



## KASC Activities – September 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
 <h1 style="margin: 0;">Saturday, September 30<sup>th</sup></h1> <h2 style="margin: 0;">8:00 am – 3:00 pm</h2>				<p><b>1</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-12 Genealogy</p> <p>9-3 Games/Cards/Puzzles</p> <p>10:30-11:00 One-on-One Tech Help (by appt only)</p> <p>12 Lunch</p>
<p><b>4</b></p> <p style="text-align: center; font-size: 1.2em;"><b>CENTER CLOSED</b></p> <p style="text-align: center; font-size: 1.2em;"><b>LABOR DAY</b></p>	<p><b>5</b> 9:00 Coffee &amp; Conversation</p> <p>9-3 Games / Cards / Puzzles</p> <p>10 Bread/Baked Goods</p> <p>10 <b>NO</b> Living History (CR)</p> <p>11 Mental Gymnastics</p> <p>12 Lunch</p> <p>12:45 Casa Guanajuato Flower Preparation</p> <p>1-2 Aqua-Kendal</p> <p>1-3 YMCA</p>	<p><b>6</b> 9:00 New You! (CR) – pre- registration required</p> <p>9 Coffee &amp; Conversation</p> <p>9-3 Games/Cards/Puzzles</p> <p>10 Bread/Baked Goods</p> <p>10:15 Alzheimer’s Support Group (CR)</p> <p>11 Silver Sneakers</p> <p>11:45 Produce</p> <p>12 Lunch</p> <p>12:45 Canasta</p> <p>12:45 Photo Class (CR)</p>	<p><b>7</b> 9:00 Coffee &amp; Conversation</p> <p>9-12 Cards/Games/Puzzles</p> <p>9-3 Medicare Counseling</p> <p>9:30 Line Dancing (WE)</p> <p>10 Bread/Baked Goods</p> <p>10 Words of Life Study Group (CR)</p> <p>11 Silver Sneakers</p> <p>12 Lunch</p> <p>12:45 Bunco</p> <p>1-2 Aqua-Crosslands</p> <p>1-3 YMCA</p> <p>6:00 Line Dancing</p>	<p><b>8</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-12 Genealogy</p> <p>9-3 Games/Cards/Puzzles</p> <p>10:30-11:00 One-on-One Tech Help (by appt only)</p> <p>12 Lunch</p>
<p><b>11</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-3 Games/Cards/Puzzles</p> <p>10 Bread/Baked Goods</p> <p>11 Silver Sneakers</p> <p>12 Lunch</p> <p>12:30 Bingo</p>	<p><b>12</b> 9:00 Coffee &amp; Conversation</p> <p>9-3 Games / Cards / Puzzles</p> <p>10 Bread/Baked Goods</p> <p>10 Living History (CR)</p> <p>11 Mental Gymnastics</p> <p>11 T'ai Chi Chih (WE)</p> <p>12 Lunch</p> <p>12:45 <b>Participant Meeting (WE)</b></p> <p>1-2 Aqua-Kendal</p> <p>1-3 YMCA</p> <p><b>5:00 Doors Open for Evening Bingo – Games begin 6:30!</b></p>	<p><b>13</b> 9:00 New You! (CR) – pre- registration required</p> <p>9 Coffee &amp; Conversation</p> <p>9-3 Games/Cards/Puzzles</p> <p>10 Bread/Baked Goods</p> <p>11 Silver Sneakers</p> <p>11:45 Produce</p> <p>12 Lunch</p> <p>12:45 Canasta</p> <p>12:45 Photo Class (CR)</p>	<p><b>14</b> 9:00 Coffee &amp; Conversation</p> <p>9-12 Medicare Counseling</p> <p>9-3 Games/Cards/Puzzles</p> <p>9:30 Line Dancing (WE)</p> <p>10 Bread/Baked Goods</p> <p>10 PA Master Plan for Older Adults (WE)</p> <p>10 Words of Life Study Group (CR)</p> <p>11 Silver Sneakers</p> <p>12 Lunch</p> <p>12:45 Poker</p> <p>1-2 Aqua-Crosslands</p> <p>1-3 YMCA</p> <p>6:00 Line Dancing</p>	<p><b>15</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-12 Genealogy</p> <p>9-3 Games/Cards/Puzzles</p> <p>10:30-11:00 One-on-One Tech Help (by appt only)</p> <p>12 Lunch</p> <p>12:45 Chair Yoga (WE)</p>
