

Senior Neighbors is Coming to Cedar Springs Public Library

September

Monday

Tuesday

Wednesday

Thursday

Friday

Get to Know
Senior
NEIGHBORS
EVERY WEDNESDAY

Join us for Mid-Week Meet Ups!

Older adults are invited to come get to know the Senior Neighbors team and programs this month - more wellness classes, social gatherings, presentations, and programming to come in October.

7 No Classes	8 Chance to win a giveaway prize!	9 10:30 Coffee & Conversation 10:30 - 2:00 Get to Know Senior Neighbors	10 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	
14 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	15	16 10:30 Coffee & Conversation 10:30 - 2:00 Get to Know AmeriCorps Seniors Programs	17 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	18
21 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	22	23 10:30 Coffee & Convo 11:00 - 1:00 Medicare Program 1:00 - 2:00 Office Hours	24 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	25
28 9:15 - 10:15 & 10:30 - 11:30 EnhanceFitness	29 Bring Your Own Brown Bag Lunch	30 10:30 - Coffee & Conversation 10:30 - 2:00 Case Management 12:00 - 1:00 Tech Support	 Join us EVERY WEDNESDAY for coffee, snacks, & resources	

Contact Us:

616-233-0755

programming@seniorneighbors.org