

September is National Senior Center month

Join us

Wednesday Sept. 16

at the Senior Center for activities & presentations to celebrate National Senior Center month



8:30 a.m. Chair Yoga w/Yoga Fitness Center

12:45 American Sign Language demonstration

1:30 p.m. Bubble fun with “The Crazy Bubble Lady”

2 p.m. Coastal Woods Vision

2 p.m. Joe Coleman from Manistee County Medical Care

**3 p.m. Jonnie Sam, LRBOI Historic Preservation Dept.
(local history & culture)**

3-7 p.m. Hospice of Michigan

**5 p.m. concert with
Awesome Distraction**

Activities held in the parking lot. Bring lawn chair, dress for the weather.

The public is invited to attend all activities