

September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
September 2021	Pre-registration is required for lunch, social services appointments, transportation and most programs.	1) 8:30 Billiards 10:00 Reflexology 1:00 Genealogy 1:00 Matter of Balance 1:15 Music Appreciation	2) 8:30 Billiards 9:00 Bridge 10:00 Law Clinic 1:00 Refresher Bridge 1:15 Swingers Chorus	3) 8:30 Billiards 10:00 Knitting 10:00 Reiki 1:30 Bingo 1:30 Creative Writing
CLOSED FOR HOLIDAY 6)	7) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 1:00 Hi Lo Jack 5:00 Movement for Life	8) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up 10:00 Reflexology 10:30 Walker/Cane Check 10:45 Beg Line Dancing 1:00 Matter of Balance 1:00 Genealogy 1:30 Tai Chi and Qigong 1:30 Meditation 5:30 Yoga	9) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers Chorus 5:30 Yoga	10) 8:30 Billiards 10:00 Knitting 1:30 Bingo 1:30 Creative Writing
8:30 Billiards 13) 9:00 Strength & Stretch 9:30 Dr Pappas 10:00 Spanish 1:00 Stamp Club 1:30 Beg/Int Tai Chi	14) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 1:00 Hi Lo Jack 1:30 Caregivers Support 5:00 Movement for Life	15) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up 10:00 Reflexology 10:00 Italian 10:45 Beg Line Dancing 11:00 Caption Call* 1:00 Matter of Balance 1:00 Genealogy 1:15 Music Appreciation 1:30 Tai Chi and Qigong 5:30 Yoga	16) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers Chorus 5:30 Yoga	17) 8:30 Billiards 9:00 Dance & Tone 10:00 Knitting 10:00 Reiki 1:30 Bingo 1:30 Creative Writing
20) 8:30 Billiards 9:00 Strength & Stretch 10:00 Spanish 10:00 SC Home Health: Nurse & Assessments 1:30 Beg/Int Tai Chi 1:30 Alzheimer's Presentation	21) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 1:00 Hi Lo Jack 3:00 Modified Yoga 5:00 Movement for Life	22) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up 10:00 URI Presentation 10:00 Reflexology 10:00 Italian 10:45 Beg Line Dancing 1:00 Matter of Balance 1:00 Genealogy 1:15 Music Appreciation 1:30 Tai Chi and Qigong 5:30 Yoga	23) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers Chorus 3:00 Modified Yoga 5:30 Yoga	24) 8:30 Billiards 9:00 Dance & Tone 10:00 Knitting 1:30 Creative Writing
27) 8:30 Billiards 9:00 Strength & Stretch 10:00 Spanish 1:00 Stamp Club 1:30 Beg/Int Tai Chi	28) 8:30 Billiards 9:00 Mix It Up 10:00 Portrait Art 10:30 INSIGHT 1:00 Hi Lo Jack 1:30 Book Club 1:30 Caregivers Support 3:00 Modified Yoga 5:00 Movement for Life	29) 8:30 Billiards 9:00 Line Dancing 10:00 Tone It Up 10:00 Reflexology 10:00 Italian 10:45 Beg Line Dancing 1:00 Matter of Balance 1:00 Genealogy 1:15 Music Appreciation 1:30 Tai Chi and Qigong 5:30 Yoga	30) 8:30 Billiards 9:00 Bridge 9:00 Lo Impact Aerobics 10:00 Quiet Coast Trip 10:15 Strength & Stretch 1:00 Refresher Bridge 1:15 Swingers Chorus 3:00 Modified Yoga 5:30 Yoga	*A Caption Call representative will be in the Dining Room on Sept. 15th between 11:00 a.m. - 12:00 p.m. Caption Call helps qualified individuals with hearing loss use the phone by reading what an incoming caller is saying.