00 Center closes	<p>Join us for COFFEE & POPCORN made fresh daily!!! Free Blood Pressure checks are given Tuesday and Thursday at 9:30 Remember to Consider the Community Center as a venue for hosting your events. Contact Tiana Taylor at 319-277-1900 Option #1 for information and pricing</p>			