

September 2024

Port Wentworth Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 Coffee and News 9:45 Zumba 10:30 Bingo 12:30 UGA Jackie Ogden	3 9:30 Coffee and Newspaper 10 Noodles and Stretch 11 Hangman Challenge 1 Tippy Tetris	4 9:30 Word Puzzle 10 Putt- Putt Golf 11 Dance 12:30 Buzz In! 1:30 Rummikub	5 9:45 Back To School Challenge 10:30 Bingo 12:30 Pencil Snacks & Book Reports 1:30 Are You Smarter Than a 5 th Grader	6 9:30 Brain Bender 10 QiGong with Lisa 10:45 Site Council 11 Trivia Challenge 1 Shut The Box
9 9 Word Puzzle 9:45 Zumba 10:30 Bingo 12:30 Stand Up To “Sitting Disease” 1 Farkle Dice	10 9:30 Brain Bender 10 Balloon Badminton Bowling 11 Hangman Challenge 1:30 Phase 10	11 9:30 Word Puzzle 10 Stretch and Weights 11 Shut The box 12:30 Pencil Can Craft	12 9:45 Tai Chi 10:30 Bingo 12:30 Prohibition Museum Presentation 1:30 Rummikub	13 9:30 Word Puzzle 10 QiGong with Lisa 12:30 Emergency Preparedness Meeting 1:30 Phase 10
16 9 Coffee and News 9:45 Zumba 10:30 Bingo 12:30 Using Aromatherapy 1 Phase 10	17 9:30 Brain Bender 10 Noodles & Stretch 10:30 Fine Art: Wassily Kandinsky 12:30 Finish Art Project 1 Rummikub	18 9:30 Crosswords 10 Walk and Weights 10:30 Crosswalk The Musical 11 Grocery Deals 1 Farkle Dice	19 9 Word Puzzle 9:45 Tai Chi 10:30 Bingo 12:30 Vitamin A Uses 1 Shut The Box	20 9:30-11:30 Open House For National Senior Center Day 12:30 Buzz In! 1 Rummikub
23 9 Coffee and News 9:45 Zumba 10:30 Bingo 12:30 Melissa Singleton Speaks 1 Shut The Box	24 Forest Gump Day 9:30 Words Puzzle 10 Filming Facts From Forest in Savannah 10:30 Movie and Lunch: Forest Gump 1 Farkle Dice	25 9:30 Brain Bender 10 Cornhole Toss 10:30 Hangman Challenge 11 Grocery Deals 1 Phase 10	26 9 Crosswords 9:45 Tai Chi 10:30 Bingo 12:30 September Birthdays 1 Rummikub	27 9:30 Word Puzzle 10 QiGong with Lisa 11 Farkle Dice 12:30 Being Mindful 1:30 Phase 10
30 9 Word Puzzle 9:45 Zumba 10:30 Bingo 1:30 Phase 10				

Kari Wahlquist, Director
Ed Young Senior Center
103 Turnberry Street
Port Wentworth, Georgia 31326
(912) 968-5411
Monday through Friday, 9 a.m. – 2 p.m.
**Activities subject to change*

Events

- 2- UGA Extension Speaker**
- 5- Back to School Day with “Book Reports”-
Share a few minutes about your favorite book**
- 6- Site Council**
- 12- Prohibition Museum Visits**
- 13- Emergency Preparedness Meeting with Pt. Wentworth City Officer**
- 20- Open House for National Senior Center Day 9:30-11:30am**
- 22- Fall Begins**
- 24- Forest Gump Day – See the film made in Savannah and learn facts about the
experience.**

Birthdays

6 Bill H.
10 James C.
13 Thomas B.
29 Rose C.

Most Fridays for the next 5 months we will have instructor Lisa Moore with us at 10 am to teach us QiGong. A wonderful meditation and movement class. You don't want to miss these classes!



“Life starts all over again when it gets crisp in the fall.” – F. Scott Fitzgerald

“Even if something is left undone, everyone must take time to sit still and watch the leaves turn.” – Elizabeth Lawrence