



# September

## Worthington Griswold Center Monthly Activity Calendar



Monday

Tuesday

Wednesday

Thursday

Friday

All programs meet at the Griswold Center

**Programs in Bold Are Trips**

**\$ = Programs For a Fee**

**1**

- 9:15 Fun & Fitness
- 9:15 Strength & Core \$
- 10:15 Strength Class \$
- 11:15 Balance & Flex \$
- 12:00 Stroke Support
- 1:00 Conversation Spanish
- 1:00 Paper Collage
- 3:00 Table Tennis

### Saturday

**2**

- 8:30 Hatha Yoga w/ Janet & Kathleen \$
- 10:00 Hatha Yoga w/ Janet & Kathleen \$

**4**

**GRISWOLD  
CENTER CLOSED  
FOR  
LABOR DAY**

**5**

- 9:00 Open Art for All
- 9:15 SilverSneakers® Circuit
- 10:15 SilverSneakers® Classic
- 11:00 Current Events
- 11:00 Feldenkrais Method \$
- 11:15 Delay the Disease™
- 12:15 SilverSneakers® Yoga
- 1:00 Adventures in Writing
- 1:30 Speaking French
- 2:15 Table Tennis
- 5:30 Card Party: Bridge \$
- 6:30 Card Party: Euchre \$

**6**

- 8:30 **Walking**
- 9:15 Fun & Fitness
- 9:45 **Shopping/Polaris**
- 10:00 Knit Wits
- 10:15 Line Dance: Easy
- 10:45 Line Dance: Int.
- 12:30 Bridge
- 2:00 Stitching Seniors Club
- 3:30 SilverSneakers® Classic

**7**

- 8:00 **Golf/Safari \$**
- 10:00 Play Reading
- 10:00 Alexander Technique \$
- 10:15 SilverSneakers® Classic
- 11:15 Pilates-Based Mat Work with Yoga \$
- 12:00 Dbl Deck Pinochle
- 12:15 Duplicate Bridge
- 12:15 Line Dance: Beg
- 1:15 Chair Volleyball
- 3:15 Table Tennis

**8**

- 9:15 Fun & Fitness
- 9:15 Strength & Core \$
- 9:30 **On the Road \$**
- 10:15 Strength Class \$
- 10:30 Hatha Yoga \$
- 11:15 Balance & Flex \$
- 12:00 Stroke Support
- 1:00 Conversation Spanish
- 1:00 Paper Collage
- 3:00 Table Tennis

### Saturday

**9**

- 8:30 **Ohio Sternwheel \$**
- 8:30 Hatha Yoga w/ Janet & Kathleen \$
- 10:00 Hatha Yoga w/ Janet & Kathleen \$

**11**

- 8:30 **Walking**
- 9:15 Fun & Fitness
- 9:30 Mah-Jongg
- 9:45 **Shopping/Walmart**
- 10:00 History Group
- 10:15 Strength Class \$
- 10:30 German Club
- 1:00 Investor Workshop
- 1:00 Massage by Appt. \$
- 1:00 SilverSneakers® BOOM Move It
- 1:30 SilverSneakers® BOOM Muscle Fitness
- 2:00 SilverSneakers® BOOM Mind
- 6:00 Alzheimer's Support

**12**

- 8:00 **Sugarcreek Metro \$**
- 9:00 Open Art for All
- 9:15 SilverSneakers® Circuit
- 10:15 SilverSneakers® Classic
- 11:00 Current Events
- 11:00 Feldenkrais Method \$
- 11:15 Delay the Disease™
- 12:15 SilverSneakers® Yoga
- 1:00 Adventures in Writing
- 1:30 Speaking French
- 1:30 Book Discussion
- 2:15 Table Tennis
- 5:30 Card Party: Bridge \$
- 6:30 Card Party: Euchre \$

**13**

- 8:30 **Walking**
- 9:15 Fun & Fitness
- 9:30 UFO Class \$
- 10:00 Friendship at Home
- 10:00 Knit Wits
- 10:15 Line Dance: Easy
- 10:45 Line Dance: Int.
- 12:30 Lunch & Learn
- 12:30 Bridge
- 2:00 Stitching Seniors Club
- 3:30 SilverSneakers® Classic

