September 2018

Mon	Tue	Wed	Thu	Fri
3 CLOSED	**4** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge 11:00 Stroke Support Group 1:00 Bridge 4:00 Ballroom Dance	**5** 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting 10:00 Pets Needing TLC 1:00 Matter of Balance	**6** 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. 9:00 Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Wtg./ 1:30 Mah Jong	**7** 10:00 Blood Pressure Screening **10:00 Smarter Senior Forum** 11:45 Meal Program 1:30 Cinema (due to event)
10 8:30 Yoga /Func- Fitness **10:00 Fall Prevention - Ways to Fall** 11:00 Italian Interm. / 12:00 Italian Conv. **1:15 Foreign Film** 1:30 Mah Jong 3:30 Wild West Bootcamp	**11** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish **10:00 Financial Advice** 10:00 Bridge 1:00 Bridge 4:00 Ballroom Dance	**12** 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting **1:00 Elder Wisdom** 1:00 Matter of Balance	**13** 8:30 Func- Fitness/ Walking Grp 9:00 Spanish Beg. / Line Dance **9:00 Smart Driver Course** 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Wtg. 1:30 Mah Jong	**14** **9:00 Smart Driver Course** **10:30 Nature Knows no Age Limit** 11:45 Meal Program 1:00 Cinema
17 8:30 Yoga/ Func- Fitness **8:30 Glucose & Blood Pressure** **10:30 Chair Yoga** 11:00 Italian Interm. / 12:00 Italian Conv. **1:00 Podiatry Clinic** / 1:30 Mah Jong **1:30 Limits of Growth** 3:30 Wild West Bootcamp	**18** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group 4:00 Ballroom Dance	**19** 8:30 Yoga 9:00 Func- Fitness **10:00 Book Club** **10:30 Pelvic Health** 9:30 Crochet & Knitting 1:00 Matter of Balance	**20** 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class / 1:00 Creative Wtg. / 1:30 Mah Jong	**21** 11:45 Meal Program 1:00 Cinema
24 8:30 Yoga 8:30 Func- Fitness **10:30 Late Life Transitions** 11:00 Italian Interm. / 12:00 Italian Conv. **1:15 Foreign Film** 1:30 Mah Jong 3:30 Wild West Bootcamp	**25** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge & 1:00 Bridge **10:30 Exercise Right Way** 11:00 Stroke Support Group 4:00 Ballroom Dance	**26** 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting **10:30 Movie Themes- Splendored Things** 11:45 Birthday Celebration **1:00 Elder Wisdom** 1:00 Matter of Balance (cancelled)	**27** 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Writing/1:30 Mah Jong	**28** 11:45 Spaghetti Feast & Entertainment 1:00 Cinema (cancelled)