

Clearwater Center Hours

Monday – Thursday 9:00 AM – 5:00 PM

Friday 9:00 AM – 4:00 PM

*activity will be in the back room

**sign up required

SEPTEMBER

HAPPY NATIONAL SENIOR CENTER MONTH

Meals on Wheels/Friendship Meals Served

Monday – Friday 12:00 PM

Council Meetings are the 2nd & 4th Tuesday of each month at 6:30 PM at City Hall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 8:45 AM BP Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 10:30 AM Fall Friend Gift Exchange Name Swap 2:00 PM Movie Day 6:00 PM Pickleball	3 9:30 AM Chronic Disease 10:00 AM Coffee & Community – Iris Blossoms 1:00 PM Tai Chi 1:30 PM Weight Training	4 9:00 AM Coffee with Friends 10:00 AM Bible Study 11:00 AM Common Ground Farmers Market 12:45 PM LRC Quarters 1:30 PM Birthday Celebration 1:30 PM Games	5 9:00 AM Exercise 9:30 AM State Fair** 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	6 10:45 AM Grand Night for Singing Musical Theatre Show & Lunch**
7 	8 9:30 AM A Matter of Balance 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	9 9:00 AM Exercise 10:00 AM Calorie Burn 12:00 PM Lunch & Learn 1:00 PM Skin Care 2:00 PM Drum Ball 3:00 PM Singo Bingo 6:00 PM Pickleball 6:30 PM City Council	10 9:30 AM Chronic Disease 10:00 AM Car Wash \$2 1:00 PM Tai Chi 1:30 PM Weight Training	11 Wear Red White & Blue Day 9:00 AM Coffee with Friends 10:00 AM Bible Study 12:45 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	12 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 10:30 AM Walmart Run** 1:00 PM Line Dancing 1:00 PM Quilting Queens	13
14  Game Day! 3:15 PM Bring a snack to share	15 9:30 AM A Matter of Balance 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:00 PM Zumba with Nick	16 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Build Commodity Boxes** 4:00 PM Inspired Advisors – We Can Help! 5:30 PM Taco Tuesday** 6:00 PM Pickleball	17 Hermes Foot Care 9:30 AM Chronic Disease Commodities 2:00 PM – 5:30 PM	18 9:00 AM Coffee with Friends 10:00 AM Bible Study 11:00 PM Boudreux's Burger** 1:30 PM Afternoon Break 1:30 PM Games	19 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	20 
21	22 9:30 AM A Matter of Balance 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study 6:30 PM Rec Event Wellness: Massage Therapy**	23 8:45 AM BP Checks with Pam 9:00 AM Exercise 10:00 AM Calorie Burn 1:00 PM Book Club 2:00 PM Drum Ball 3:00 PM Fall Tie Dye 6:00 PM Pickleball 6:30 PM City Council	24 9:30 AM Chronic Disease 1:00 PM Tai Chi 1:30 PM Weight Training	25 9:00 AM Coffee with Friends 10:00 AM Bible Study 12:45 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	26 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	27
28	29 9:30 AM A Matter of Balance 11:00 AM Puzzle Time** 1:00 PM Strength & Stability 1:00 PM Bridge* 2:00 PM Bible Study	30 9:00 AM Exercise 10:00 AM Calorie Burn 11:00 AM Passport To Your Tummy – Mexico 3:00 PM BINGO 6:00 PM Pickleball	October 1 9:30 AM Chronic Disease** 10:30 AM Trash 1:00 PM Tai Chi 1:30 PM Weight Training	2 9:00 AM Coffee with Friends 10:00 AM Bible Study 12:45 PM LRC Quarters 1:30 PM Afternoon Break 1:30 PM Games	3 9:00 AM Exercise 10:00 AM Calorie Burn 10:00 AM BP Check 1:00 PM Line Dancing 1:00 PM Quilting Queens	4 Fall Festival Parade & Booth

