

- **SERVED DAILY**
- **9A-10:30A COFFEE & BREAKFAST**
- **11A-12P LUNCH**
-
-

Quincie Douglas

SEPTEMBER

SENIOR CENTER NEWS LETTER

1575 E. 36TH 520-791-2507

**WE WILL BE CLOSED
AUG. 31- SEPT. 4
FOR DEEP CLEANING.**



**SACKED MEALS WILL BE
AVAILABLE IN THE MPR
TO TAKE HOME ONLY
9A-10A**



**MONDAY SEPT. 9
IS LABOR DAY.
QUINCIE DOUGLAS
WILL BE CLOSED**

★ ★ ★
**HAPPY
LABOR
DAY**

WELCOME!

Lets welcome
Andrew B.! He will be
participating in an
internship, here at QD
until December. You will
see that he will be
present in the Senior
Center and throughout
the building.

Our Tai Chi and
Dance classes will begin
on Wed. Sept 9, in the
MPR from 10a-11a
They will be on every
Wed. and Fri for 12
weeks. Participation is
highly encouraged.
Please plan on joining!



Baby Picture

**Starting om Wed.
Sept 9, bring in a
baby picture. We will
make a copy and give
your original back.
It will be posted in the
MPR. whoever
guesses the most
right gets wins a
prize!**

**Wed. Sept 16 is Mexican
Independence Day.**
The Card Divas will serve nachos and a
drink for lunch. We will not be serving
the regular lunch.
a "BIG THANKS" to the Card Divas!



Friday Sept. 25

**A Health Fair and Clothing Bank will take
place in the QD parking lot from 11a-12
We anticipate that a lot from our program
will attend so we will
NOT be serving lunch on this day.**



**Since we have Tai Chi
every Friday for the
next 12 weeks, BINGO
will be moved
temporarily to
Thursdays 9:30a-10a**