Friendship Senior Center

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September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	2
3	4 CLOSED LABOR DAY	5 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Exercise Equip.	6 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4 Exercise Equip.	7 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	8 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	9
10 Life starts all over again when it gets crisp in the Fall.	11 Coffee Klatch 9-11 8-Ball Pool Exercise Equip. PATRIOT DAY SEPTEMBER 11	12 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Exercise Equip.	**13** ***Garage Sale 9-2*** Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4 Exercise Equip.	14 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	15 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	16 AUTUMN
17	18 Coffee Klatch 9-11 8-Ball Pool Exercise Equip.	19 **10am** **Board Meeting** Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Exercise Equip.	20 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4 Exercise Equip.	21 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	22 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	23
24 light breeze colorful leaves bare trees it must be Autumn	25 Coffee Klatch 9-11 8-Ball Pool Exercise Equip.	26 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Business Mtg. 3:30 Fun Night 4:00	27 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4 Exercise Equip.	28 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	29 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	30 welcome AUTUMN

HAPPY BIRTHDAY

5 Elizabeth Luna

7 Bobby Steward

12 Carlos Bustomonte

17 Flora Sandoval

20 Margaret Beacham

20 Carol Provencher

21 Janella Fox

22 Berna Encinias

23 Rita Bellmeyer

29 Sofia Beaman

29 Vina Guiterrez

30 Rita Mazzolini

Friendship will be CLOSED Monday September 4, 2017

CLOSED LABOR DAY

Emergency Stroke Care Golden 8 hours

F.A.S.T.

can help you to rapidly recognise when a stroke is taking place and then act quickly to get medical treatment and prevent serious damage.

Face has their face fallen on one side? Can they smile?

Arm Can they raise both arms and keep them there?

Speech is their speech slurred?

Time 24 hours Hotline to call 911 if you spot any single one of these signs.

September Dates To Remember

4 Center Closed

13 Garage Sale 9 am-2 pm

19 Board Mtg. 10am

26 Business Mtg. 3:30 pm

Fun Night 4:00 pm

Prostate Cancer Awareness Month

Prostate cancer often has **NO SYMPTOMS**, but these can be **EARLY SIGNS** in men who do have symptoms:

- Needing to **urinate often**, especially at night, or a weak flow of urine
- **Frequent pain** in the lower back, hips, or upper thighs
- Difficulty having an **erection**
- **Blood** in the urine or semen

Source: National Cancer Institute