



Foley Senior Center  
 304 E. Rose Ave  
 Foley, AL 36535  
 251-943-1877



Dear Friends,

As we move into September, continue to be prepared for our ongoing Hurricane Season. Have a Plan! Our summer is winding down, and September is the season of change. And with that season, the Senior Center has some change in store for you. We have new times for classes that we have previously offered, and we have a new afternoon of fun. Hopefully, this will give each of you an opportunity to try something new. Please read over the calendar carefully to familiarize yourself with the changes.

The highlights for September are - **The center will be closed on Monday, Sept. 5th for Labor Day.** Beginning on Thursday, Sept. 8th, at 1:00 pm, we will have our exercise class with Dr. Sam Graber. We will no longer be doing exercise on Monday or Friday. Friday, September 9th at 1:00 pm, those of you that signed up for the various games (Hearts, Mah Jong, Scrabble, and Hand and Food Canasta) we will be getting together for an organizational meeting. If you did not sign up for any of these, and you would like to play, please join us on the 9th. On Saturday, we will have James (Milkshake) Patterson entertaining us at the dance. I believe you will find his music both refreshing and entertaining. Tuesday, the 13th is BINGO, Sue Alford, with HomeCare Companions will be here to play with us. Tuesday, the 20th, is Movie Day. This months feature is **The Music Never Stopped**, which is rated PG. On Friday, the 23rd, at 11:30, we will have Lunch-N-Learn. Dr. Terrezza will be here to speak with us about the various diseases and problems we have with our eyes as we age. We will do a soup and salad lunch for \$2.00, so please sign up for this event. Potluck will be on the 27th, and the city will provide fried chicken. We will not have yoga on the 29th, as LoraLee will be on vacation. Class will resume at 8:00am on October 4th.

We hope to see you soon!

*Teresa, Mike and Pam*

- MONDAYS** - 9:30 Pinochle (bring a brown bag lunch); 12:30-4:30 Duplicate Bridge; 1:30-4:00 Mexican Train Dominoes.
- TUESDAYS**- 2:00pm ChairYoga w/ Lorelea, \$1.00 for members & \$2.00 for non-members; Crochet 9:30 (1st & 2nd Tues);BINGO 2:00 (2nd Tues); Potluck 12:00 (Last Tues).
- WEDNESDAYS** -8:00 Open Jam; 12:00 Party Bridge; 1:00pm Line Dance with Marilyn; Blood Pressure Checks 1:30-2:30,
- THURSDAYS** -8:00 Yoga with Lorelea \$1.00 for members and \$2.00 for guests; 9:00 Senior Travelers (2nd & 4th Thursdays); 9:30 Pinochle (bring a brown bag lunch); 1:00 exercise with Dr. Sam Graber - \$1:00 for members & \$2.00 for non-members; 1:00-4:00 Open billiards.
- FRIDAYS** - 9:00 Senior T.O.P.S. meeting; 9:00 Intermediate Tai Chi \$1.00 members and \$2.00 guests, 10:00 Beginner Tai-Chi \$1.00 members and \$2.00 guests.
- SATURDAYS** -Saturday Night Dance- Doors open at 6:00 and dance begins at 7:00. Music provided by various bands. Cost is \$5 for Foley Senior Center Members and \$7 for non-members.

September Birthdays

Happy Birthday to you, Happy Birthday to you, Happy Birthday  
 Dear Friends, Happy Birthday to You!

Katie Adler, Marlain Ahearn, Verona Asble, Shirley Beuk, Sandra Brickwedde, Margaret Brown, Sherry Chastain, Barbar Cutsinger, William Daniels, Herman Doster, Carol Eldridge, Edwin Enright, James Gregg, JeanGuillory, Bobbie Hale, Betty Hansen, Roger Hile, Gerry Irvin, Betty Laarmann, Gary Lawler, Ronald Leffler, Sarah Life, Anne Medbery, John Medbery, Mary Moebius, Norma Noll, Jeanette Owen, Dorothy Parvis, Manny Parvis, Cherry Peek, Winnie Piper, Carol Solomon, Donna Sullivan, Pamela Tucker, Barbara Tyler, Todd Underwood, Jackie Wolf.