<p><b>18</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-3 Games/Cards/Puzzles</p> <p>10 Bread/Baked Goods</p> <p>11 Silver Sneakers</p> <p>12 Lunch</p> <p>12:30 Bingo</p> <p>12:45 Healthy Grieving Support Group (WE)</p>	<p><b>19</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-3 Games / Cards / Puzzles</p> <p>10 Bread/Baked Goods</p> <p>10 Living History (CR)</p> <p>11 T'ai Chi Chih (WE)</p> <p>11 Mental Gymnastics</p> <p><b>12 BIRTHDAY LUNCH</b></p> <p>1-2 Aqua-Kendal</p> <p>1-3 YMCA</p> <div style="text-align: center;">  </div>	<p><b>20</b></p> <p>9:00 New You! (CR) – pre- registration required</p> <p>9 Coffee &amp; Conversation</p> <p>9-3 Cards/Games/Puzzles 10 Bread/Baked Goods</p> <p>11 Silver Sneakers</p> <p>11:45 Produce</p> <p>12 Lunch</p> <p>12:45 Canasta</p> <p>12:45 Photo Class (CR)</p>	<p><b>21</b> 9:00 Coffee &amp; Conversation</p> <p>9-12 Medicare Counseling</p> <p>9-3 Games/Cards/Puzzles</p> <p>9:30 Line Dancing (WE)</p> <p>10 Bread/Baked Goods</p> <p>10 Words of Life Study Group (CR)</p> <p>11 Silver Sneakers</p> <p>12 Lunch</p> <p>12:45 Bunco</p> <p>1-2 Aqua-Crosslands</p> <p>1-3 YMCA</p> <p>6:00 Line Dancing</p>	<p><b>22</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-12 Genealogy</p> <p>9-3 Games/Cards/Puzzles</p> <p>10:30-11:00 One-on-One Tech Help (by appt only)</p> <p>12 Lunch</p> <p>12:45 Chair Yoga (WE)</p>
<p><b>25</b></p> <p>9:00 Coffee &amp; Conversation</p> <p>9-11 Blood pressure screenings (CR)</p> <p>9-3 Cards/Games/Puzzles</p> <p>10 Bread/Baked Goods</p> <p>11 Silver Sneakers</p> <p>12 Lunch</p> <p>12:30 Bingo</p>	<p><b>26</b> 9:00 Coffee &amp; Conversation</p> <p>9-3 Games / Cards / Puzzles 10 Bread/Baked Goods</p> <p>10 <b>ANNUAL MEETING</b></p> <p>10 Living History (CR)</p> <p>11 T'ai Chi Chih (WE)</p> <p>11 Mental Gymnastics</p> <p>12 Lunch</p> <p>12:45 Casa Guanajuato Flower Preparation</p> <p>1-2 Aqua-Kendal</p> <p>1-3 YMCA</p>	<p><b>27</b> 9:00 New You! (CR) – pre- registration required</p> <p>9 Coffee &amp; Conversation</p> <p>9-3 Cards/Games/Puzzles</p> <p>10 Bread/Baked Goods</p> <p>10 KASC Book Club</p> <p>11 Silver Sneakers</p> <p>11:45 <b>NO Produce</b></p> <p>12 Lunch</p> <p>12:45 Canasta</p> <p>12:45 Photo Class (CR)</p> <p>12:45 Movie Matinee-(TBD)</p>	<p><b>28</b> 9:00 Coffee &amp; Conversation</p> <p>9-12 Medicare Counseling</p> <p>9-12 Games/Cards/Puzzles</p> <p>9:30 <b>NO</b> Line Dancing (WE)</p> <p>10 <b>NO</b> Bread/Baked Goods</p> <p>10 Words of Life Study Group (CR)</p> <p>11 <b>NO</b> Silver Sneakers</p> <p>12 Lunch</p> <p>1-2 Aqua-Crosslands</p> <p>1-3 YMCA</p> <p><b>CENTER CLOSING @ 12:30</b></p> <p>6:00 <b>NO</b> Line Dancing</p>	<p><b>29</b></p> <p style="text-align: center; font-size: 1.2em;"><b>CENTER CLOSED: YARD SALE PREP</b></p>