




# Laurie Schwenk Senior Activity Center

## September 2019

## 972-495-6282

	<b>Mon</b> 9 - Chair Exercises 9:30 - Step Aerobics 10:30 - Beginning Bridge	<b>Tue</b> 9:00 - 42 Dominoes 9:30 - Balance Class	<b>Wed</b> 9 - Chair Exercises 12:30 - Mah Jongg 2 - Fitness & More Class 11 - Billiard Tournament	<b>Thu</b> 9:30 - Balance Class 12:30 - Texas Hold'Em	<b>Fri</b> 9 - Chair Exercises 9:30 - Step Aerobics	<b>Sat</b> Enjoy the weekend!
<b>1 Vijay Kumar Kawatra</b> <b>2 Carole Buffington</b> <b>2 Patricia Stevens</b>	2 CENTER CLOSED 	3 11:30 am LUNCH & LEARN UNITED HEALTHCARE LUNCH PROVIDED	4 10:30 am Texas A & M AG Life Nutrition Program Free nutrition class & Goodies 	5 10:30 Mobile Office Hours Cong. Colin Allred's staff 11:00 am BINGO Amerilife Noon: Birthday Lunch Provided by: Heart to Heart Hospice <b>LUNCH PROVIDED</b>	6 9:30 am Wal-Mart Shopping Sam's Club and more - Garland, TX 	<div style="border: 1px solid black; padding: 5px;"> <b>MOBILE OFFICE HOURS</b>                      Congressman Colin Allred's staff members will be here                      Thursday, September 5th at 10:30 am to assist constituents with services relating to federal agencies.                 </div>
<b>3 Pam Braden</b> <b>5 Crystal Real</b> <b>7 Linda Shipley</b> <b>8 Marian Kaiser</b>	9 10:30 - Noon Hearing Checks ClearLife Hearing 	10 11:30 am Lunch & Learn Amerilife LUNCH PROVIDED	11 10:30 am Texas A & M AG Life Nutrition Program Free nutrition class & Goodies 12:30 PM BUNCO - Sponsor UHC	12 10:30 am FLU CLINIC WALGREENS 11:30 am Lunch & Learn: Dr. Buch-Dallas Limb Restoration Center <b>LUNCH PROVIDED</b>	13 Heritage Homestead Museum Farrell Wilson House & Bldgs. Depart @ 10:00 am \$7.00 per person	
<b>8 Jeanne Phillips</b> <b>9 Sharon Billeter</b> <b>9 Sarah Kinser</b> <b>9 Annie Smolka</b>	16 10 am MOVIE DAY!  LIGHT REFRESHMENTS	17 11:30 am Lunch & Learn: Oxford Glen LUNCH PROVIDED	18 <b>10:30 AM FALL POTLUCK</b> SPONSOR: FOUNDERS PLAZA ENTERTAINMENT: TWIRL FUN & MORE OF ROCKWALL BRING A DISH TO SHARE	19 11:30 am Lunch & Learn Nestegg Wealth Investors <b>Remember When</b> LUNCH PROVIDED	20 10 am Book Club  Allen Outlet Mall Depart @ 9:30 am Lunch on our own	* All lunches, events and trips are subject to change.
<b>9 Doug Yates</b> <b>12 Felice Wesley</b> <b>14 Tammy Tran</b> <b>15 Charjit Kaur</b>	23  11:00 am CRAFT - Coaster Craft	24 11:30 am Lunch & Learn: Garnet Hill-New Menu LUNCH PROVIDED	25 Lunch & Learn Edward Jones LUNCH PROVIDED	26  8:00 am - National Pancake day! Sign-up today 11:00 am 	27 <b>LUNCH BUS</b>  <b>Cracker Barrel</b> Allen, TX Depart @ 10:30 am 	
<b>15 Bill Reuthinger</b> <b>16 Richard Chen</b> <b>23 Kevin Crank</b> <b>23 Ting Ting Shu</b>	30 Cinemark 14 Theater - McKinney Movie/Time TBA 		<b>INSTRUCTORS! : IF YOU ARE INTERESTED IN TEACHING A CLASS. STOP BY THE OFFICE TODAY!</b>	Join Today! Annual Membership Sachse Resident \$6.00 Non-Sachse Resident \$12.00		Carla Griffin - Manager cgriffin@cityofsachse.com George Blanton - Bus Driver 469-628-0069
<b>25 Anne Freeland</b> <b>25 Alina Moetteli</b> <b>26 Jim Johnson</b>	<b>26 Gregory McClure</b> <b>26 Marilyn Shores</b> <b>28 Carolyn Grogan</b>	<b>28 Della Hockett</b> <b>28 Sarah Kinerd</b> <b>29 Emma Jean Stafford</b>		<div style="background-color: #ccc; padding: 5px; text-align: center;"> <b>FREE flu shots</b>                      no cost to you                      with most insurance   </div>		