




September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day SOAR is closed. 	3 *Chair Yoga 11am-12pm Bunco 1-3pm Euchre 1-3pm	4 Cribbage 9-10am Fit & Strong #1 Must be registered to participate. 9:30-11am TOPS! 9:30-11am Poker 10am-12pm Advisory Meeting 1-2:30pm Canasta 1:30-3:30pm *Gentle Mindful Yoga 5-6pm	5 *Tai Chi 9:30-10:30am BYOL & Bingo (\$3) 12-2:30pm <i>Supper Club</i> Moontime Smokin Que in Crystal Lake 5-7pm Must pre-register. Transportation not provided.	6 *KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm	7
8 Grandparents Day	9 *Balance, Strength & Stretch w/ Cindy 10-11am COOL BEADS 11am-12:30pm Fit & Strong #2 Must be registered to participate. 1-2:30pm SOAR READS! BOOK CLUB 1-3pm <i>No Evening Tai Chi</i>	10 The Breakfast Club for Men @ TACO BELL 8-9:30am Harvest Swap 10am-12pm *Chair Yoga 11am-12pm Brown Bag Lunch & Movie 1-3pm Euchre 1-3pm	11 Cribbage 9-10am Fit & Strong #3 Must be registered to participate. 9:30-11am TOPS! 9:30-11am Poker 10am-12pm Canasta 1:30-3:30pm *Gentle Mindful Yoga 5-6pm	12 <i>No Tai Chi</i> Pasta & Salad Lunch & Bingo (\$5) (\$3) 12-2:30pm Requires pre-registration and pre-payment.	13 *KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm SHIP Counseling By appt. only 1-3pm Pinochle 1-3:30pm	14
15	16 *Balance, Strength & Stretch with Cindy 10-11am Fit & Strong #4 Must be registered to participate. 1-2:30pm *Tai Chi Evening 5-6pm	17 *Chair Yoga 11am-12pm DIY Creative Workshop w/Jen: Fall Floral Wood Plank(\$10) 2-3:30pm Requires pre-registration and pre-payment. Bunco 1-3pm Euchre 1-3pm	18 Cribbage 9-10am Fit & Strong #5 Must be registered to participate. 9:30-11am TOPS! 9:30-11am Poker 10am-12pm Open Sew! 1-3:30pm Canasta 1:30-3:30pm *Gentle Mindful Yoga 5-6pm	19 *Tai Chi 9:30-10:30am BYOL & Bingo (\$3) 12-2:30pm SOAR Explorers Outing @ The Raue Center 12:45-3pm Must pre-register and pre-pay. Transportation not provided. Social Hour @ Duke's Inferno 5-7pm Must pre-register. Transportation not provided.	20 *KEEP FIT & STRONG 10-11:30am Mah Jongg 10am-12:30pm Pinochle 1-3:30pm	21

22	<p>*Balance, Strength & Stretch with Cindy 23 10-11am</p> <p>COOL BEADS 11am-12:30pm</p> <p>Fit & Strong #6 Must be registered to participate. 1-2:30pm</p> <p><i>*Tai Chi Evening</i> 5-6pm</p>	<p>24</p> <p>Chair Yoga 11am-12pm</p> <p>Euchre 1-3pm</p> <p>Brown Bag Lunch & Movie 1-3pm</p>	<p>25</p> <p>Cribbage 9-10am</p> <p>Fit & Strong #7 Must be registered to participate. 9:30-11am</p> <p>TOPS! 9:30-11am</p> <p>Poker 10am-12pm</p> <p>LUNCH DATE at La Trinidad 11am-12:30pm Must pre-register. Transportation not provided.</p> <p>Canasta 1:30-3:30pm</p> <p>Workshop Wednesdays Retirement Challenges 1-2:30pm Free, but please pre-register.</p> <p><i>*Gentle Mindful Yoga</i> 5-6pm</p>	<p>26</p> <p><i>*Tai Chi</i> 9:30-10:30am</p> <p>Taco Bowl Lunch (\$5) & Bingo (\$3) 12-2:30pm W/ Erica Snooks, from SCVN to answer all your questions Requires pre-registration and pre-payment.</p>	<p>27</p> <p>*KEEP FIT & STRONG 10-11:30am</p> <p>Mah Jongg 10am-12:30pm</p> <p>Pinochle 1-3:30pm</p>	28
29	<p>30</p> <p>*Balance, Strength & Stretch with Cindy 10-11am</p> <p>SOAR Explorers Meeting 11-12pm</p> <p>Fit & Strong #8 Must be registered to participate. 1-2:30pm</p> <p><i>*Tai Chi Evening</i> 5-6pm</p>	<p><i>* September is Senior Center Month *</i></p> <p>P.S. Don't forget! Medicare Open Enrollment begins in October. Make a SHIP Appointment to review your Drug Plan or Medicare Advantage Plan. Learn about important updates to Medicare that may affect you at the Medicare 101 Workshop on Wed., October 9th from 1-2:30pm. Bring your questions!</p>				

SOAR@Dorr is located in the Dorr Township Building at 1039 Lake Ave, Woodstock
Hours: 9-4pm Monday-Friday, and for evening activities as noted on the calendar.

Most programs at SOAR@Dorr are free. Programs or events that require payment are designated by a (*). Try your first one for free!
All wellness/fitness classes are \$5 per class. A \$25, 8 punch fitness pass is available. It does not expire, and is transferable to all fitness/wellness classes.

Questions?
Call: 815-338-0125

Ask for: Laura Wassinger, Director of Programs
Lynda Rohe, Director of Services

Email: Laura Wassinger: lauraw@dortownship.com
Lynda Rohe: lynda@dortownship.com

Website: www.dortownship.com/soar@dorr