

June 2019 (sign up for programs/activities begins Monday, June 3)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Movie: Gone Girl</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p> | <p>4</p> <p>8:45 Oldies Sweatin'</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>12:30 Tap to Togetherness</p> <p>1:00 Pitch</p> | <p>5</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Lifestory Writing Group</p> <p>1:00 Line Dancing</p> | <p>6</p> <p>8:45 Oldies Sweatin'</p> <p>9:00 Stitch Therapy</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>1:00 Bunco/Pinochle</p> <p>3:00 Afternoon Appetizers</p> | <p>7</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>11:45 Route 66 Arrival Celebration</p> <p>12:30 Bridge</p> <p>12:45 Center Singers</p> |
| <p>10</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Movie: Mary Poppins Returns</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Alzheimer's Support Group for Caregivers</p> <p>5:30 Monday Yoga</p> | <p>11</p> <p>8:45 Oldies Sweatin'</p> <p>9:30 Council on Aging</p> <p>10:00 Gentle Yoga</p> <p>10:30 Presentation: Pre-Planning, Valley View Memorial Park</p> <p>11:00 Chair Yoga</p> <p>1:00 Pitch</p> <p>2:00 Senior Social at west Dairy Queen</p> | <p>12</p> <p>8:30 Foot Care</p> <p>9:30 Coffee Talk w/ Mathis PT</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:30 Dementia Webinar: Home Safety</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Line Dancing</p> <p>1:00 Artist Profile: Francis Davis Millet</p> | <p>13</p> <p>8:45 Oldies Sweatin'</p> <p>9:00 Stitch Therapy</p> <p>9:00 AARP Board</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:00 Eyeglass Cleaning & Adjustments</p> <p>11:30 Blood Pressure Checks & Hearing Aid Cleanings</p> <p>12:00 Lunch Bunch: Happy Valley Chinese</p> <p>1:00 Bunco/Pinochle</p> | <p>14</p> <p>9:15 Advanced Strength Training</p> <p>10:00 Tour: Axe to Grind</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Sewing Angel</p> <p>12:45 Center Singers</p> <p>1:00 Texas Hold 'Em</p> |
| <p>17</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>11:00 CSFP Food Box Pick-up & Delivery</p> <p>12:30 Bridge</p> <p>12:45 Movie: Midnight Sun</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p> | <p>18</p> <p>8:45 Oldies Sweatin'</p> <p>10:00 Gentle Yoga</p> <p>10:30 Presentation: Native Stone Scenic Byways, Mary Mertz</p> <p>11:00 Chair Yoga</p> <p>1:00 Pitch</p> <p>1:00 VIP Book Group</p> <p>2:00 VIP Support Group</p> | <p>19</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Line Dancing</p> | <p>20</p> <p>8:45 Oldies Sweatin'</p> <p>9:00 AARP</p> <p>9:00 Stitch Therapy</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:00 ARTful Memories</p> <p>1:00 Pinochle/Bunco</p> <p>3:00 Afternoon Appetizers</p> | <p>21</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Center Board Meeting</p> <p>12:30 Bridge</p> <p>12:45 Center Singers</p> |
| <p>24</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Movie: The Upside</p> <p>1:00 Duplicate Bridge</p> <p>1:00 Art Studio</p> <p>5:30 Monday Yoga</p> | <p>25</p> <p>8:45 Oldies Sweatin'</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:30 Potluck: Anything Goes</p> <p>1:00 Pitch</p> <p>1:00 Crocheting Caps & Camaraderie</p> | <p>26</p> <p>8:30 Foot Care</p> <p>9:30 Coffee Talk w/ Mathis PT</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>1:00 Hand & Foot/Canasta</p> <p>1:00 Line Dancing</p> <p>1:00 Presentation: A Downtown Manhattan Virtual Walking Tour</p> | <p>27</p> <p>8:45 Oldies Sweatin'</p> <p>9:00 Stitch Therapy</p> <p>10:00 Gentle Yoga</p> <p>11:00 Chair Yoga</p> <p>11:30 Traveling Lunch Bunch: Willie's Hideout, St. George</p> <p>1:00 Pinochle/Bunco</p> | <p>28</p> <p>9:15 Advanced Strength Training</p> <p>10:15 Strength Training</p> <p>11:00 Strength Training</p> <p>12:30 Bridge</p> <p>12:45 Sewing Angel</p> <p>12:45 Center Singers</p> <p>1:00 Texas Hold 'Em</p> |

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