

69 E. Wardell St.
 Scottsburg, IN 47170
 (812) 206-7970
 Health & Wellness:
 Jeff Vincent
 Vol. Site Mgr: Pat Amos

SEPTEMBER | 2022



Bacala Senior Center-Scottsburg Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	 HAPPY LABOR DAY ★★★	31	1 CareFirst BINGO 12:00 PM	2 Exercise Class 10:00 AM
5 LABOR DAY Holiday CLOSED	6 Peas & Carrots Nutrition Ed 11:15 AM	7 Exercise Class 10:00 AM	8 Euchre 1:00 PM	9 Hampton Oaks Health Screening 10:00 AM & Bingo 10:30 AM
12 Exercise Class 10:00 AM	13 Adaptive Health BINGO 10:30 AM	14 Exercise Class 10:00 AM	15 Euchre 1:00 PM	16 Exercise Class 10:00 AM
19 Exercise Class 10:00 AM	20 Falls Prevention Program 11:15 AM	21 Lake Point BINGO 10:00 AM	22 Euchre 1:00 PM	23 Exercise Class 10:00 AM
26 Exercise Class 10:00 AM	27 5-a-Day Nutrition Education 11:15 AM	28 Lake Point Movie Day Field Trip to Great Xscape 8:30 AM	29 Euchre 1:00 PM	30 Exercise Class 10:00 AM



Congregate Meal Site
Falls Prevention Awareness Month

Notes:
Lunch Served
M-F @ 11:30-Noon

Meal sign-up required
 in advance –week
 ahead notice

Stress-relief Coloring
 Pages
 M-F 9:30 AM

Skip Bo Card Game
 M-F 9:00 AM

Puzzles
 M-F 10:00 AM