

South Haven Activities September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Classes are subject to change(day,time,and/or location) Thank you for your felxibility Computer Lab: Open Monday-Friday 9:00-2:30 Onsite Help Mondays & Tuesdays 9:30-11:30 Thursdays 1:00-2:30 Or by scheduling an appointment	1 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	2 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	3 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates	4 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 11:00-12:00 First Friday Music-open 12:00-2:30 Euchre 12:30-2:00 Chair Volleyball
7 Closed In Honor of Labor Day	8 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2 1:00-2:30 Bill Westerbeke-Senior Survival Tips- Auditorium	9 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	10 9:00-12:00 Stitched with Love 9:30-10:15 Standing Pilates 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 1:00-2:00 Grief Support Group	11 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 12:00-2:30 Euchre 12:30-2:00 Chair Volleyball 12:30-2:30 Friday Knitters 12:30 Movie day- Not Without Hope
14 8:30-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 10:00-11:15 Flourishing Friends 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	15 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	16 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30- 2:30 Canasta 10:00-1:00 Mahjong 10:00-11:00 Speaker Series- Brandon Hinz-Fire Chief-Auditorium 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:00-2:00 Visually Impaired 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	17 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 11:00-12:00 3 rd Thursday Music 12:30-1:15 Pilates 12:30-1:30 Book Club	18 Closed Staff In-Service
21 8:30-10:00 Chair Volleyball 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	22 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn 1-Chat 2	23 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga-Video	24 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:30 Line Dancing 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates	25 9:30-10:15 Tai Chi Refresh 10:00-2:00 Mahjong 10:30-11:30 BINGO 10:45-11:30 Core&Cardio 12:00-2:30 Euchre 12:30-2:30 Chair Volleyball 12:30-2:30 Friday Knitters
28 8:30-10:00 Chair Volleyball 10:00-11:15 Flourishing Friends 10:30-11:30 Tai Chi 10:00-3:00 Cards&Games of choice 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	29 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Fitness Drumming 12:30-1:15 Pilates 12:30-2:30 Yarn and Chat	30 8:45-10:00 Healthy Habits 9:30-12:00 Arts and Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core&Cardio 12:30-1:15 Gentle Fitness 1:30-2:30 Cornhole 1:30-2:30 Yoga	Pickleball: 8-11 M-F All Skill Level 11:00-2:00 M/W/F Intermediate Play 11-2:00 T/TH Intermediate Women 2-3:00 M-F Beginners Only Walking Path: The Walking Path is available to you all day Monday through Friday 8:00 am -3:00 pm 11 times around is 1 mile	