












# September 2025

## Program & Activity Calendar Seniors 50+

MON	TUE	WED	THU	FRI	SAT
<p>1</p>  <p><b>WE WILL BE CLOSED LABOR DAY</b></p>	<p>2</p> <p>Aerobics 9 am</p>	<p>3</p>	<p>4</p> <p>Aerobics 9 am</p> <p>Chair Volleyball 10 am</p>	<p>5</p>	<p>6</p>  <p>hello September</p>
<p>8</p> <p>Veteran's Lunch 11:30 am</p> 	<p>9</p> <p>Aerobics 9 am</p> <p>Silver Sneakers 9:30 am</p> <p>Chair Yoga 10 am</p> <p><b>Lunch Bunch 11 am</b></p>	<p>10</p>	<p>11</p> <p>9/11 Remembrance <b>8:30 am</b></p> <p>Public Safety Appreciation Day 9 am</p>	<p>12</p> <p><b>Men's Breakfast 9 am</b></p> <p>Community Gospel Singing 6:30 pm</p>	<p>13</p> 
<p>15</p> <p>Lunch &amp; Learn 11 am</p>  <p><b>Bingo! 6 pm</b></p>	<p>16</p> <p>Aerobics 9 am</p> <p>Silver Sneakers 9:30 am</p> <p>Chair Yoga 10 am</p> <p><b>Paint &amp; SLURP 4 pm</b></p>	<p>17</p> 	<p>18</p> <p>Aerobics 9 am</p> <p>Chair Volleyball 10 am</p>	<p>19</p> <p>Coffee &amp; Crafts 10 am</p> <p>Art in the Park 6 pm</p>	<p>20</p>  <p><b>6 pm</b></p>
<p>22</p> <p><b>Lunch &amp; Learn 11 am</b></p>	<p>23</p> <p>Aerobics 9 am</p> <p>Silver Sneakers 9:30 am</p> <p>Chair Yoga 10 am</p>	<p>24</p>	<p>25</p> <p>Aerobics 9 am</p> <p>Chair Volleyball 10 am</p> <p><b>Ladies Game Night 6 pm</b></p>	<p>26</p> <p><b>TGIF</b></p>	<p>27</p> <p>Have a <i>great weekend!</i></p>
<p>29</p> 	<p>30</p> <p>Aerobics 9 am</p> <p>Silver Sneakers 9:30 am</p> <p>Chair Yoga 10 am</p>		 <p><b>Bessemer City</b> NC HEARTFELT LIVING</p>		

# September 2025

## Program & Activity Descriptions for Seniors 50+



### Veteran's Lunch

**Monday, September 8th 11:30 am, Allan Farris Comm Ctr**

Free lunch for all veteran's— sponsored this month by Cornerstone Caring. RSVP 704-729-6465.



### Lunch Bunch

**Tuesday, September 9th, 11 am, Edgewood Grill**

Our lunch bunch crew will meet at Edgewood Grill for lunch and fellowship.



### 9/11 "We Will Remember" Memorial Service

**Thursday, September 11th 8:30 am, City Hall**

Free and Open to the Public



### Public Safety Appreciation Day

**Thursday, September 11th, 9 am, City Hall**

Join us for a community time to give thanks for our public safety employees in Bessemer City. Light refreshments will be served.



### Men's Breakfast

**Friday, September 12th 9 am, Kiser Senior Ctr**

Join us for breakfast & fellowship with friends. Sponsored by Senior TLC. RSVP 704-729-6465.



### Community Gospel Singing

**Friday, September 12th 6:30 pm, Stinger Park**

Multiple churches are working together to offer this great event. Join us for music, fellowship and fun! FREE EVENT and open to the public!

Learn At Lunch



### Lunch & Learn

**Monday, September 15th 11 am, Kiser Senior Ctr**

Do you have a family member, neighbor or someone you know struggling with dementia. Join us for a lunch/ presentation on how to become a dementia friend. Offered by Michelle Petty— Carolina Caring. Registration is required 704-729-6465.



### Coffee & Crafts

**Friday, September 19th 10 am, Kiser Senior Ctr**

Join us for a time of crafting and fellowship with friends. We will be making fall puzzle crafts this month. Hope to see you there!



### Lunch & Learn

**Monday, September 22nd 11 am, Kiser Senior Ctr**

Hurricane season is upon us. Join us to learn how to be prepared for storms & hurricanes. Offered by Mike Causey— NCDOL. Registration is required.



### Ladies Night Out

**September 25th, 6 pm, Kiser Senior Ctr**

Bring a pick up food to share and have some laughs with all the ladies!

**Mark your calendars for our Annual Senior Health & Resource Fair next month on October 14th 10 am-12 pm at First Baptist Church in Bessemer City. Vendors, Immunizations, and free giveaways!**