



September 2019 Newsletter

Your Local Active Adult Community Center in Bradenton, Florida

partnership with Senior Advantage of Manatee Healthcare System.
1816 9th Street West • Bradenton, FL 34205 • 941-749-0100 • mealsonwheelsplus.org

Educational • Recreational • Social • For the 50+



Special Announcements

*****CLOSED MONDAY, SEPTEMBER 2ND - LABOR DAY*****

Free – Notary Public Service

Kathy Kall will provide this free service to Enrichment Center members at the check-in desk Monday - Friday, 8-1pm.

Educational, Social & Recreational

Arts and Crafts

Thursdays & Fridays 9am–1pm. Bring your own materials and bring a lunch if you want to. Arrive and leave as you please. Free.

Book Club Meets

2nd Thursday each month at 10am. This month's book: **Lost Letters** by **Jillian Cantor**. \$2 (Free for Members).

Bridge

Wednesdays, 10am-12:30pm. \$2 (Free for Members).

Chicken Foot Dominoes

Fridays, 10am. Play (or learn) Chicken Foot. Join the fun and make new friends. Free.

Coffee Talk

Wednesdays, 9am–10am. Socialize and get acquainted over coffee and pastries. \$3 (Free for Members).

Cribbage

Wednesdays, 10am. \$2 (Free for Members).

Game Time

Fridays, 10-12pm. Free.

Euchre

Mondays, 9:30–11:30am. \$2 (Free for Members).

The Lunch Club

1st Monday of each month, 11:30am. A fun and informative club, meet new friends, and participate in discussions led by a featured guest speaker each month. **9/9 - Dedicated Senior Medical Center & Freedom Health**. Free. **LUNCH PROVIDED. MUST RSVP TO GEORGENE BY THURSDAY, SEPTEMBER 5TH.**

Outdoor Game Club

Tuesdays, 1:30pm–3:30pm. Join us down the street at **Motorworks Brewing** (1014 9th Street West) every week to play corn hole, bocce ball, putt-putt golf, Giant Jenga, or just hang out and enjoy the outdoors. Weather permitting. Free.

Pinochle **NEW TIME**

Fridays, 10:30am-12:30pm. \$2 (Free for Members).

SHINE Medicare Services

Need help navigating Medicare? **SHINE** provides FREE, confidential and unbiased help. Speak with a **SHINE** volunteer, call 1-800-963-5337.

Share, Listen & Learn

*****CLOSED FOR THE SUMMER. RETURNING OCTOBER 23RD.*****

1st and 4th Wednesdays, 11am. **SHARE, LISTEN & LEARN** is a discussion group on the topics that YOU want to discuss. Talk about your favorite subjects. This is YOUR group! \$2 (Free for Members).

Writer's Club

Mondays, 11–1pm. Come share your writing and learn from others. Free.

Exercise & Wellness

Belly Dancing for Cancer Survivors

Wednesdays, 10-11am. Sponsored by **JFCS** Call 941-366-2224 for more details. Free.

Fitness Center

Open Monday-Friday, 8am–3pm. Call to learn more and join.

Group Walk

Tuesdays, & Fridays, 9am. A 45 minute DVD led exercise routine. Free

Line Dancing for Beginners **NEW CLASS**

*****CLOSED FOR SEPTEMBER*****

Fridays, 9am. \$5 (\$3 for members).

Silver Sneakers Classic Exercise Class

Tuesdays & Thursdays, 10:30am. Designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and balls are available for resistance. Chairs used for support. \$7 (\$5 for Members). (**Silver Sneakers** Members free with pre-registration). (*subject to cancellation, call in advance).

Silver Sneakers Yoga

Mondays, 11am. Wednesdays, 12pm. Move your whole body through seated and standing yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation will promote stress reduction and mental clarity. \$7 (\$5 for Members). (**Silver Sneakers** Members free) (pre-registration required).

Tai Chi (Wu-style)

Mondays and Wednesdays, 9am. Movements are slow, soft & circular. \$5 (\$3 for Members).

Tai Chi (Yang Style - Most popular style)

Tuesdays, 11:30am - Beginners. Thursdays, 11:30am - Intermediate. Movements are slow, soft & circular. \$5 (\$3 for Members).

Yoga for Cancer Survivors

Thursdays, 10am. Sponsored by **JFCS**. Call 941-366-2224 for more details. Free.

All activities take place at the **Enrichment Center** unless otherwise noted.
Pick up a copy of our calendar at the sign-in desk to see daily activities at the **Enrichment Center!**



**Dedicated Senior
Medical Center**
A CHENMED COMPANY

Lunch & Learn

WITH DEDICATED








With top-notch doctors, a compassionate staff, and even special extras like acupuncture and on-site prescription services, we're committed to bringing seniors healthcare in a better way!



Join us for a delicious lunch while learning about the fun activities held at our center.

OUR SERVICES INCLUDE:

-  Respectful doctors who listen
-  Dedicated specialists
-  Medications provided on-site
-  On-site tests and screenings
-  Door-to-doctor transportation available

www.Dedicated.Care

JOIN US!

Bring a Medicare eligible friend.



WHERE:

Renaissance on 9th
1816 9th St W
Bradenton, FL. 34205



DATE:

Sept. 9th, 2019



TIME:

11:30- 1:00 PM

Please RSVP with Georgine to reserve your spot! Carrabba's will be served!

Some services are not covered under all plans. Check your plan documents for details and service availability at each individual center. Due to space and time limitations, some services are not available at all centers. Limitations, copayments and restrictions may apply.