

Cedar Falls Senior Center –528 Main Street
 NEI3A program questions or comments call 319-277-1900
Please call us by 9:45 if you would like to join us for lunch the next day or you can sign up at the senior center.

October 2019

NEI3A Caregiver Conference Oct 4th 9:00-1:00
Takes place at Nazareth Lutheran Church

Mon	Tue	Wed	Thu	Fri
	1 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 Eucre, Hand and Foot	2 8:00 8 Ball Tournament 9:00 FUNctional FITness 11:45 Lunch 12:00 Bridge 1:00 Ceramics	3 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13	4 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo 11:45 Lunch 1:00 Ceramics 12:45 Eucre, Hand and Foot
7 8:00 Billiards 9:00 FUNctional FITness * 11:45 Lunch 1:00 Center closes	8 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 Eucre, Hand and Foot	9 8:00 8 Ball Tournament 9:00 FUNctional FITness* 11:45 Lunch 11:30 Bridge 1:00 Ceramics*	10 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 FLU SHOTS 11:00 Seniors in Motion 11:45 Lunch	11 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo 11:45 Lunch 1:00 Ceramics* 12:45 Eucre, Hand and Foot
14 8:00 Billiards 9:00 FUNctional FITness * No Lunch Today <i>(Columbus Day)</i> 1:00 Center closes	15 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 Eucre, Hand and Foot	16 8:00 8 Ball Tournament 9:00 FUNctional FITness* 11:45 Lunch 11:30 Bridge 12:00 Fresh Conversations 1:00 Ceramics*	17 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch	18 8:00 Billiards 8:30 Bus Trip to Orchard 9:00 FUNctional FITness* 10:00 Bingo/ 11:45 Lunch 1:00 Ceramics* 12:45 Eucre, Hand and Foot
21 8:00 Billiards 9:00 FUNctional FITness* 11:45 Lunch 1:00 Center closes	22 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 Eucre, Hand and Foot	23 8:00 8 Ball Tournament 9:00 FUNctional FITness* 11:45 Lunch 11:30 Bridge 1:00 Ceramics*	24 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch	25 8:00 Billiards 9:00 FUNctional FITness* 10:00 Bingo/ 11:45 Lunch 1:00 Ceramics* 12:45 Eucre, Hand and Foot
28 8:00 Billiards 9:00 FUNctional FITness* 11:45 Lunch 1:00 Center closes	29 8:00 Billiards 10:00 Bingo 11:00 Seniors in Motion 11:45 Lunch 12:45 Eucre, Hand and Foot	30 8:00 8 Ball Tournament 9:00 FUNctional FITness* 10:00 Hearst Paint along 11:45 Lunch 11:30 Bridge	31 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 Seniors in Motion 11:45 Lunch 12:45 Pinochle, Rummy 13	Join us for COFFEE & POP-CORN made fresh daily!!! Free Blood Pressure checks are given Tuesday and Thursday at 9:30