


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>CLOSED FOR LABOR DAY</b></p> 	<p><b>3</b> 3:00 pm <i>Cooking with Shelby "Deviled Eggs: Dill vs. BLT" (1st &amp; 3rd Tues.) Sign up -limit of 25</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Conversational Spanish 10:45 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch, Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>4</b> 10:30 a.m. <i>Talk Show "Living in America" with Carol from Mary J Treglia Community House</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>5</b> 1:00 -2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 10:00 am Conversational Spanish 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Woodcarving 1:00 pm Men's &amp; Women's Social Group 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>6</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Jerry O'Dell's Country Flavor Band"</i></p>
<p><b>9</b> 9:30 am <i>Grief Support (2nd Monday of the month)</i></p> <p>1:00 pm <i>Birthdays Party Hosts: Get Fit with Lee Entertainment: Belly Dancer Poi/Voi Balls</i></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tap 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>10</b> 1:30 p.m. <i>Beads with Bam! Making Jewelry with Bickford Assisted Living and Memory Care ( Limit of 15)</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Conversational Spanish 10:45 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch, Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>11</b> 10:30 a.m. <i>Talk Show "Medicare 101" with Siera Linneweber from Humana</i></p> <p>1:00 p.m. <i>Genealogy Class (2nd Wed.)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>12</b> 1:00 -2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 10:00 am Conversational Spanish 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Woodcarving 1:00 pm Men's &amp; Women's Social Group 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>13</b></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "4 on the Road"</i></p>
<p><b>16</b> 10:00- 11:00 a.m.. <i>"Silver Sneakers Workshop "The Happiness Effect"</i></p> <p>3:30 p.m. <i>"Heritage Hobbies" Fall Candy Corn Jars "Sign up limit of 15"</i></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tap 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm <i>Movie "Parental Guidance"</i> 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>17</b> 3:00 pm <i>Cooking with Shelby "Apple Nachos" (1st &amp; 3rd Tues.) Sign up -limit of 25</i></p> <p>4:00 p.m. <i>Alzheimer's Support Group (3rd Tuesday of month)</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Conversational Spanish 10:45 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch, Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>18</b> 10:30 a.m. <i>Talk Show "Getting Back Home with Help after Hospitalization" with Pam from Connections Area Agency on Aging</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>19</b> 1:00 -2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 10:00 am Conversational Spanish 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Woodcarving 1:00 pm Men's &amp; Women's Social Group 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>20</b> 11:00 -1:00pm <i>Shredtastic</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Country Brew"</i></p>
<p><b>23</b> 1:00 p.m. - <i>Parkinson's Support Group (4th Monday)</i></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tap 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm <i>Movie "European Vacation"</i> 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>	<p><b>24</b> 9:30 a.m. <i>Self Defense Escape Techniques (1st Class Follow up October 1st)</i></p> <p>3:00 pm <i>Healthy Cooking with the Y (4th Tuesday) Sign up -limit of 20</i></p> <p>8:30 am Penny Bingo 8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga with Amanda 9:30 am Painting Class 10:00 am Creative Writing 10:00 am Conversational Spanish 10:45 am Tai Chi Class - (Beginning) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm Penny Bingo 12:30 pm Pitch, Tap 1:00 pm Mexican Train 1:00 pm Painting Class 2:00 pm Ping Pong 3:00 pm Politics with Pat (Our Executive Director) 4:00-pm Balance with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>25</b> 10:30 a.m. <i>Talk Show "Essential Oils 101" with Jeanne from Wellness Works Massage</i></p> <p>1:00 p.m. <i>Crafts with Anna "Star Wreaths" (4th Wed.) Sign up -limit of 20</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Yoga w/Dixie from Regency Square 9:00 am Open Novice Dup. Bridge Game 9:00 am Chess 9:30 am Painting Class 10:00 am Chorus 10:00 am Sexy &amp; Fit after 40 10:30 am Open Jam Session 11:30 am-12:30 pm Lunch 12:00 pm Choreographed Ballroom 12:30 pm ACBL Duplicate Bridge Game 1:00 pm 500 1:00 pm Coloring Corner 1:00 pm Phase 10 2:30 pm Walking off the Pounds 3:00 pm Fitness with Kelly 5:00 pm Belly Dancing Class</p>	<p><b>26</b> 1:00 -2:00pm <i>Open Door Time with Pat</i></p> <p>8:30 am Penny Bingo 9:00 am Line Dance-(Intermediate 1) 9:00 am Yoga 9:30 am Duplicate Bridge Class-(Beginner) 9:30 am Duplicate Bridge Class-(Intermediate) 10:00 am Line Dance-(Beginner) 10:00 am Conversational Spanish 11:00 am Line Dance - (Advanced) 11:00 am Corn Hole 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm Canasta, Penny Bingo 1:00 pm Cribbage, Woodcarving 1:00 pm Men's &amp; Women's Social Group 1:00 pm Line Dance- (Intermediate 2) 2:00 pm Ping Pong 4:00-pm Zumba with Courtney 5:00 pm Exercise with Courtney/ Strength</p>	<p><b>27</b> 1:00 p.m. <i>Self Defense Escape Techniques (Class 1- Follow up on October 4th)</i></p> <p>8:30 am Enhance Fitness w/YMCA Instr. <u>\$1.00</u> 9:00 am Mixed Media Art Class/Vivian Miller 9:30 am Wii Bowling 9:30 am Get Fit With Lee 9:30 am Women's Pool Shooting Class 10:00 am -11:30 Blood Pressures 10:00 am Chair Yoga with Kaye 11:00-12:00 pm Karaoke 11:30 am-12:30 pm Lunch 12:00 pm Open Bridge Group 12:30 pm Open Craft Time 1:00 pm 500 1:00 pm Friday Dance</p> <p><i>Featuring "Ed Tryon"</i></p>
<p><b>30</b></p> <p>8:00 am Scrapbooking 8:30 am Exercise Plus 50 9:00 am Mah Jong 9:00 am Senior Yoga (Tape) 9:30 am Duplicate Bridge Class (Intermediate) 9:30 am Wii Bowling 10:00 am Knitting &amp; Crocheting 10:00 am Tai Chi (Advanced) 10:00 am Tap 11:00 am Tai Chi Fans (Beginning) 11:30 am-12:30 pm Lunch 12:30 pm ACBL Duplicate Bridge Game 12:30 pm <i>Movie "Daniel &amp; the Super Dogs"</i> 1:00 pm Mah Jong 1:00 pm Pinochle 1:00 pm Woodcarving 2:30 pm Walking off the Pounds 3:00 pm Get Fit With Lee</p>				