


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2)</b></p> <p><b>CLOSED</b> <b>ENJOY THE HOLIDAY!</b></p>	<p>8:30–2:30 Mans/Peds <b>3)</b></p> <p>9:00 Mix It Up at Community Center</p> <p>9:00-11:00 Computer Class</p> <p>10:00 Portrait Art Studio</p> <p>10:00-3:00 Massage Therapy</p> <p>1:00 Pinochle</p> <p>1:00-3:00 Mah Jongg</p> <p>3:00 Modified Yoga {FULL}</p> <p>5:30 Movement for Life</p>	<p>9:00 Line Dancing <b>4)</b></p> <p>9:30-1:00 Reflexology</p> <p>10:00 Tone It Up</p> <p>10:45 Beginner Line Dancing</p> <p>1:00 Genealogy</p> <p><b>1:30 Fall Prevention</b></p> <p>2:30 Beginner &amp; Intermediate Tai Chi</p> <p>5:30 Yoga</p>	<p>8:30–2:30 Mans/Peds <b>5)</b></p> <p>8:45 Bridge</p> <p>9:00 Lo Impact Aerobics</p> <p>1:00 Refresher Bridge</p> <p><b>1:00 Tools For Healthy Living</b></p> <p>1:15 Swingers</p> <p>3:00 Modified Yoga</p> <p>5:30 Cardio Sculpt</p>	<p>9:00 Fun Fitness <b>6)</b> at Beechwood</p> <p>10:00 Knitting</p> <p><b>1:00 Wild Plant Identification</b></p> <p>1:00 Hi-Lo Jack</p> <p>1:30 Bingo</p>
<p>9:00 Strength &amp; Stretch <b>9)</b></p> <p>10:00 Spanish {FULL}</p> <p>10:30 Diabetes Prevention Program is full</p> <p>1:00 Italian {FULL}</p> <p>1:00 Stamp Club</p>	<p>8:30–2:30 Mans/Peds <b>10)</b></p> <p>9:00 Mix It Up at Community Center</p> <p>9:00-11:00 Computer Class</p> <p>10:00-12:45 Reiki</p> <p>10:00 Portrait Art Studio</p> <p>1:00 Pinochle</p> <p>1:00-3:00 Mah Jongg</p> <p><b>1:30 Caregivers Support</b></p> <p><b>5:30 Nite Owls</b></p>	<p>9:00 Line Dancing <b>11)</b></p> <p>9:30-1:00 Reflexology</p> <p>10:00 Tone It Up</p> <p>10:45 Beginner Line Dancing</p> <p>10:00 Quilting</p> <p>1:00 Genealogy</p> <p><b>1:00 Living with Alzheimer's</b></p> <p>2:30 Beginner &amp; Intermediate Tai Chi</p> <p>5:30 Yoga</p>	<p>8:30–2:30 Mans/Peds <b>12)</b></p> <p>8:45 Bridge</p> <p>9:00 Lo Impact Aerobics</p> <p>1:00 Refresher Bridge</p> <p><b>1:00 Tools For Healthy Living</b></p> <p>1:15 Swingers</p> <p>3:00 Modified Yoga</p> <p>5:30 Cardio Sculpt</p>	<p>9:00 Fun Fitness <b>13)</b> at Beechwood</p> <p>10:00 Knitting</p> <p><b>10:00-12:00 WellOne Blood Pressure Checks</b></p> <p>1:00 Hi-Lo Jack</p> <p>1:30 Bingo</p> <p><b>Cyber Seniors</b> <b>Appt. Times TBD</b></p>
<p>9:00 Strength &amp; Stretch <b>16)</b></p> <p>10:00 Spanish {FULL}</p> <p><b>10:00 RI Women in History</b></p> <p><b>10:00 Dr. Pappas</b></p> <p>1:00-3:30 Open Art Studio</p> <p><b>12:30 SC Home Health</b></p> <p>1:00 Italian {FULL}</p>	<p><b>6:00 Trip: 9/11 Museum 17)</b></p> <p>8:30–2:30 Mans/Peds</p> <p>9:00 Mix It Up at Community Center</p> <p>9:00-11:00 Computer Class</p> <p>10:00 