

Herman Prior Activity Center

SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
REPEAT ACTIVITIES - SUBJECT TO CHANGE PLEASE CHECK WEBSITE FOR UPDATES - www.hermanpriorcentre.com					
	12:30 - Bridge	10:00 - Walking Program	Foot Care with Sylvia	Foot Care with Sylvia	Check out the dates for upcoming game shows and craft classes with Erin! REMINDER THAT THE CENTER WILL BE CLOSED AUGUST 1ST FOR CIVIC HOLIDAY. FREE NOON MEAL DELIVERY OFFERED - PLACE YOUR ORDER THE DAY BEFORE
1:00 - Cribbage	1:00 - Quilting Queens	12:10 - Chair Yoga	10:30 - Zumba	10:00 - Crafts	
1:00 - Chair Yoga	2:15 - Fitness	1:00 - Cribbage	12:30 - Bridge	2:00 - Fitness	
		3:00 - Intro to Pickleball	1:00 - Yoga		
			1:00 - Weaving		
			2:30 - Game Show		
			6:30 - PickleBall		
NOON MEAL MENU					
1st - CLOSED	2nd - Roast Beef	3rd - Perogies & Farmer Sausage	4th - Roast Chicken	5th - Pickerel	Special Dates: ** Dr. Belmont - will be at the center August 16th, 2022. Erin's (Summer Student) last day at the Centre is August 5th - there will be no fitness classes until August 23rd. Car Hop Drive in August 18th 4:30-7:30 pm
8th - Chorizo Penne (Tomato)	9th - Roast Beef	10th - Scalloped Potatoes & Sausage	11th - Roast Chicken	12th - Breaded Haddock OR Liver & Onions	
15th - Lasagna	16th - Roast Pork	17th - Shepard's Pie	18th - Roast Chicken	19th - Salmon	
22nd - Spaghetti & Meatballs	23rd - Roast Beef	24th - Chicken Pot Pie	25th - Roast Chicken	26th - Breaded Haddock OR Liver & Onions	
29th - Chicken Alfredo	30th - Roast Beef	31st - Chicken Teriyaki & Rice			