

~The Mayors Council on Physical Fitness~
September is Healthy Aging Month 2017



All Activities are free of charge and are held at
Sammons Community Center unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. 7am - Early Bird Community Walk! Pepper Creek Trail Kegley Road between Hwys 2305 and 36	2. Looking ahead at October. Dust off yer' walking shoes. Temple Trail Blazers Kick Off is Oct. 7 at West Temple Park. 10am - Free
3 For a current list of races, challenges and other health related events, visit GetFitTemple.com	4 8:30 & 10am - Sweatin with the Oldies	5 12-1pm - Free Beginning Line Dance lesson.	6. 11:15-11:45am - Texercise 5:30-6:30pm - "Living Healthy" Diabetes Education- American Diabetes Assn. Light supper provided. Must pre-Register - 298-5403 8-10pm- Full Moon Yoga	7 9:00am Free Fitness for Life Aerobics Class 10:15 am Free Senior Yoga class 9:30-11am Blood Pressure checks with First Atlantic Healthcare	8 8:30 & 10am Sweatin with the Oldies 10am - Educational Seminar Advance Directives - Gentiva	9 Take a Hike! Visit our website at templeparks.com for a complete list of Temple's beautiful trails!
10 Get in shape and stay in shape. Drop by the Summit Recreation Center at 620 Fryers Creek Drive	11 8:30 & 10am - Sweatin with the Oldies 5:30-6:30pm - "Living Healthy" Diabetes Education- American Diabetes Assn. Light supper provided. Must pre-Register - 298-5403	12 10:00am - Wills, Trusts, Lady Bird Deeds. John Wessler Senior Care Planner Johnson Hobbs Squires, LLP. Light lunch provided. Must pre register at 298-5403	13 8:30 & 10am - Sweatin with the Oldies 11:15-11:45am - Texercise	14 10:00am - Asset Protection & Veterans Benefits John Wessler, Senior Care Planner Johnson Hobbs Squires, LLP. Light lunch provided. Call to pre-register at 298-5403 9:30-11am Blood Pressure checks	15 8:30 & 10am - Sweatin with the Oldies	16 9:00am - Walk with a Doc at Lions Park
17 Take in a round of Golf at Sammons Golf Links located near beautiful Jim Thornton Lake at 2727 West Adams	18 8:30 & 10am - Sweatin with the Oldies 5:30-6:30pm "Living Healthy" Diabetes Education- American Diabetes Assn. Light supper provided. Must pre-Register - 298-5403	19 10:00am - Complementary Hearing tests with Kathleen Williams, Audiologist, MCSD, CCCA of Connect Hearing.	20 8:30 & 10am - Sweatin with the Oldies 11:15-11:45am - Texercise	21 10:00am- Educational Seminar: Social Security & Medicare with Mary Garza. Refreshments served.	22 8:30 & 10am - Sweatin with the Oldies	23 10:00am Educational Seminar: Social Security & Medicare with Mary Garza of Platinum Tax Advisory Refreshments served.
24 National Obesity Week	25 8:30 & 10am - Sweatin with the Oldies 5:30-6:30pm "Living Healthy" Diabetes Education- American Diabetes Assn. Light supper provided. Must pre-Register - 298-5403	26 9am-12pm - Senior Expo Health Fair Bell County Expo Center - Free	27 8:30 & 10am Sweatin with the Oldies 11:15-11:45am - Texercise	28 10:00am - Get Yer Green on! Green Smoothies with Registered Dietitian Sheryl Austin, Prairie View Texas A&M	29 8:30 & 10am - Sweatin with the Oldies	30 Senior Prom! George Navarro Band. Prizes, Refreshments, and Horse Carriage Rides. \$10 per person or \$18 per couple at the door. No reservations necessary. Carriage rides start at 6, band starts at 6:30

October 2017

Microsoft

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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22	23	24	25	26	27	28
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Business Tagline
or Motto

Primary Business Address
Address Line 2
Address Line 3
Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com


Organization