

## September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2 Labor Day</b> <b>CENTER CLOSED</b>	<b>3</b> 10-2:00 Bingo 10-2:00 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics Lunch outing: TBD	<b>4</b> 9-12:00 Bridge 9:30-10:30 Beginner Dance 11:00-12 Improver Dance 1:30 Gentle Yoga	<b>5</b> 10-2:00 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1 -2:00 Tai Chi (Stephen)	<b>6</b> 10-11:00 ReFit  7:00 Shelby Shufflers Dance	<b>7</b> <b>Lunch Daily M-F 12-12:15</b> Instructors: <b>Tai Chi Monday:</b> Karen <b>Tai Chi Thursday:</b> Stephen <b>ReFit:</b> Ruth
<b>8</b>	<b>9</b> 9:30-10:30 Tai Chi 9:30-12 Mah Jongg 9:30-12 Bridge **Watercolor art: Free time Bring your own supplies	<b>10</b> 10-2:00 Bingo 10-2:00 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Shelby Strummers Practice 12:30-1:30 Birthday Celebration	<b>11</b> 9-12:00 Bridge 9:30-10:30 Beginner Dance 11:00-12 Improver Dance 1:30 Gentle Yoga	<b>12</b> 10-2:00 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics Lunch outing: TBD 1 -2:00 Tai Chi (Stephen) 12:30-2pm Acrylic Art RSVP \$20 Instructor: Chris Cruz	<b>13</b> 10-11:00 ReFit  11:15-12:00 Creative Dance	<b>14</b> <b>Aerobics:</b> Tuesday Magee <b>Aerobics:</b> Thursday Kathy <b>Dance:</b> Susan \$10 requested per class for instructor <b>Gentle Yoga:</b> Marion <b>Creative Dance:</b> Angelica <b>Shelby Strummers:</b> Dawn
<b>15</b>	<b>16</b> 9:30-10:30 Tai Chi 9:30-12 Mah Jongg 9:30-12 Bridge **Watercolor art : Free time Bring your own supplies	<b>17</b> 10-2:00 Bingo 10-2:00 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics	<b>18</b> 9-12:00 Bridge 9:30-10:30 Beginner Dance 11:00-12 Improver Dance 1:30 Gentle Yoga	<b>19</b> 10-2:00 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1-2:00 Tai Chi (Stephen)	<b>20</b> 10-11:00 ReFit  7:00 Shelby Shufflers Dance	<b>21</b> <b>Game Coordinators:</b> <b>Bingo:</b> Diane <b>Mah Jongg:</b> Dorothy <b>Bridge Monday:</b> Jane <b>Bridge Wednesday:</b> Carolyn <b>Canasta:</b> Crystal
<b>22</b>	<b>23</b> 9:30-10:30 Tai Chi 9:30-12 Mah Jongg 9:30-12 Bridge **Watercolor art : Free Time Bring your own supplies	<b>24</b> 10-2:00 Bingo 10-2:00 Canasta 10:30-11:15 Aerobics 11:15-12 Aerobics 12:30 Shelby Strummers Practice	<b>25</b> 9-12:00 Bridge 9:30-10:30 Beginner Dance 11:00-12 Improver Dance 1:30 Gentle Yoga 12:30-1:15 Open Bingo Sponsored by Home Instead	<b>26</b> 10-2:00 Bingo 10:30-11:15 Aerobics 11:15-12 Aerobics 1-2:00 Tai Chi (Stephen)	<b>27</b> 10-11:00 ReFit Coffee Concert: RSVP 11:15-12:00 Creative Dance	<b>28</b> <b>Art Instructors:</b> <b>Monday:</b> Rachel (out ) <b>Thursday:</b> Chris  <b>Dance Coordinator:</b> Call Center
<b>29</b>	<b>30</b> 9:30-10:30 Tai Chi 9:30-12 Mah Jongg 9:30-12 Bridge **Watercolor art : Free Time Bring your own supplies	<b>Special events:</b> <b>Lunch Bunch: September 3 and September 12 Location to be determined; Self pay RSVP</b> <b>September 12 12:30-2 Acrylic Art Class by Chris Cruz RSVP \$20 self pay; all supplies provided</b> <b>September 25 12:30-1:15 Open Bingo Sponsored by Home Instead</b> <b>September 27 Coffee Concert; Alys Stephens Center RSVP</b>				