

South Haven Activities September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed In Observance of Labor Day	2 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming	3 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10-11:30 Creative Cards 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 1:00-2:00 Yoga 1:00-2:30 Cornhole	4 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:00-12:00 Drawing 101 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming	5 8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Welcome to Fitness 12:00-2:30 Euchre 12:30-1:15 Baton Twirling 12:30-2:30 Friday Knitters
8 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Chair Yoga 9:30-2:30 AARP Safe Driving Course 10:00-11:00 Flourishing Friends Widows Group 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	9 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming 1:30-2:30 Tai Chi	10 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 12:30-2:30 Zentangle 1:00-2:30 Cornhole 1:30-2:30 Yoga	11 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:00-12:00 Drawing 101 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Group	12 8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Welcome to Fitness 12:00-2:30 Euchre 12:30-1:15 Baton Twirling 12:30-2:30 Friday Knitters 12:30 Movie: Luckiest Man in America
15 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Chair Yoga 9:30-2:30 AARP Safe Driving Course 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	16 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 11:30-1:00 Route 66 JOY Group (Just Older Youth) Yarn 1-Chat 2 12:30-2:30 Fitness Drumming 12:30-1:15 Fitness Drumming 1:30-2:30 Tai Chi	17 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-12:00 Fall Wreaths 10:00-1:00 Mahjong 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:00 Visually Impaired Persons 1:00-2:30 Cornhole 1:30-2:30 Yoga	18 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:00-12:00 Drawing 101 10:30-11:30 Blood Pressure Checks 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming 12:30-2:30 Euchre	19 Closed Staff Inservice
22 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Chair Yoga 10:00-11:00 Flourishing Friends Widows Group 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	23 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming 1:30-2:30 Tai Chi	24 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 10:00-1:00 Mahjong 10:00-2:30 Canasta 10:45-11:30 Core & Cardio 1:00-2:30 Cornhole 1:30-2:30 Yoga	25 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:00-12:00 Drawing 101 10:30-11:45 Line Dancing 12:00-2:30 Stitched with Love 12:30-1:15 Fitness Drumming 1:00-2:00 Apple of My Eye	26 8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Welcome to Fitness 12:00-2:30 Euchre 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters
29 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:30-10:15 Chair Yoga 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:00-2:30 Cornhole 1:30-2:30 Yoga	30 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-2:30 Yarn 1-Chat 2 12:30-1:15 Fitness Drumming 1:30-2:30 Tai Chi		PICKLEBALL 8-12:00 M-F ALL SKILL LEVELS - rotate in 12-3:00 M-W-F Beginner/Intermediate Levels 12-3:00 T-TH Intermediate Women CLASSES Classes are subject to change (day, time and/or location)	COMPUTER LAB Open Monday-Friday with skilled help Onsite: M-T-W 9:30-2:30 TH-F 9:30-11:30 Or by appointment WALKING PATH The walking path is available Monday- Friday 8-3:00 11 times around is a mile