**14**

- 9:00 **Golf/Oakhaven \$**
- 10:00 Play Reading
- 10:00 Alexander Technique \$
- 10:15 SilverSneakers® Classic
- 11:15 Pilates-Based Mat Work with Yoga \$
- 12:00 Dbl Deck Pinochle
- 12:15 Duplicate Bridge
- 12:15 Line Dance: Beg
- 1:15 Chair Volleyball
- 3:15 Table Tennis

**15**

- 9:15 Fun & Fitness
- 10:15 Strength Class \$
- 11:15 Balance & Flex \$
- 12:00 Stroke Support
- 1:00 Conversation Spanish
- 1:00 Paper Collage
- 3:00 Table Tennis

### Saturday

**16**

- 8:00 **Discover Middlefield \$**
- 8:30 Hatha Yoga w/ Janet & Kathleen \$
- 10:00 Hatha Yoga w/ Janet & Kathleen \$



# September

## Worthington Griswold Center Monthly Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<b>18</b> 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 <b>Shopping/Kroger</b> 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 1:00 Massage by Appt. \$ 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 6:00 Alzheimer's Support	<b>19</b> 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Feldenkrais Method \$ 11:00 <b>Mystery Lunch \$</b> 11:15 Delay the Disease™ 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$	<b>20</b> 8:30 Walking 9:15 Fun & Fitness 10:00 Armchair Travel 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 2:00 Low Vision Support 2:00 Stitching Seniors Club 3:30 SilverSneakers® Classic	<b>21</b> 9:36 <b>Golf/Apple Valley</b> 10:00 Play Reading 10:00 Alexander Technique \$ 10:15 SilverSneakers® Classic 11:15 Pilates-Based Mat Work with Yoga \$ 12:00 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 3:15 Table Tennis	<b>22</b> 9:15 Fun & Fitness 10:15 Strength Class \$ 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 1:00 Paper Collage 3:00 Table Tennis
<b>Saturday</b>				
<b>23</b> 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$				
<b>25</b> 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 <b>Shopping/Meijer</b> 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind	<b>26</b> 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 10:45 <b>Ravine to Freedom \$</b> 11:00 Current Events 11:00 Feldenkrais Method \$ 11:15 Delay the Disease™ 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$	<b>27 RESIDENT MEMBER REGISTRATION</b> 8:30 Walking 9:15 Fun & Fitness 9:30 UFO Class \$ 10:00 Armchair Travel 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 1:30 Trip Preview/Cowboy Country 2:00 Stitching Seniors Club 3:30 SilverSneakers® Classic	<b>28 NR MEMBER REGISTRATION</b> 9:30 <b>Golf/Blackhawk</b> 10:00 Play Reading 10:00 Alexander Technique \$ 10:15 SilverSneakers® Classic 12:00 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 2:00 Widowhood Support 3:15 Table Tennis	<b>29 OPEN REGISTRATION</b> 9:15 Fun & Fitness 10:15 Strength Class \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 1:00 Paper Collage 3:00 Table Tennis
<b>Saturday</b>				
<b>30</b> 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$				

## REGISTRATION CHANGES THIS MONTH!

With the October registration (September 27 & 28), the Griswold Center member registration procedure will have a slight change. We are replacing our long-held three-day registration process with a two-day process.

**Wednesday: Resident Members/Work in Worthington Members/Volunteering Members**  
**Thursday: Non-Resident Members**  
**Friday: Open to All**

If you are a non-resident member who works in Worthington, a volunteer, a non-resident member or a non-member, you will have a new day to register. The change starts THIS MONTH, so please make note of it!

Registrations are taken any time on or after the day you are eligible until activities are full. Each month has its own registration form where you can find all the programs that open for registration that month. Registration begins at 9AM during registration and they are taken until 4:00PM (after the day you are eligible, registrations can be taken beginning at 8AM).