

## PROGRAM INFORMATION

**Tri-County Office on Aging Lunch (TCOA) – Every Wednesday at 12:00p.m. \$4.00 donation. Paid to TCOA via Self-addressed Envelope – NO MONEY COLECTED AT SAM COREY SR. CENTER**  
***Reservation required, by noon on Tuesday prior to the lunch you wish to attend (517) 887-1393***

### LUNCH MENU FOR THE MONTH

- September 6 Sloppy Joe, Cauliflower, Carrots, Pineapple
- September 13 Macaroni & Cheese, Tomato and Cucumber Salad, Broccoli, Pear
- September 20 Grilled Cheese, Tossed Salad, Carrots, Mandarin Oranges
- September 27 Meatloaf, Mashed Potatoes, Peas, Dinner Roll, Banana

### HEALTH AND WELLNESS OPPORTUNITIES

**Fitness Class** Monday, Wednesday, Friday from 10:00-11:00a.m.  
**Exercise** Tuesday, Thursday from 1:00-2:00p.m.  
**Yoga** Every Thursday at 10:00a.m. Contact Rosamarie Bell, 517-882-4885

### SPECIAL CLUBS AND PROGRAMS (Membership Dues are \$12 Annually – Not required for program participation)

**Sam Corey Club Board Meeting – 2nd Tuesday at 10:00a.m.**

**Arts and Crafts Club** – 2<sup>nd</sup> Tuesday of the Month, 11:00am – 1:00 pm. Contact Helene Murray (352) 552-0358

**Cash Bingo** – 3rd Tuesday from 2:00-3:30p.m. Four cards for \$1.00. Money collected will be distributed as prizes.

Contact Mary Dunn, 517-694-1158 or Addie Mutch, 517-694-0036

**Cornhole** - Every Wednesday following lunch in the exercise room at 1:00p.m

**Blood Pressure Check-up** – 1st Wednesday at 12:30p.m.

**Bridge** – Every Monday from 1:00-4:00p.m. Free. Contact Rod Simonson, 517-889-2107 for availability.

**Coffee Hour** – 2nd Saturday at 10:00a.m. Please come and enjoy a cup of coffee and some friendly conversation with fellow seniors. Contact: Addie Mutch, 517-694-0036.

**Crochet** – Mondays from 1:00p.m. – 3:00p.m. & Thursdays from 10:00a.m. – 12:00p.m. Contact Naomi Brown.

**Euchre** – Thursdays from 1:00-4:00 p.m. Contact Donna Cortright & Roberta New at the Center.

**Five (5) Crowns Card Game** – 1st and 4th Friday at 12:30p.m.

**Hand & Foot Card Game** – 1st and 3rd Monday at 9:30am & 1st and 3rd Saturday at 10a.m. Contact: Nancy Weaver, 517-862-4636

**Ingham County Genealogical Society** – 2nd Thursday at 7:00p.m. Contact: Audrey Martini, 517-719-4737

**Kiwanis Club Euchre** – 2nd Friday at 6:30p.m. Contact Ron Venner, 517-281-9358

**Knitting Group** – Meets every Friday from 10:00a.m.-12:00p.m.

**Music Jam Session** – 1st and 3rd Monday from 5:30-8:00p.m. (Resumes in the Spring 2023)

**Pinochle** – 2nd and 4th Monday from 9:30a.m.-12:00p.m.

**Puzzle Junkies** – 4th Friday of the month. Team based competition to complete a puzzle in the fastest time

**Quilters & Needle Work** – 1st Saturday of the month from 10:00a.m. – 3:00p.m.

**Reading Club** – 2nd Tuesday from 2:00p.m. - 4:00p.m.

**76ers Book Discussion Group** – Last Tuesday of the month from 12:00p.m.-2:30p.m. All kinds of literature are read and discussed including classics, biographies & popular titles.

**Spinning Wheel Weavers** – Fridays from 1:00p.m. – 3:00p.m. Bring your own wheel. Contact: Sara Kanya, 517-899-8868

**Table Tennis**– Thursdays at 2:00p.m. in the exercise room.

**Travelogue Series** – Join us for LIVE, guided virtual walks around the world each week! Tuesdays at 2:00p.m.

**Wii Bowling** – Tuesdays from 10:00a.m.-12:00p.m. – Drop in.

**Weaver's Study Group** – 3rd Saturday from 10:00a.m.-12:00p.m.