



Lakeland Activity Center for Seniors – September 2017

1510 Commercial Park Drive, Lakeland, FL
863-687-2988 bcage@cflcc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
**The activities written in green are Healthy Initiatives activities.					1 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD	2
3	4 CLOSED <i>Labor Day</i>	5 10 am Nutrition/Cooking Demonstration Gail Bagley 10 am Tai Chi DVD 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge	6 9:30 Grief Support – Judy Kahler 9:30 Produce Distribution 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch *12:15 Movie at Valencia Hills **(see notes) 12:30 pm Cardio DVD 1:00 BINGO	7 9:30 – 11 Fellowship Dining Shopping – NO NEW APPLICATIONS 11:30 Lunch 1 pm Art Club 1 pm Scrabble	8 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD	9 **Please sign up at front desk for Valencia Hills movie trip. The movie will be the new Beauty and the Beast.
10	11 10:00 BIRTHDAY PARTY sponsored by Humana 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo	12 9:30 Wii Bowling 10 am Nails/Manicures by Romero Health 10 am Computer Class 11:30 Lunch 12:30 Line Dancing 12:30 Men's Bridge	13 9:30 Produce Distribution 9:30 Mini Pantry sponsored by Dedicated Healthcare 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo	14 10 am Financial Education – sign up at front desk 11:30 Lunch 1 pm Art Club 1 pm Scrabble	15 10 am Ice Cream Social by Valencia Hills 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD	16
17	18 9:30 – 11 Fellowship Dining Shopping – NO NEW APPLICATIONS 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo	19 9:30 Wii Bowling 10 am Bingo sponsored by Dedicated Healthcare 10 am Computer Class 12:30 Line Dancing 12:30 Men's Bridge	20 9:30 Produce Distribution 10 am - Nutrition/Cooking Demonstration – Karen Webb 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo	21 10 am Making the Most of Your Grocery Dollars by Humana 11:30 Lunch 1 pm Art Club 1 pm Scrabble	22 CLOSED Catholic Charities Staff In-service	23
24	25 10 am Fire Prevention Games with Valencia Hills 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo	26 10 am - Robin from Well-Med/Normal Aging vs Warning Signs for Alzheimers 10 am Computer Class NO LINE DANCING 12:30 Men's Bridge	27 9:30 Produce Distribution 9:30 am Tai Chi 11:00 Chair Exercise 11:30 Lunch 12:30 pm Cardio DVD 1:00 Bingo	28 11:30 Lunch 1 pm Art Club 1 pm Scrabble	29 10:00 Cardio DVD 10am-2pm Hand & Foot *will break for lunch 11:00 Chair Exercise 11:30 Lunch 12:30 Tai Chi DVD	30 ** Presentations in red will use the main area (dining/activity rooms); there will be no games during this time.

PLEASE NOTE THE CALENDAR IS SUBJECT TO CHANGE**

We distribute fresh produce to help you maintain a balanced, nutrition-rich diet.



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- **We will be closed on Monday, September 4th in observance of Labor Day.**
- **Tai Chi classes (with an instructor) have resumed on Wednesdays at 9:30 am.**
- Computer classes with Frances Osmond will continue Tuesdays, at 10 am by request – please set up with Frances in advance. You may solicit private assistance with Frances by leaving your name at the front desk.
- Join us for LINE DANCING with Brittany Melson every Tuesday at 12:30 pm
- Gail Bagley will be doing a cooking/nutrition class on Tuesday, September 5th.
- Produce distribution will be on Wednesdays, beginning around 9:30 am. We will not allow 2nd time through until 11:30 am to allow for those participants that arrive later to receive produce. You must be present, and an actively participating member of LACS to participate.
- Judy Kahler from VITAS will be here on Wednesday, September 6th, for grief counseling. See the front desk if you would like to schedule her time for a private session.
- The movie this month at Valencia Hills will be Beauty and the Beast on Wednesday, September 6th. Please sign up at the front desk.
- **Fellowship Dining will conduct their shopping trips this month on Thursday, September 7th, and Monday, September 18th. They will not be accepting new applicants for the Fellowship Dining program either of those days.**
- We will be celebrating birthdays for September on the 11th with a little party, sponsored by HUMANA. Please let me know if your name is not on the list when it goes up each month. THANKS!
- Romero Medical will providing nail painting/mini-manicures again on Tuesday, September 12th, at 10 am.
- Dedicated Healthcare will be sponsoring a mini-pantry during the regular produce distribution on Wednesday, September 13th.
- Catholic Charities will be presenting a Financial Education class on Thursday, September 14th. This is a very informative class. Please sign up in advance at the front desk.
- Laura from Valencia Hills will be doing an ice cream social on Friday, September 15th.
- Dedicated Healthcare will be sponsoring free Bingo on Tuesday, September 19th at 10 am.
- **Karen Webb from Agape will be presenting a nutrition/cooking demonstration at 10 am on Wednesday, September 20th.**
- Humana will be presenting “Making the Most of Your Grocery Dollars” on Thursday, September 21st.
- Laura from Valencia Hills will be doing Fire Prevention games on Monday, September 25th.
- **Robin from Well-Med will be presenting “Normal Aging vs Warning Signs for Alzheimers on Tuesday, September 26th.**
- **There will be NO LINE DANCING on Tuesday, September 26th.**

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