

Potluck
Wednesday
September 2
Noon

**Please sign up in the Hub
on the round table.**
Free -Bring a dish to pass.
**We will celebrate August &
September Birthdays.**

Pizza Party
Wednesday
September 23
12:00pm

Pizza Hut Pizza
12:30pm
Bingo
1:30pm

Choose a Game

Pizza Hut personal pan-\$5.00

**(Pay at the front desk
before 4pm - 9/22)**

Art

Open Painting Fun Day

Tuesday, September 1
9:30a-11:30a

**Bring your own supplies
and paint the first
Tuesday of every month
(No extra charge/No
Instructor)**

Rock Painting

Wednesday, September 2
10:00a-11:30a
\$5.00

**All supplies will be
included**
Hub Event

Potluck at Noon!

Hub
Happenings
2026

September



Open

Monday - Friday

8:00a-4:00p

\$6/Month

**(Regular and Decaf Coffee
Included)**

Phone: 715.670.0790

**The Hub active adult center is a
wonderful space in the Lunda
Community Center for those 55+ to
come in and make new friends,
learn new skills, socialize, enjoy a
cup of coffee, play cards and enjoy
a variety of programs and
activities.**



9/4 Carla Mills

9/5 Bonnie Burnham

9/12 Pam Bjerke

9/19 Anita Lien

9/19 Sylvia Peterson

9/19 Molly Stuessel

9/30 Dennis Ruda



Guest Speaker
Wednesday, September 30
1pm

Patrick Regan

ISSA Mater Trainer
Assisted Stretching
Specialist

**Personalized assisted
stretching is designed to
help improve flexibility,
mobility, posture, and
recovery so you can move
and live without pain.**
All Welcome/No Cost

Exercise
Opportunities

Tuesdays - 10:00am-10:45am
\$1.00 - Sign-Up at the Front Desk.
Instructor

Katie Larkin

**Hub's Functional Flow and
Balance class:** This class will
begin with chair flexibility to
start the flow of your day and
will transition to functional
standing balance tasks (chairs
available) to encourage and
maintain your stability. If no
Functional Flow class DVD will
play instead.

(Must be a Hub Member)

**Thursdays - 10:00am-
10:45am**

Strength DVD Chair Exercise

Card Playing Schedule

Monday
Bridge
12:30p-4:00p
Tuesday
Euchre
9:00a-11:30a
Wednesday
Sheepshead
8:00a-11:30a
Thursday
500
1:00p-4:00p
Friday
Choose a
Game
OR
Euchre
10:00a

Movie
Wednesday
September 9
1pm

Remarkably
Bright
Creatures
Starring:
Sally Field

While working
nights at a
small-town
aquarium, a
widow bonds
with a clever
octopus and an
adrift young man
in this moving
drama based on
the bestseller.

HUB September 2026  LUNDA COMMUNITY CENTER		TUESDAY 9/1	WEDNESDAY 9/2	THURSDAY 9/3	FRIDAY 9/4
		9:30a-11:30a Open Painting 9:00a-11:30a Euchre 10:00a - 10:45a Functional Flow	8:00a-11:30a Sheepshead 10:00a-11:30a Rock Painting Noon Potluck	10:00a-10:45a Strength DVD 11:00a Coffee w/ a Cop 1:00p-4:00p 500 And Scrabble	10:00a Choose a Game OR Euchre 10:00a Dominoes
MONDAY 9/7 CLOSE Labor Day		TUESDAY 9/8 9:00a-11:30a Euchre 10:00a - 10:45a DVD Exercise	WEDNESDAY 9/9 8:00a-11:30a Sheepshead 1pm Movie	THURSDAY 9/10 10:00a-10:45a Strength DVD 1:00p-4:00p 500 And Scrabble	FRIDAY 9/11 10:00a Choose a Game Or Euchre 10:00a Dominoes
MONDAY 9/14 10:00a Dominoes 12:30p-4:00p Bridge		TUESDAY 9/15 9:00a-11:30a Euchre 10:00a - 10:45a Functional Flow	WEDNESDAY 9/16 8:00a-11:30a Sheepshead	THURSDAY 9/17 10:00a-10:45a Strength DVD 1:00p-4:00p 500 And Scrabble	FRIDAY 9/18 10:00a Choose a Game Or Euchre 10:00a Dominoes
MONDAY 9/21 10:00a Dominoes 12:30p-4:00p Bridge		TUESDAY 9/22 9:00a-11:30a Euchre 10:00a - 10:45a DVD Chair Exercise Noon Guest Speaker Black River Health Speaker TBA	WEDNESDAY 9/23 8:00a-11:30a Sheepshead Noon Pizza Party 12:30 Bingo	THURSDAY 9/24 10:00a-10:45a Strength DVD 1:00p-4:00p 500 And Scrabble	FRIDAY 9/25 10:00a Choose a Game OR Euchre 10:00a Dominoes
MONDAY 9/28 10:00a Dominoes 12:30p-4:00p Bridge		TUESDAY 9/29 9:00a-11:30a Euchre 10:00a - 10:45a Functional Flow	WEDNESDAY 9/30 8:00a-11:30a Sheepshead 1:00p Guest Speaker	Coffee With a Cop First Thursday of Every Month 11am All Welcome/No Hub Membership Needed.	Dominoes 10am Every Monday and Friday