

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SEPTEMBER SUICIDE PREVENTION AWARENESS MONTH	 NATIONAL SELF-CARE AWARENESS MONTH	1 9:00  Chair Yoga 10:00 Engagement Activity, Guessing Jar - All Month Long 1:00  Cribbage 5:00  Townhome Potluck	2 9:00  Orange Fitness Class 12:30  Sheepshead	3 9:00  Chair Yoga 12:30  Poker 1:00  Euchre	4 9:00  Coffee and Chat 9:00  Exercise 12:30  Hand and Foot	5 
6 5:00  Mahjong	7 Labor Day - OFFICE CLOSED 	8 9:00  Chair Yoga 1:00  Cribbage 2:00  Bldg 11 Party	9 9:00  Exercise 10:00  Crafters 12:30  Sheepshead	10 9:00  Chair Yoga 12:30  Poker 1:00  Bingo 1:00  Euchre 3:30  Happy Hour	11 9.11 Patriot Day 9:00  Coffee and Chat 9:00  Exercise 12:30  Hand and Foot 1:00  Home Care VS Home Health	12 
13 5:00  Mahjong	14 9:00  Exercise 10:00  Dominos 12:30  Hand and Foot	15 9:00  Chair Yoga 12:00  Birthday Lunch, Choices Catering 1:00  Cribbage 2:00  Bldg 1 & 2 Party	16 9:00  Exercise 10:00  Book Club 12:30  Sheepshead	17 8:30  Casino Bus Pick Up 9:00  Chair Yoga 12:30  Poker 1:00  Euchre	18 9:00  Coffee and Chat 9:00  Exercise 9:00  Morning Blend 12:30  Hand and Foot	19 
20 5:00  Mahjong	21 9:00  Exercise 10:00  Dominos 12:30  Hand and Foot	22 9:00  Chair Yoga 1:00  Cribbage	23 First Day of Fall (Equinox) 9:00  Exercise 10:00  Crafters 11:00  Bistro Bites, Food Truck 11a-1p 12:30  Sheepshead 1:00  Fernando, Musical Entertainment	24 9:00  Chair Yoga 12:30  Poker 1:00  Bingo 1:00  Euchre 3:30  Happy Hour	25 9:00  Coffee and Chat 9:00  Exercise 12:30  Hand and Foot	26 
27 5:00  Mahjong	28 9:00  Exercise 10:00  Dominos 12:30  Hand and Foot	29 9:00  Chair Yoga 1:00  Cribbage 2:00  Building 3 & 4 Party	30 9:00  Exercise 12:30  Sheepshead 5:00  Casual Dinner, Qdoba	 September is Healthy Aging Month	 Shining THROUGH THE YEARS	