










CITY OF GALLUP SENIOR PROGRAM

**SEPTEMBER 2018 ACTIVITIES COME AND JOIN US FOR EDUCATION, EXERCISE AND FUN!! 607 N. 4TH STREET- GALLUP, NEW MEXICO
87301 (505) 722-4740 DAILY CENTER ACTIVITIES: 8-BALL, PUZZLES, TV, EXERCISE, AND LIBRARY.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	9-3-18 Center CLOSED for LABOR DAY
3 CLOSED 	4 Puzzles 8:30-? 10am-11am Cooking & Nutrition RAFFLE 1pm Sr. Olympic Meeting 1p-2:15 Post Office/Bank	5 Puzzles 8:30-? 10am Cards with Karen 10am to 12pm One on One Help-Bring device 11 am- Aerobics 1-2:15- Zecca Plaza Line Dancing-1pm	6 Puzzles 8:30-? 10a-11a Lining Dancing 1pm BINGO 	7 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway	9-4-18 ICAN Cooking & Nutrition Class 10a-11a 9-5-18 Computer Class 10a-12p One on One Help 9-11-18 ICAN Cooking & Nutrition Class
10 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart or Dollar Tree	11 Puzzles 8:30-? 10am-11am Cooking & Nutrition RAFFLE 1pm Sr. Olympic Meeting 1p-2:15 Post Office/Bank	12 Puzzles 8:30-? 10am Cards with Karen 11 am- Aerobics 1pm Sr. Advisory Council Mtg 1-2:15- Zecca Plaza Line Dancing-1pm	13 Puzzles 8:30-? 10a-11a Lining Dancing 1pm BINGO 	14 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway	9-11-18 Sr. Olympics Mtg. 1:00pm 9-12-18 Sr. Advisory Mtg. 1:00pm 9-15-18 NM State Fair Trip 9-15-18 Arts Crawl-Downtown 7pm to 9pm 9-18-18 Pool Tournament 9am SHARP 9-18-18 ICAN Cooking & Nutrition Class
17 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart or Dollar Tree	18 Puzzles 8:30-? 9am Pool Tournament 10am-11am Cooking & Nutrition 10:30am & 12:00pm Avoiding Scams RAFFLE 1p-2:15 Post Office/Bank	19 Puzzles 8:30-? 10am Cards with Karen 11 am- Aerobics 1-2:15- Zecca Plaza Line Dancing-1pm	20 Puzzles 8:30-? 10a-11a Lining Dancing 1pm BINGO 	21 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway SENIOR PICNIC 	9-18-18 ICAN Cooking & Nutrition Class 9-18-18 Computer Class Avoiding Scams 9-21-18 SENIOR Picnic 9-25-18 ICAN Cooking & Nutrition Class 9-27-18 Neighborhood Mtg With Councilor Garcia 6:30pm No Beading or Crochet Classes for the month of September
24 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart or Dollar Tree	25 Puzzles 8:30-? 10am-11am Cooking & Nutrition RAFFLE 10:30am & 12noon Basic Tablet Skills 1p-2:15 Post Office/Bank	26 Puzzles 8:30-? 10am Cards with Karen 11 am- Aerobics 1-2:15- Zecca Plaza Line Dancing-1pm	27 Puzzles 8:30-? 10a-11a Lining Dancing 12pm BINGO 	28 Puzzles 8:30-? 11 am- Aerobics 1pm-Safeway	
31 Puzzles 8:30-? 11am- Aerobics 1pm – Leather Craft 1-2:15 pm- Walmart or Dollar Tree 	Saturday, 9-15-18 NM State Fair Trip 	ICAN Cooking & Nutrition Classes 	Computer Classes One on One Help Bring your own device 9-5-18 Avoiding Scams 9-18-18	Neighborhood Mtg w/Councilor Linda Garcia 9-27-18 6:30pm 