

# SEPTEMBER 2019

CITY OF GULFPORT  
 SENIOR CITIZENS PROGRAM  
 4008 8<sup>TH</sup> STREET, GULFPORT  
 228-575-4535

Monday	Tuesday	Wednesday	Thursday	Friday
2  CLOSED IN OBSERVANCE OF LABOR DAY	3 9:30 Chair Exercise 10:00 Beginner Sewing 12:30 Computer Class	4 9:30 Chair Exercise 10:00 Crafts 12:30 Board Games	5 9:30 Chair Exercise 10:00 Bingo & Blood Pressure Checks w/ Southern Hearts 12:30 Sewing Class	6  CLOSED
9 OPEN HOUSE 9:30-11:00 Open House 12:30 Pottery & Sewing	10 9:30 Chair exercise 10:00 Bingo & Craft w/Kare In Home 12:30 Free Living Wills w/Johnson Law Firm	11 8:00-11:15 Ceramics/Pottery 11:30 Lunch 12-1:00 Ceramics/Pottery	12 9:30 Chair Exercise 10:00 Card Games 12:30 Quilting Class	13  CLOSED
16 9:30 Pottery & Quilting Class 10:00 Tai- Chi w/Yourda 12:30 AFF speaker	17 9:15 Breakfast w/Humana 10:00 Beginner Sewing 12:30 Computer Class	18 9:30 Chair Exercise 10:00 Craft 12:30 Board Games	19  FIELD TRIP OLLIES & LUNCH	20  CLOSED ma
23 9:30 Art Class 10:00 Tai- Chi 12:30 SOTG Speaker	24 9:30 Chair Exercise 10:00 Beginner Sewing 12:30 Computer Class	25 9:30 Chair Exercise 10:00 Craft 12:30 Card Games	26 9:30 Chair Exercise 10:00 Bingo 12:30 Quilting Class	27  CLOSED
30 9:30 Quilting Class 10:00 Tai -Chi 12:30 Opioids & You Speaker	<u>Hours of Operation:</u> Monday-Thursday 8—2:30  <u>Daily Activities:</u> 11:30 Lunch 1:30 Free Activity Time	<u>Other Activities:</u>  Painting, Pool Table, Darts, Indoor Bowling, Crochet, Puzzles, Card Games, Horse Shoes, Table Baseball	Magdalena Holland, Sr. Citizens Program Coordinator  Judy Lowe, Center Coordinator	