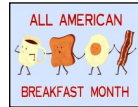




# National Senior Center Month



5 million people aged 65 and over lived in poverty in the United States in 2020. Nearly 3 million food-insecure households included an adult age 65 or older.

Senior Centers and Meals on Wheels can make a difference!

Donate or Volunteer; check out the web site; [Meals On Wheels Arizona White Mountains \(mowazwm.org\)](http://Meals On Wheels Arizona White Mountains (mowazwm.org))

Mon	Tue	Wed	Thu	Fri
<p><i>If you have a skill or a talent or just something to share, we welcome any ideas or presentations. All the programs on our schedule are facilitated by volunteers</i></p>				<p>1 11:45 Bridge 1:00-Hand &amp; Foot Veterans Support &amp; Care Group 3:30***</p>
<p>4.  12:30, Mahjong</p>	<p>5 12:30, Mahjong</p>	<p>6 TOPS *-8:30 weigh Meeting 9-10 10:00-Hula 11:45 Bridge</p>	<p>7 12:30, Mahjong 12:30-1:30 Grief Support Group Chaplin Adam BrodWolf</p>	<p>8 10am <b>Bingo!</b> 11:45 Bridge 1:00-Hand &amp; Foot</p>
<p>11.  1:00-Hand &amp; Foot</p>	<p>12 Community Garden 9:30-12:00 12:30, Mahjong 1:00, Fisher's of Men</p>	<p>13 TOPS -8:30 weigh Meeting 9-10 10:00-Hula 11:45- Bridge</p>	<p>14 12:30, Mahjong 12:30-1:30 Grief Support Group</p>	<p>15 11:45 Bridge 1:00-Hand &amp; Foot Rosh Hashanah (Jewish New Year) begins at Sun-down</p>
<p>18 1:00-Hand &amp; Foot</p>	<p>19 12:30, Mahjong</p>	<p>20 TOPS -8:30 weigh Meeting 9-10 10:00-Hula 11: make princess wands for Christmas shoe boxes 11:45- Bridge</p>	<p>21 12:30, Mahjong 12:30-1:30 Grief Support Group 1:00-Book Talkers</p>	<p>22. 10am Safety Town 11:45 Bridge 1:00-Hand &amp; Foot</p>
<p>25 1:00-Hand &amp; Foot</p>	<p>26 12:30, Mahjong</p>	<p>27 TOPS -8:30 weigh in. Meeting 9-10 10:00-Hula 11: make princess wands for Christmas shoe boxes 11:45 Bridge</p>	<p>28 12:30, Mahjong 12:30-1:30 Grief Support Group</p>	<p>29 11:45 Bridge 1:00-Hand &amp; Foot</p>



Grandparents Day is Sunday 10th

## Three Special Programs

**Banner Health**

Friday, Sept. 22  
10am-12—Presents, Safety Town

Staying safe at home. This includes a 3-D town on wheels informative interactive program includes simple exercises to help stay safe at home and in the community.



Navajo County Emergency Management and Preparedness presents:  
How YOU can be prepared for disasters!

Wednesday Sept. 27 -12:30

How to prepare for emergencies and evacuations. What should go in your emergency kit

Followed by, Beware of Scams by City Of Show Low Police Dept.

Book Talkers Discussion  
Sept. 21st-1pm  
This Month,  
"Island of Sea Woman" by Lisa See  
New members welcome



September 23rd

If anyone is interested in Sourdough starter (homeade yeast), or would like a few hints on using it,



please leave a phone number at the center and I will schedule a time to meet you.



**LABOR DAY**  
First celebrated in New York by the Knights of Columbus in 1882 to honor the working class. They decided to have a parade on the 1st Monday every year and they called it Labor Day.  
In 1894 Congress approved it as a National holiday.

\*Take off Pounds Sensibly, a support group to help weight control. Visit once as a guest and if you decide to join there is a membership fee.

