



September 2022 Program

The Palmer Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Bingo 12:30 National Senior Center Month Kick-Off	2 CLOSED – FOR -SANTACALIGON	3
5 CLOSED – LABOR DAY 	6 12:15 Kansas City Zoomobile - Conservation Connections	7 9:45 Nutrition Site Committee 11:00 Laughter Yoga 12:30 Music with The Palmer Players	8 10:30 Vet to Vet 12:30 Fall Prevention Bingo	9 10:30 The Art in You 12:15 Chiefs Season Opener Rally	10
12 10:00 Blood Pressure Checks and Monday Motivation and Movement with Cleveland University	13 12:15 Are You Ready? National Preparedness: A Lasting Legacy 12:30 Hand and Foot	14 10:00 Coloring Your Way 12:30 Open Music Jam	15 12:30 White Elephant Bingo 2:00 Cover to Cover Book Club	16 10:45 Protect Your Skin from the Inside Out 12:15 Ice Cream Social	17
19 10:00 Activity with Cleveland University Monday Motivation and Movement 12:15 Tech Talk	20 9:30 VNA Blood Pressure and Blood Sugar Checks 10:00 Tai Chi for Arthritis# 12:30 Hand and Foot	21 Trip Sign Up Day 12:30 Music with The Palmer Players	22 9:30 Wellness Group with Cleveland OTA Students# 10:00 Tai Chi for Arthritis#	23 11:00 Trivia	24
26 10:00 Activity with Cleveland University Monday Motivation and Movement	27 10:00 Tai Chi for Arthritis# 12:15 Are You Ready? Situational Awareness 12:30 Hand and Foot	28 10:00 Coloring Your Way 10:15 NTR- Hank Williams \$# 12:30 Open Music Jam	29 9:30 Wellness Group with Cleveland OTA Students# 10:00 Tai Chi for Arthritis#	30 10:45 Dental Health Presentation 11:30 Birthday Lunch	
9:00-9:45 Wake Up Workout \$3 9:00-11:30 Woodcarving Club SC \$ 10:00-10:45 PEPPi 10:00-10:45 SilverSneakers Yoga TMB \$ 11:30 Lunch # 12:05-2:00 Open Line Dance \$3 12:30-2:30 Bare Bones Art 12:30 Pinochle	9:00-9:45 Stretch & Tone \$2 11:30 Lunch # 12:00-4:00 Intermediate Bridge TMB \$ 1:30 Zuma Gold TMB \$ 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:00 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 11:30 Lunch # 12:00-4:00 Woodcarving Club SC 1:45-2:30 SilverSneakers Yoga TMB	9:00-9:45 Stretch & Tone \$2 11:00-11:45 SilverSneakers Classic TMB \$ 11:30 Lunch # 12:30 Pinochle 11:30- 1:00 Beginner Pickleball \$ 1:00 – 3:30 Open Play Pickleball \$ 3:30 – 5:30 Advanced Pickleball \$	9:00-9:45 Wake Up Workout \$3 10:00-10:45 PEPPi 10:30-11:15 Stitch in Time 11:30 Lunch # 12:05-2:00 Instructed Line Dance \$3	 THE PALMER CENTER INDEPENDENCE PARKS & RECREATION

#=Reservation Required \$= Fee TMB= Truman Memorial Bldg GO= George Owens Park SC= Sermon Center

www.ci.independence.mo.us/parksandrec/palmer