

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	National Senior Center Month!	1 Cribbage 9-10am Poker 10am-12pm *CHAIR YOGA 10am-11pm Bunco 1-3pm Euchre 1-3pm	2 TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am ADVISORY COUNCIL 12:00-1:00pm *GUIDED AUTOBIOGRAPHY Class #9 1-2:30pm *Must already be a current participant. Games 1:30-3:30pm *NEW! RESTORATIVE YOGA 5:30-6:30pm	3 *TAI CHI 9:30-10:30am SENIOR PLANET Understanding Fraud & Scams 9:30-10:30am BYO LUNCH & BINGO (\$3) 12-2:30pm POETRY I: IN OUR OWN WORDS For everyone! No experience needed. *Must pre-register. 8 max. 2-3:30pm Supper Club @ GOLDEN ROLLS *Please pre-register! 5-7pm	4 *KEEP FIT & STRONG 10-11:15am *CHAIR YOGA 1pm-2pm Mah Jongg 1-3pm Pinochle 1-3:30pm	5
6	7 ★ ★ ★ ★ ★ LABOR DAY ★ ★ ★ ★ ★ SOAR is closed.	8 BREAKFAST CLUB FOR MEN @ Wendy's 8-9:30am *Please pre-register at SOAR Cribbage 9-10am Poker 10am-12pm *CHAIR YOGA 10am-11pm Euchre 1-3pm BROWN BAG LUNCH & MOVIE 1-3pm *Please pre-register. Dorr Township Board Mtg. 7pm	9 TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Games 1:30-3:30pm *NEW! RESTORATIVE YOGA 5:30-6:30pm City of Woodstock Public Meeting for Active Transportation 7pm	10 NO TAI CHI PULLED PORK LUNCH (\$7) & BINGO (\$3) 12-2:30pm *Must pre-register and pre-pay for lunch. *Pay for Bingo the day of. POETRY II: OUR WORLD OUR WORDS For everyone! No experience needed. *Must pre-register. 8 max. 2-3:30pm TRIVIA NIGHT @ Woodstock Opera House 7-9pm *Please pre-register! STATE SENATOR WILCOX EVENT IPass and ICash Services 3-6pm	11 *KEEP FIT & STRONG 10-11:15am *CHAIR YOGA 1pm-2pm EXPLORERS' OUTING Piscasaw Gardens *Must Pre-register and prepay. 1-2:30pm Mah Jongg 1-3pm Pinochle 1-3:30pm	12
13	14 PARTY BRIDGE 9:30-11:30am *Balance, Strength & Stretch 10-11am NO SOAR Reads! Book Club SOAR Explorers Mtg. 1-2pm *BEGINNING TAI CHI 4-4:45pm *TAI CHI 5-6pm	15 Cribbage 9-10am Poker 10-12pm NO CHAIR YOGA Leslie Goddard at Woodstock Opera House * Drawing Ticket Winners Only! 1-2:30pm Bunco 1-3pm Euchre 1-3pm Jen's DIY Creative Workshop: Button Bowls \$15pp 1:30-3pm	16 TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Games 1:30-3:30pm *NEW! RESTORATIVE YOGA 5:30-6:30pm	17 *TAI CHI 9:30-10:30am BYO LUNCH & BINGO (\$3) 12-2:30pm POETRY I: IN OUR OWN WORDS For everyone! No experience needed. *Must pre-register. 8 max. 2-3:30pm SOCIAL HOUR @ Sofie's *Please pre-register. 5-7pm	18 *KEEP FIT & STRONG 10-11:15am *CHAIR YOGA 1pm-2pm Mah Jongg 1-3:30pm Pinochle 1-3:30pm	19 Starline Factory Artists Exhibit: Rebirth 5-8pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 PARTY BRIDGE 9:30-11:30am <i>*Balance, Strength & Stretch</i> 10-11am SENIOR PLANET <i>USING FACEBOOK MARKETPLACE</i> 1-2:30pm NO BEGINNING TAI CHI NO TAI CHI	22 Cribbage 9-10am Poker 10-12pm <i>*CHAIR YOGA</i> 10am-11pm Euchre 1-3pm BROWN BAG LUNCH & MOVIE <i>*Please pre-register.</i> 1-3pm	23 TOPS! 9:30-11am <i>*KEEP FIT & STRONG</i> 10-11:15am FIBER ARTS <i>*Please sign up, and bring your projects!</i> 1-3:30pm Games 1:30-3:30pm <i>*NEW! RESTORATIVE YOGA</i> 5:30-6:30pm	24 NO TAI CHI PIZZA LUNCH(\$7) & BINGO (\$3) 12-2:30pm <i>*Must pre-register and pre-pay for lunch. *Pay for Bingo the day of.</i> POETRY II: OUR WORLD OUR WORDS For everyone! No experience needed. <i>*Must pre-register. 8 max.</i> 2-3:30pm SOAR's 5-Year Celebration @ Offsides Free, but please pre-register 4-7pm	25 <i>*KEEP FIT & STRONG</i> 10-11:15am <i>*CHAIR YOGA</i> 1pm-2pm Mah Jongg 1-3:30pm Pinochle 1-3:30pm	26
27	28 PARTY BRIDGE 9:30-11:30am <i>*Balance, Strength & Stretch</i> 10-11am <i>*BEGINNING TAI CHI</i> 4-4:45pm <i>*TAI CHI</i> 5-6pm	29 Cribbage 9-10am Poker 10-12pm <i>*CHAIR YOGA</i> 10am-11pm EXPLORERS' OUTING German Culinary Wksp. @ the Palmer House <i>*Must pre-register and prepay.</i> 11:30am-1:30pm Euchre 1-3pm	30 TOPS! 9:30-11am <i>*KEEP FIT & STRONG</i> 10-11:15am LUNCH DATE @ Isabel's 11am-12:30pm <i>*Please pre-register at SOAR.</i> Games 1:30-3:30pm <i>*NEW! RESTORATIVE YOGA</i> 5:30-6:30pm			AS OF 8/25/26 CHECK BACK FOR UPDATES

SOAR@Dorr is located in the Dorr Township Building at 1039 Lake Ave, Woodstock

The SOAR entrance is on the WEST SIDE of the building.

Hours: 9am-4pm, Monday-Friday. Evening/Weekend programs are as noted on the calendar.

Questions? Please call: 815-338-0125, Ext. 101. Please leave a clear message for a return call within 24 hrs., Mon-Fri.

Ask for: Laura Wassinger, Director of Programming, or Lynda Rohe, Director of Services & Education

Email: lauraw@dorrtownship.com or lynda@dorrtownship.com

(*) Indicates there is a cost associated with the activity.

Wellness/Fitness classes are \$5 per class - but please try your first one of each type for free!

A \$25, 8-punch fitness pass is available - it does not expire, and is transferable to all fitness/wellness classes!