Portrait Art Studio</p> <p>10:00-3:00 Massage Therapy</p> <p>1:00 Pinochle</p> <p>1:00-3:00 Mah Jongg</p> <p><b>1:30 FOB Board Meeting</b></p> <p><b>2:00 25 Songs</b></p> <p>3:00 Modified Yoga {FULL}</p> <p>5:30 Movement for Life</p>	<p>9:00 Line Dancing <b>18)</b></p> <p>9:30-1:00 Reflexology</p> <p>10:00 Tone It Up</p> <p>10:45 Beginner Line Dancing</p> <p><b>11:00 Local Trip</b></p> <p>10:00 Quilting</p> <p>1:00 Genealogy</p> <p><b>1:00 Living with Alzheimer's</b></p> <p>1:15 Tai Chi</p> <p><b>2:00 Garden Program</b></p> <p>2:30 Beginner &amp; Intermediate Tai Chi</p> <p>5:30 Yoga</p>	<p>8:30–2:30 Mans/Peds <b>19)</b></p> <p>8:45 Bridge</p> <p>9:00 Lo Impact Aerobics</p> <p><b>9:00-12:00 Vet's Benefits</b></p> <p>1:00 Refresher Bridge</p> <p><b>1:00 Tools For Healthy Living</b></p> <p>1:15 Swingers</p> <p>3:00 Modified Yoga</p> <p>5:30 Cardio Sculpt</p>	<p>9:00 Fun Fitness <b>20)</b> at Beechwood</p> <p>10:00 Knitting</p> <p>1:00 Hi-Lo Jack</p> <p>1:30 Bingo</p> <p><b>1:30 Bereavement Support Group</b></p> <p><b>Cyber Seniors</b> <b>Appt. Times TBD</b></p>
<p>9:00 Strength &amp; Stretch <b>23)</b></p> <p>10:00 Spanish {FULL}</p> <p><b>10:00 RI Women in History</b></p> <p>1:00 Italian {FULL}</p> <p>1:00 Stamp Club</p>	<p>8:30–2:30 Mans/Peds <b>24)</b></p> <p>9:00 Mix It Up at Community Center</p> <p>9:00-11:00 Computer Class</p> <p>10:00-12:45 Reiki</p> <p>10:00 Portrait Art Studio</p> <p><b>10:30 INSIGHT</b></p> <p>1:00 Pinochle</p> <p>1:00-3:00 Mah Jongg</p> <p><b>1:30 Caregivers Support</b></p> <p><b>1:30 Book Club</b></p> <p><b>2:00 25 Songs</b></p> <p>3:00 Modified Yoga {FULL}</p> <p>5:30 Movement for Life</p>	<p>9:00 Line Dancing <b>25)</b></p> <p>9:30-1:00 Reflexology</p> <p>10:00 Tone It Up</p> <p>10:45 Beginner Line Dancing</p> <p>10:00 Quilting</p> <p>1:00 Genealogy</p> <p><b>1:00 Living with Alzheimer's</b></p> <p>1:15 Tai Chi</p> <p>2:30 Beginner &amp; Intermediate Tai Chi</p> <p>5:30 Yoga</p>	<p>8:30–2:30 Mans/Peds <b>26)</b></p> <p>8:45 Bridge</p> <p>9:00 Lo Impact Aerobics</p> <p>10:00 Massage Therapy</p> <p><b>10:30 URI Outreach</b></p> <p>1:00 Refresher Bridge</p> <p><b>1:00 Tools For Healthy Living</b></p> <p>1:15 Swingers</p> <p>3:00 Modified Yoga</p> <p>5:30 Cardio Sculpt</p>	<p>9:00 Fun Fitness <b>27)</b> at Beechwood</p> <p>10:00 Knitting</p> <p><b>10:00-12:00 WellOne Blood Pressure Checks</b></p> <p>1:00 Hi-Lo Jack</p> <p><b>1:15 AARP Safe Driving</b></p> <p><b>Cyber Seniors</b> <b>Appt. Times TBD</b></p>
<p>9:00 Strength &amp; Stretch <b>30)</b></p> <p><b>10:00 RI Women in History</b></p> <p><b>10:00 Dr. Pappas</b></p>		<p>September</p> <p>2019</p>	