





Meals on Wheels delivers to those who can't join us at the Center Call 388-4711 for more information		Belgrade Senior Center September 2019 Activities				92 E. Cameron Ave Belgrade, MT 59714 388-4711	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 	2 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage	3 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot	4 9 am Movement in Motion 9 am Needleaires Food Pantry	5 8:30 am Pinochle 12:45 pm Bingo	6 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	7 	
8	9 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage 12:45 Line Dancing 1:30 pm Walking Class	10 Camping Trip 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot 11:30 am Red Rockers @ Café Zydeco	11 Camping Trip 9 am Movement in Motion 9 am Needleaires Food Pantry	12 Camping Trip 8:30 am Pinochle 12:45 pm Bingo	13 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	14	
15 	16 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage 12:45 Line Dancing 1:30 pm Walking Class	17 9 am Yoga 10 am Full Body Exercise 12:30 pm Hand & Foot 1 pm Computer Class: Android Basics	18 Birthday Lunch 9 am Movement in Motion 9 am Needleaires Food Pantry	19 8:30 am Pinochle 12:45 pm Bingo	20 Around the World: Mexico 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	21 FALL FESTIVAL 7-9 AM PANCAKE BREAKFAST	
22	23 9 am Movement in Motion 1 pm Board Meeting 12:45 Line Dancing 1:30 pm Walking Class	24 9 am Yoga 10 am Full Body Exercise Blood Pressure Check 12:30 pm Hand & Foot Broose Johnson - Animator	25 Birthday Celebration 9 am Movement in Motion 9 am Needleaires Food Pantry	26 8:30 am Pinochle 12:45 pm Bingo 7- 8:30 am Breakfast Club	27 8 am Yoga 9 am Movement in Motion 12:30 Pinochle	28 Quilter's Day	
29 	30 9 am Movement in Motion 12:30 pm Scrabble 12:30 Cribbage 12:45 Line Dancing 1:30 pm Walking Class		