

Activities provided by *Senior Services* McHenry Township Senior Center

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1  Office Closed	2 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 9:00 Mah Jong 10:00 Bean Bag Toss, Bocce and Games 1:00 Bunco \$ <i>(RSVP for Grand Buffet due)</i>	3 8:00 Men's Pool 9:00 Senior Exercise**\$ 11:00 <i>Senior Lunch</i> <i>RSVP Suggested Donation \$7</i> 12:00- 2:00 BINGO \$ 1:00 Fit & Strong Grads Class 2:00 Blood Pressure by Fire Dept. 2:00 Harmonica for Health	4 8:00 Senior Exercise Level 2 **\$ 9:00 Coffee & Buzzword 9:30 Knit & Crochet Club 10:00 Balance Class 11:30 <i>Lunch Bunch at Grand Buffet</i> <i>(cost is on your own RSVP to Lisa by 9/2)</i>	5 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 11:00 Sequence Game 12:00 Popcorn and Movie: <i>St. Vincent</i> 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$
8 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 10:00 Rummikub & Games 10:00 Art Class with Liz 1:00 Fit & Strong Grads Class <i>**Starlight Tours: Frank to Frankie</i>	9 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 9:00 Mah Jong 10:00 Bean Bag Toss, Bocce and Games 1:00 Bunco \$	10 8:00 Men's Pool 9:00 Senior Exercise**\$ 11:00 <i>Senior Lunch</i> <i>RSVP Suggested Donation \$7</i> 1:00 Fit & Strong Grads Class 2:00 Bingo \$ <i>(note time change)</i> 2:00 Harmonica for Health	11 8:00 Senior Exercise Level 2 **\$ 9:00 Coffee & Thinklers 9:30 Knit & Crochet Club 10:00 Balance Class	12 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$
15 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 10:00 Rummikub & Games 10:00 Art Class with Liz 1:00 Fit & Strong Grads Class	16 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 9:00 Mah Jong 10:00 Bean Bag Toss, Bocce and Games 1:00 Bunco \$	17 8:00 Men's Pool 9:00 Senior Exercise**\$ 11:00 <i>Senior Lunch</i> <i>RSVP</i> NO BINGO at Senior Center 1:00 Fit & Strong Grads Class 2:00 Harmonica for Health 1:30 <i>Bingo at Heritage Woods</i> <i>(Lisa at Training)</i>	18 8:00 Senior Exercise Level 2**\$ 9:00 Coffee & Smart Mouth 9:30 Knit & Crochet Club 10:00 Balance Class <i>(RSVP and \$ due for Oktoberfest on 10/25)</i>	19 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 11:00 Sequence Game 12:00 <i>ATI Fall Prevention Lecture & Fall Prevention Bingo</i> 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$
22 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 10:00 Rummikub & Games 10:00 Art Class with Liz 1:00 Fit & Strong Grads Class	23 <i>Newsletter Mailing</i> 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 9:00 Mah Jong 10:00 Bean Bag Toss, Bocce and Games 1:00 Bunco \$	24 8:00 Men's Pool 9:00 Senior Exercise**\$ 11:00 <i>Senior Lunch</i> <i>RSVP Suggested Donation \$7</i> 12:00- 2:00 BINGO \$ 1:00 Fit & Strong Grads Class 2:00 Harmonica for Health	25 8:00 Senior Exercise Level 2 **\$ 9:00 Coffee & Name the Song 9:30 Knit & Crochet Club 10:00 Balance Class 11:00 <i>Doors Open: Township OKTOBERFEST German Lunch & Music by Alex Talbott (\$10)</i> <i>(RSVP & Payment due by 10/18)</i>	26 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 1:00 Fit & Strong Grads Class 1:00 Line Dancing at TWP \$
29 8:00 Men's Pool 8:00 Senior Exercise Level 2**\$ 9:00 Senior Exercise**\$ 10:00 Rummikub & Games 10:00 Art Class with Liz 1:00 Fit & Strong Grads Class	30 8:00 Senior Exercise Level 2**\$ 9:00 Coffee and Chat 9:00 Mah Jong 10:00 Bean Bag Toss, Bocce and Games 1:00 Bunco \$ <i>(RSVP for Village Squire on 10/2 due)</i>	Join us at the Senior Center 3519 N. Richmond Road McHenry, IL 60051 Call for current information Schedule subject to change Call Lisa Geisler at 815-344-3555 or lgeisler@seniorservicesassoc.org		Programs Marked TWP are held at Township Building A There is a fee for any program with \$. Advance registration is required for those marked **