

# SSOA September 2025

| Sun | Mon | Tue | Wed                             | Thu | Fri | Sat                                                      |
|-----|-----|-----|---------------------------------|-----|-----|----------------------------------------------------------|
|     | 1   | 2   | 3                               | 4   | 5   | 6<br>Men's group<br>8am                                  |
| 7   | 8   | 9   | 10<br>exercise<br>class<br>10am | 11  | 12  | 13<br>Men's group<br>8am                                 |
| 14  | 15  | 16  | 17<br>exercise<br>class<br>10am | 18  | 19  | 20<br>Men's group<br>8am<br>Food box<br>9am Bingo<br>6pm |
| 21  | 22  | 23  | 24<br>exercise<br>class<br>10am | 25  | 26  | 27<br>Men's group<br>8am Board<br>Meeting<br>10am        |
| 28  | 29  | 30  |                                 |     |     |                                                          |
|     |     |     |                                 |     |     |                                                          |

