



September is Healthy Aging Month!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>All activities are FREE and held at Sammons Community Center located at 2220 West Ave D in Temple unless otherwise noted.</p>	<p>2</p> <p>8:30 or 10am Texercise Begins! Sign up today and commit for the entire month!</p>	<p>3</p> <p>9-10am - Try Fitness For Life Aerobics.</p>	<p>4</p> <p>8:30 or 10am Texercise.</p> <p>9-11am Blood Pressure Checks.</p>	<p>5</p> <p>5pm - Ages 50+ Bingo Supper! Temple Kiwanis call Bingo followed by a free supper. Bring a new prize as your entry fee.</p>	<p>6</p> <p>8:30 or 10am Texercise.</p>	<p>7 1-4pm. Party in the Park-West Temple Park.</p> <p>2-4pm - Instructor Mix and Mingle. Stop by, say "Hello & Thanks" to our Instructors! Harp Music, refreshments and great prizes!</p>
<p>8</p> <p>Check Out Sammons Golf Links! Prices and times are listed at templeparks.com.</p>	<p>9 8:30 or 10am Texercise.</p> <p>9:30am- Kendal Young with Advance Directives Information</p>	<p>10</p> <p>6-7pm - Try Beginner Evening Line Dance Class.</p>	<p>11</p> <p>8:30 or 10am Texercise.</p>	<p>12</p> <p>12-1pm - Try Beginner Line Dance Class.</p>	<p>13 8-9am - Try Senior Open Swim at Sammons Indoor Pool.</p> <p>8:30 or 10am Texercise.</p>	<p>14</p> <p>7-9pm - Karaoke in the Park. Lions Park Amphitheater.</p>
<p>15</p> <p>Summit Recreation Center is where it's at to get and stay fit! Classes, dates and prices are at templeparks.com.</p>	<p>16</p> <p>8:30 or 10am Texercise</p> <p>10:30-11:30am Try Aqua Arthritis at Sammons Indoor Pool.</p>	<p>17</p> <p>10:15-11:15am - Try Senior Yoga Class.</p>	<p>18</p> <p>8:30 or 10am Texercise.</p>	<p>19</p> <p>9-11am - Blood Pressure Checks.</p>	<p>20</p> <p>8:30 or 10am Texercise.</p> <p>10-11 - Medicare and Social Security Facts by United Health Care.</p>	<p>21 10am: Medicare and Social Security Facts by Mary Garza Platinum Tax Advisory</p> <p>11:30am Community Pot Luck with a performance by the Train City Strummers Ukulele Group.</p>
<p>22</p> <p>Check out one or all of Temple's 23 amazing trails. Guide in the Play by Play on line at templeparks.com.</p>	<p>23</p> <p>8:30 or 10am Texercise.</p> <p>4:15-5pm - Try Tai Chi Class.</p>	<p>24</p> <p>8:15-9am - Try Aerobics With The Oldies Class.</p>	<p>25</p> <p>8:30 or 10am Texercise</p> <p>9:30-10am -Chrystal Griggs presents: What is an Ombudsman and how can they help.</p>	<p>26</p> <p>1pm - Chef Becca Filipino Pansit and Lumpia cooking class. \$10. All supplies provided.</p>	<p>27</p> <p>8:30 or 10am Texercise.</p>	<p>28 6:30-9:30pm Conclusion Celebration! Great food & prizes. Music by The Pure Country Band. \$5</p> <p>7-9pm-Duling Pianos Lions Park Amphitheater</p>
<p>29 Visit our website at templeparks.com for a complete list of the latest races and sports !</p>	<p>30</p> <p>8:30 or 10am Texercise Conclusion.</p>					