






September 2023		Pope County Senior Wellness & Activity Center			Morning Activities
Monday	Tuesday	Wednesday	Thursday	Friday	
				<b>1</b> <b>WEAR YOUR FAVORITE OR CRAZY HAT DAY!</b> <b>YOU MIGHT WIN A PRIZE</b> 8:30 Open Stitches Sewing 9:00 Massage by Theresa 10:00 BINGO 11:00 Strong Women	
<b>4 CLOSED</b> 	<b>5</b> 9:00 Exercise Group 10:00 BINGO	<b>6</b> 3 Tean Beanbag Tournament 9:00 Watercolor Class 10:00 BINGO 11:00 Strong Women	<b>7</b> 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	<b>8</b> 8:30 Open Stitches Sewing 10:00 BINGO 11:00 Strong Women	
<b>11</b> 10:00 Quilt Group w/Flo 10:00 BINGO 10:00 Yoga 11:00 Strong Women	<b>12</b> 9:00 Exercise Group 10:00 BINGO	<b>13</b> 8:30 <b>STITCHES DAY CAMP (NEW DINING ROOM)</b> 9:00 Watercolor Class 10:00 BINGO <b>FREE!</b> 11:00 Strong Women 11:30 Birthday Lunch!	<b>14</b> 8:00 U.S. Marshall's Museum 8:30 <b>STITCHES DAY CAMP (NEW DINING ROOM)</b> 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	<b>15</b> 8:30 <b>STITCHES DAY CAMP (NEW DINING ROOM)</b> 10:00 BINGO 11:00 Strong Women	
<b>18</b> 10:00 Quilt Group w/Flo 10:00 BINGO 10:00 Yoga 11:00 Strong Women	<b>19</b> 9:00 Exercise Group 10:00 BINGO	<b>20</b> 9:00 Watercolor 10:00 BINGO 11:00 Strong Women	<b>21</b> 8:00 Pocola/Casino 9:00 Crochet Group 9:00 Exercise Group	<b>22</b> 8:30 Open Stitches Sewing 9:00 Massage by Theresa 10:00 BINGO 11:00 Strong Women	
<b>25</b> 10:00 Quilt Group w/Flo 10:00 BINGO 11:00 Strong Women	<b>26</b> 9:00 Exercise Group 10:00 BINGO	<b>27</b> 9:00 Watercolor Class 10:00 BINGO 11:00 Strong Women	<b>28</b> 9:00 Crochet Group 9:00 Exercise Group 10:00 BINGO	<b>29</b> 8:30 Open Stitches Sewing 10:00 BINGO 11:00 Strong Women	