

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>				
Senior Center CLOSED Labor Day		02	Responsible AI 10:00 AM Beginner Line Dancing 10:00 AM Therapy Dogs 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Water & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	03	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	04	Exploring Memoir 9:00 AM Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hiking/Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	05	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Cribbage 12:45 PM Country Western Gala 3:00 PM Foot Care—By Appointment	06		
		09	Responsible AI 10:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Monthly Movie: IF 1:00 PM Red Hat Meeting 1:00 PM Water & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	10	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	11	Exploring Memoir 9:00 AM Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	12	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM	13		
		16	AARP Smart Driver Course 8:45 AM Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	17	Responsible AI 10:00 AM Beginner Line Dancing 10:00 AM Book Group 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	18	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Paint Program 9:30 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Newcomers Meeting 11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	19	Exploring Memoir/ Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hiking/Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM File of Life—Appointment Only	20	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Podiatry & Foot Care—By Appointment	
		23	Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Biking 1:00 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	24 SENIOR PICNIC Northwest Park 11:30 AM—1:30 PM No Classes, Activities, or Programs No Cafeteria Lunch		25	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Birthday Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	26	Exploring Memoir 9:00 AM Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	27	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM	
		30	Walking Group 9:00 AM Ceramics 9:30 AM Denture Repair Program 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	<h1>September 2024</h1>						Available every day: 8:30 AM—4:15 PM Billiards Computer Room Ping Pong		