



NEWS & VIEWS

Bowling I & II \$7/\$12 per session Wed., Sept. 7 & 21

You may bowl two games each session. Cost includes shoe rental. Please bring money if you wish to purchase food or drinks. Pick-ups begin at 2:00 pm and bowling is from 3:00-4:00 pm at All Star Lanes.

Mileage Club \$5/\$13 Fri., Sept. 9 & 30

Mileage Club participants receive "Toe Tokens" for each mile walked plus additional incentives for goals reached. This month we will be walking at Sunset Park. In case of inclement weather we will walk at the mall. Pick-ups begin at 2:00 pm and we will walk from 3:00-4:00 pm.

So You Think You Can Dance? \$8/\$16 Mon., Sept. 12 & 26

Do you love music? Do you like to dance? Need a little exercise? Let Morgan & Megan teach you some fun dance moves! Pick-ups start at 4:30 and the class runs from 5:30-6:30 pm. We'll be at Oakdale Stage this month!

Healthy Cooking Accessible \$8/\$13 Limit 10 Wed., Sept. 14

Mostly reserved for participants with mobility issues, this class will be held from 3:00-4:30 pm in the K-State Extension Kitchen at the city/county building, 300 W. Ash St., room 109. Participants will help prepare a dish to take home (this month's recipe is Skinny Cheeseburger Casserole), and help clean up after the lesson. You may only attend one cooking class to give everyone a chance to attend.

Music Therapy \$5/\$10 Thurs., Sept. 15

It's music and dancing and instruments, and more!! Come and join us as Debbie Temple leads this fun class! Pick-ups begin at 2:00 pm and this class is from 3:00-4:00 pm at Carver Center.

Afternoon Movie \$10/\$15 \$20/\$25 w/snack included Mon., Sept. 19

Join us for a movie at the AMC theaters in the mall. Pick-ups begin at 2:30 pm. When we get to the mall, you'll choose a movie to watch. ****We are now offering the option of pre-paying for your**

snack when you enroll. This will eliminate the necessity of you bringing extra money to the theatre. However, you may still sign up as usual and purchase your own snacks at the theater if you prefer.

Cooking Class Non-Accessible \$8/\$13 Limit 8 Fri., Sept. 23

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. Pick-ups begin at 2:00 pm. You may only attend one cooking class to give everyone a chance to attend.

Art Class \$20/\$25 Wed., Sept. 28

Join us at Carver Center from 3:00-4:00 pm. This month we'll be making light up glass blocks with your choice of design. Pick-ups begin at 2:00 pm.



COMING NEXT MONTH

FALL PIZZA PARTY & DANCE
SUNNY SIDE PUMPKIN PATCH

October 14 6:00-9:00 pm

\$20 per person

Includes Hayrack Rides, Corn Maze, Pizza, Drinks, and a Barn Dance