

 September 2026 734-241-0404		1 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers 7:00 Coin Club	2 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	3 Class of '69 Lunch 9:00 Balance Exercise 10:15 Chair Yoga Noon Class of '69 4:15 Tai Chi 7:00 Model A Club	4 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	5 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
6 Sunday Dinner 11:00 a.m. To 1:00 p.m.	7 Ford Retirees - BK Labor Day Center is open from 8:00 a.m. Until 2:00 p.m.	8 Class of '58 Lunch MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	9 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	10 9:00 Balance Exercise 10:15 Chair Yoga 1:30 Habits for Health 4:15 Tai Chi 4:30 Let's Talk Health With Maurine Sharp	11 Newlywed Game 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	12 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
13 Bingo Cards at 1:30 Play at 2:00 Sunday Dinner 11:00 a.m. To 1:00 p.m.	14 Canasta /Ford Lunch 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 1:00 Writing with Betsy 3:00 Balance	15 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	16 Class of '67 Breakfast 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	17 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Crafts 4:15 Tai Chi	18 Talent Show 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	19 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
20 Sunday Dinner 11:00 a.m. To 1:00 p.m.	21 Newsletter Crew Lunch & Learn 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Class of '65 & '66 12:00 Pinochle 1:00 Dancing/ 3:00 Balance	22 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	23 Monroe Senior Legal 8:30 Flu Shots w/Mike 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	24 Health Odyssey 9:00 Balance Exercise 10:15 Chair Yoga 1:00 Book Club 2:00 Writing with Betsy 4:15 Tai Chi	25 Live Jewelry Auction 8:45 Cardio-Yo 10:00 EnhanceFitness 11:30 Pinochle 12:00 Knit/Crochet	26 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle
27 \$6 Rib Special 11:00 a.m. To 1:00 p.m.	28 Lunch & Learn 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 12:00 Pinochle 1:00 Dancing 3:00 Balance	29 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 4:15 Tai Chi 6:00 Woodcarvers	30 Soup & Sandwich \$2 8:30 Flu Shots w/Yinger 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 BP Checks 12:00 Pinochle 3:00 Balance	• Medicare assistance is now by appointment. Please call. • Call to inquire as to whether Mahjong has been scheduled. • Health Odyssey and Lunch & Learns – please sign up in advance.		