

SEPTEMBER 2026

Unmarked activities BY DONATION
Activities marked \$\$ have a fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PM Tai Chi is back!!! Gentle Chair Yoga Monday, Sept 14 Continuing Mondays 2:15PM - 3:15PM	1 10:00 Farm Share 10:00 Bone Builders 12:30 Bingo 1:30 Bone Builders	2 10:00 Yoga with Ilse 11:30 Free Lunch 11:30 Healthy at Home 12:30 Bingo 1:00 Broadway Dance/ Tap	3 9:30 Free Groceries 10:15 Core Power Yoga \$ 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	4 Bone Builders 10:00 AM Tai Chi 1 11:30AM - 12:30PM
7 CLOSED LABOR DAY	8 10:00 Farm Share 10:00 Bone Builders 12:30 Bingo 1:30 Bone Builders	9 10:00 Yoga with Ilse 11:30 Free Lunch 11:30 Long Term Care 12:30 Bingo 1:00 Broadway Dance/ Tap	10 9:30 Free Groceries 10:15 Core Power Yoga \$ 10:30 Creative Collage 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	11 Bone Builders 10:00 AM Tai Chi 1 11:30AM - 12:30PM
14 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	15 10:00 Farm Share 10:00 Bone Builders 12:30 Bingo 1:30 Bone Builders	16 10:00 Yoga with Ilse 10:30 Ethan Allen Homestead Trip 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap	17 9:30 Free Groceries 10:15 Core Power Yoga \$ 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	18 Bone Builders 10:00 AM Tai Chi 1 11:30AM - 12:30PM
21 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	22 10:00 Farm Share 10:00 Bone Builders 12:30 Bingo 1:30 Bone Builders	23 10:00 Yoga with Ilse 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap	24 9:30 Free Groceries 10:15 Core Power Yoga \$ 11:00 Cribbage 12:00 McClure Respite House Trip 1:00 Bridge 1:30 Bone Builders	25 Bone Builders 10:00 AM Tai Chi 1 11:30AM - 12:30PM
28 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	29 10:00 Farm Share 10:00 Bone Builders 12:30 Bingo 1:30 Bone Builders	30 10:00 Yoga with Ilse 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap	Trader Joe's Trip Monday Sept 14 12:30PM - 2:30PM	PATIENT CHOICES VT Monday, Sept 21 11:30AM - 11:45AM O'BRIEN'S HAIRCUT TRIP Mon, Sept 28 12:30PM - 3:00PM