

Blue = Upstairs  
 Red = downstairs  
 Green = Food

# September 2022

Classes marked \$\$ have a fee

Unmarked activities are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
Punch card passes for Yoga with Jill available for purchase at the Front Desk and in the Office	<i>BLOCK PRINTING class with Andrea, 3 sessions</i>  <i>\$10 materials fee covers all three sessions</i>		10:00 Free Groceries 1 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>2</b>  10:00 Novice Tai Chi 11:00 Advanced Tai Chi  10:15 Support Group
<b>CLOSED for Labor Day</b> 5	Farm Share produce 6 <i>Welcome, Colleen!</i> 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 7  9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 8 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>Chicken Barbecue! Noon-1:30</b> 9  \$5 suggested donation
10:00 Novice Tai Chi 12 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong 1:00 ART w/Camielle	Farm Share produce 13 9:45 Balance Class 11:00 Block Printing w/ Andrea \$10 Materials 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 14  9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 15 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>16</b>  10:00 Novice Tai Chi 11:00 Advanced Tai Chi  10:15 Support Group
10:00 Novice Tai Chi 19 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	Farm Share produce 20 9:45 Balance Class 11:00 Block Printing 11:30 Age Well tickets 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 21  9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 22 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>VACCINE CLINIC 9:30-3:30</b> 23
10:00 Novice Tai Chi 26 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	Farm Share produce 27 9:45 Balance Class 11:00 Block Printing 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 28  9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 29 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	<b>30</b>  10:00 Novice Tai Chi 11:00 Advanced Tai Chi  10:15 Support Group