

Senior Neighbors Cedar Springs Public Library

OCTOBER



Monday

Tuesday

Wednesday

Thursday

Friday

**Join us
EVERY WEDNESDAY
for coffee, snacks,
& resources**



NEW

EnhanceFitness
9:15 - 10:15
every Wednesday
starting
October 14th

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No Classes

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9:15 - 10:15 &
10:30 - 11:30
EnhanceFitness



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**No Senior
Neighbors
Programs**

8

9:15 - 10:15 &
10:30 - 11:30
EnhanceFitness

9

12

No Classes

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Bring Your
Own Brown
Bag Lunch

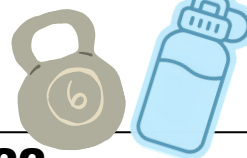


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9:15 - 10:15
EnhanceFitness
10:30 Coffee & Convo
10:30 - 11:30
Presentation with a
Pharmacist & Q&A
12:00 - 2:00
Tech Support &
Senior Neighbors
Staff Onsite for Q&A

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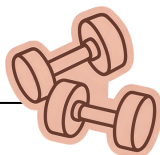
9:15 - 10:15 &
10:30 - 11:30
EnhanceFitness



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9:15 - 10:15 &
10:30 - 11:30
EnhanceFitness



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Bring Your
Own Brown
Bag Lunch



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9:15 - 10:15
EnhanceFitness
10:30 Coffee & Convo
11:00 CompanionCare
Information Session
11:30 - 12:30
Craft Time
1:00 - 2:00
Musical Bingo



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9:15 - 10:15 &
10:30 - 11:30
EnhanceFitness

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9:15 - 10:15 &
10:30 - 11:30
EnhanceFitness



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9:15 - 10:15
EnhanceFitness
10:30 Coffee & Convo
10:00 - 12:00
Medicare Program
Offered by Library
1:00 - 2:00 Tai Chi
Demonstration

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9:15 - 10:15 &
10:30 - 11:30
EnhanceFitness

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616-233-0755



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