

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SEPTEMBER SUICIDE PREVENTION AWARENESS MONTH	 NATIONAL SELF-CARE AWARENESS MONTH	1 10:00 Faith Talk 12:30 Orange Shoe Fitness 1:30 Line Dance Class 2:30 Beginner Line Dance Class 6:30 Cards	2 10:00 Medicare Q & A 10:30 Chair Yoga 1:00 Nickel Bingo 3:00 Mahjong 6:30 Canasta & Cards & Hand/Foot	3 9:30 Bridge 11:00 Waste Management Recycling Q & A Session 2:30 Yappy Hour 6:30 Mahjong & Cards	4 9:30 Donuts 10:30 Chair Yoga 11:00 Water Aerobics 1:00 Hand & Foot Card Game	5 6:30 Chinese Mahjong
 6	Labor Day - OFFICE CLOSED  7	8 10:00 Faith Talk 12:30 Orange Shoe Fitness 1:30 Line Dance Class 2:30 Beginner Line Dance Class 6:30 Cards	9 10:30 Chair Yoga 3:00 Mahjong 4:00 Wine Down Wednesday 6:30 Canasta & Cards & Hand/Foot	10 9:30 Bridge 2:00 Singer Andy Braun 6:30 Mahjong & Cards	11 9.11 Patriot Day 10:30 Chair Yoga 11:00 Strength Train for Women 11:30 Strength Train for Women 1:00 Hand & Foot Card Game	12 6:30 Chinese Mahjong
 Happy Grandparents Day First Sunday after Labor Day 13	14 10:30 Chair Yoga 1:00 Card Making Class 1:00 Sheepshead 3:00 Cribbage 6:30 Cards	15 10:00 Faith Talk 12:30 Orange Shoe Fitness 1:30 Line Dance Class 2:30 Beginner Line Dance Class 6:30 Cards	16 10:30 Chair Yoga 1:00 Nickel Bingo 3:00 Mahjong 3:00 Speaker Dianne Nevis 6:30 Canasta & Cards & Hand/Foot	17 Wellness Fair by Orange Shoe 9:30 Bridge 10:00 Rise & Shine Yoga 11:00 Cooking Demo w/ Kate (Dietitian) 12:15 Lower Back Q & A 1:15 Powerful Golf Swings 2:15 DIY Spa Info 6:30 Mahjong & Cards	18 10:30 Chair Yoga 11:00 Water Aerobics 1:00 Hand & Foot Card Game 2:00 Sept Bday & Anniv. Celebration	19 6:30 Chinese Mahjong
20 6:30 Book Club - "Hotel on the Corner" by K. Richardson	21 10:30 Chair Yoga 1:00 Sheepshead 3:00 Cribbage 6:30 Cards	22 10:00 Faith Talk 12:30 Orange Shoe Fitness 1:30 Line Dance Class 2:30 Beginner Line Dance Class 3:00 Singer Dave Adler 6:30 Cards	23 First Day of Fall (Equinox) 10:30 Chair Yoga 3:00 Mahjong 3:00 Medicare Q & A 6:30 Canasta & Cards & Hand/Foot	24 9:30 Bridge 1:00 Watercolor Painting Class 6:30 Mahjong & Cards	25 10:30 Chair Yoga 11:00 Strength Train for Women 11:30 Strength Train for Women 1:00 Hand & Foot Card Game 2:00 Oktoberfest Party 6:00 Not So Newlywed Game	26 6:30 Chinese Mahjong
 NATIONAL GOOD NEIGHBOR DAY - SEPT 28 27	28 10:30 Chair Yoga 1:00 Sew Much Fun 1:00 Sheepshead 3:00 Cribbage 6:30 Cards	29 10:00 Faith Talk 12:30 Orange Shoe Fitness 1:30 Line Dance Class 2:30 Beginner Line Dance Class 3:00 Author Patricia Skalka 6:30 Cards	30 10:30 Chair Yoga 3:00 Mahjong 6:30 Canasta & Cards & Hand/Foot	 September is Healthy Aging Month	 Shining THROUGH THE YEARS	