



# September



| Sunday                                                            | Monday                                                                                              | Tuesday                                                                                                           | Wednesday                                                                                                      | Thursday                                                                    | Friday                                                                                                                       | Sat                                                            |
|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| <b>Birthday's Are Celebrated the First Tuesday of Each Month!</b> |                                                                                                     | <b>1</b> 9:30 Band Ex<br>NCOFA Lawyer<br>12:30 Senior Club<br>12:30 Bridge<br>12:30-3PM Euchre<br>1:30PM Tech 101 | <b>2</b> 9:30AM Silver Sneakers<br>10:30 Larks<br>12:00 Mahjongg<br>12:30 BINGO!                               | <b>3</b><br>8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00PM Exercise w/ Kathy  | <b>4</b> 9AM Quilters<br>9:15 Chair Yoga<br><u>NO 12:30 Bridge</u>                                                           | <b>5</b><br>                                                   |
| <b>6 Center Closed</b><br>                                        | <b>7</b><br>                                                                                        | <b>8</b><br>9:30 Band Ex<br>10:30 BP Screening<br>12:30-3PM Euchre                                                | <b>9</b> 9:30AM Silver Sneakers<br>10:30 Larks<br>12:00 Mahjongg<br>12:30 BINGO!                               | <b>10</b><br>8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00PM Exercise w/ Kathy | <b>11</b> 9AM Quilters<br>9:15 Chair Yoga<br>12:00 Trivia<br><u>NO 12:30 Bridge</u><br><b>Bills Kick Off Tail Gate Party</b> | <b>12</b><br>                                                  |
| <b>13</b><br>                                                     | <b>14</b> <u>NO 8:15 Yoga</u><br>9:30 Chair Yoga<br>10:45 Card Making<br>1:00 Pinochle<br>1-3PM Art | <b>15</b><br>9:30 Band Ex<br>12:30-3PM Euchre<br>1:30PM Book Club<br>6:30-8:30PM Woodcarvers                      | <b>16</b> 9:30AM Silver Sneakers<br>10:30 Larks<br>12:00 Mahjongg<br>12:30 BINGO!                              | <b>17</b><br>8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00PM Exercise w/ Kathy | <b>18</b> 9AM Quilters<br>9:15 Chair Yoga<br>12:00 Trivia<br>12:30 Bridge<br><u>1PM Flower Arranging</u>                     | <b>19</b><br><br>Peach Festival<br>September 17-20             |
| <b>20 Hello Fall!</b><br>                                         | <b>21</b> 8:15 Yoga<br>9:30 Chair Yoga<br>10:45 Card Making<br>1:00 Pinochle<br>1-3PM Art           | <b>22</b> 9:30 Band Ex<br>10:30 BP Screening<br>12:30 Travel Club<br>12:30-3PM Euchre<br>                         | <b>23</b> 9:30AM Silver Sneakers<br>10:30 Larks<br>12:00 Mahjongg<br>12:30 BINGO!                              | <b>24</b><br>8:30 Mahjongg<br>9:00 Wood Carvers<br>1:00PM Exercise w/ Kathy | <b>25</b><br>9AM Quilters<br>9:15 Chair Yoga<br>12:00 Trivia<br>12:30 Bridge                                                 | <b>26</b><br>Every Friday!<br>Trivia!<br>Fun Football Fridays! |
| <br>Get Your Flu Shots On Tuesday!<br>9/29                        | <b>28</b> 8:15 Yoga<br>9:30 Chair Yoga<br>10:45 Card Making<br>1:00 Pinochle<br>1-3PM Art           | <b>29</b> 9:30 Band Ex<br><u>10-12:00 Flu Shots</u><br>12:30-3PM Euchre                                           | <b>30</b> 9:30AM Silver Sneakers<br>10:30 Larks<br><u>11AM Larks Concert</u><br>12:00 Mahjongg<br>12:30 BINGO! |                                                                             | <b>Lunch Program Monday-Friday 12:30-1:30PM</b>                                                                              |                                                                |