

Monthly Activities

13

Tue Sept

General Meeting

2:30PM -4:30PM

15

Thurs Sept

Senior Pamper Day

11:00AM -2:00PM

20

Wed Sept

**National Voting
Registration Day**

**MEDITATION SESSION
with Tameeka Nicole**
Wednesdays 10:00AM-11:00AM

28

Thurs Sept

**Elder Wednesday
Luncheon**

1:00PM -3:00PM

Classes are virtual for now:
EmergeSoul.com

**JUICY JOINTS NATION –
CHAIR YOGA & MOVEMENT**
Tuesdays and Thursdays, 10:15AM-
11:15AM

Twice a week on Tuesday and Thursday, to promote healthy aging, Tameeka Nicole, owner and chief well-being curator of EmergeSoul, offers an “age friendly” virtual class that combines conscious breathing, meditation and mindfulness movement while sitting in a chair. Join the Juicy Joints Nation!

Classes are virtual for now:
EmergeSoul.com

Upcoming Activities

3-9

Mon. Oct- Sun. Oct

Active Aging Week

11

Tue. Oct

General Meeting

2:30PM -4:30PM

26

Wed. Oct

Elder Wednesday

1:00PM -3:00PM