

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>WE WILL BE CLOSED ON LABOR DAY</b></p>	<p align="center"><b>SEPTEMBER 4</b></p> <p>8:00 ELECTION DAY 8:00 Walking Group 9:15 Tap Dance 10:00 COA MEETING 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Salmon Boat with Dill Sauce</i></p>	<p align="center"><b>SEPTEMBER 5</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p align="center"><i>Chicken Fajitas</i></p>	<p align="center"><b>SEPTEMBER 6</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 11:45 Strength &amp; Stretch 1:00 Cribbage 1:15 Safe Exercise</p> <p align="center"><i>Hot Dog on Bun</i></p>	<p align="center"><b>SEPTEMBER 7</b></p> <p>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold®</p> <p align="center"><i>Lasagna</i></p>
	<p align="center"><b>SEPTEMBER 10</b></p> <p>8:00 Walking Group 8:30 EXPRESS MUSCLE &amp; MAT 9:30 Cribbage 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</p> <p align="center"><i>Italian Braised Beef</i></p>	<p align="center"><b>SEPTEMBER 11</b></p> <p>8:00 Walking Group 9:30 POLICE &amp; FIRE APPRECIATION BREAKFAST 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Chicken Mornay</i></p>	<p align="center"><b>SEPTEMBER 12</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p align="center"><i>Roast Pork</i></p>	<p align="center"><b>SEPTEMBER 13</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 WALKING CLUB - OFFSITE 10:30 Line Dancing 11:45 Strength &amp; Stretch 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise</p> <p align="center"><i>Cold Roast Beef Sandwich</i></p>
<p align="center"><b>SEPTEMBER 17</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 10:30 Zumba Gold® 1:15 Safe Exercise</p> <p align="center"><i>Chicken Cacciatore</i></p>	<p align="center"><b>SEPTEMBER 18</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Baked Potato with Chili &amp; Cheese</i></p>	<p align="center"><b>SEPTEMBER 19</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p align="center"><i>Turkey Supreme</i></p>	<p align="center"><b>SEPTEMBER 20</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength &amp; Stretch 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise</p> <p align="center"><i>Meatloaf with Gravy</i></p>	<p align="center"><b>SEPTEMBER 21</b></p> <p>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 9:30 SENIOR EXPO 10:30 Zumba Gold®</p> <p align="center"><i>Mac 'n Cheese</i></p>
<p align="center"><b>SEPTEMBER 24</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 BARRE ABOVE® 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</p> <p align="center"><i>Swedish Meatballs</i></p>	<p align="center"><b>SEPTEMBER 25</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 POUND® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p> <p align="center"><i>Pork Rib-i-que</i></p>	<p align="center"><b>SEPTEMBER 26</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p> <p align="center"><i>Sloppy Joe</i></p>	<p align="center"><b>SEPTEMBER 27</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 WALKING CLUB - OFFSITE 9:30 MEN'S GROUP 10:30 Line Dancing 11:45 Strength &amp; Stretch 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise</p> <p align="center"><i>Catch of the Day</i></p>	<p align="center"><b>SEPTEMBER 28</b></p> <p>8:00 Walking Group 8:15 BEGINNER / REVIEW TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® 12:30 FREE MOVIE</p> <p align="center"><i>Buttermilk Chicken</i></p>
<p align="center"><b>OCTOBER 1</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 2</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p align="center"><b>OCTOBER 3</b></p> <p>8:00 Walking Group 9:00 BREAKFAST 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p align="center"><b>OCTOBER 4</b></p> <p>8:00 Walking Group 8:30 GRANITE STATE CHOCOLATE &amp; WINE TOUR 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 9:30 LOW VISION SUPPORT GROUP 10:30 Line Dancing 11:45 Strength &amp; Stretch 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 5</b></p> <p>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>
<p align="center"><b>COLUMBUS DAY</b></p> <p align="center"><b>CLOSED</b></p>	<p align="center"><b>OCTOBER 9</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 12:30 RED HAT SOCIETY 1:00 Mah Jongg</p>	<p align="center"><b>OCTOBER 10</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p align="center"><b>OCTOBER 11</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:00 DR. GARY HYLANDER 11:45 Strength &amp; Stretch 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 12</b></p> <p>8:00 Walking Group 8:15 BEGINNER / REVIEW TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>
<p align="center"><b>OCTOBER 15</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 16</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:00 BOOK CLUB 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p align="center"><b>OCTOBER 17</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p align="center"><b>OCTOBER 18</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:30 Line Dancing 11:45 Strength &amp; Stretch 12:30 HEALTHY LIVING LUNCHEON 1:00 Cribbage 1:00 MY LIFE MY HEALTH WORKSHOP 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 19</b></p> <p>8:00 Walking Group 8:15 ADVANCED TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound®</p>
<p align="center"><b>OCTOBER 22</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 23</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 1:00 Mah Jongg</p>	<p align="center"><b>OCTOBER 24</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p align="center"><b>OCTOBER 25</b></p> <p>8:00 Walking Group 9:00 Knitting &amp; Sewing 9:00 Wellness Nurse 9:00 Yoga 10:00 MEDICARE OPEN ENROLLMENT UPDATE 10:30 Line Dancing 11:45 Strength &amp; Stretch 1:00 Cribbage 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 26</b></p> <p>8:00 Walking Group 8:15 BEGINNER / REVIEW TAP DANCE 9:00 Hairdresser 9:15 Tap Dance 10:30 Zumba Gold® 11:45 Pound® 12:30 FREE MOVIE</p>
<p align="center"><b>OCTOBER 29</b></p> <p>8:00 Walking Group 8:30 Express Muscle &amp; Mat 9:30 Cribbage 9:30 Barre Above® 10:30 Zumba Gold® 1:00 Benefit Enrollment Center 1:15 Safe Exercise</p>	<p align="center"><b>OCTOBER 30</b></p> <p>8:00 Walking Group 9:15 Tap Dance 10:30 Zumba Gold® 11:00 Whist 11:45 Pound® 12:30 Turkey Foot Dominoes 12:30 OKTOBERFEST 1:00 Mah Jongg</p>	<p align="center"><b>OCTOBER 31</b></p> <p>8:00 Walking Group 9:00 Zumba Gold Toning® 9:00 Wellness Nurse 10:00 Water Color Class 10:15 Fall Prevention 11:15 Muscle Conditioning 1:00 Bingo 1:00 Chess</p>	<p><b>MEALS ON WHEELS HOME DELIVERY CALL: TRI VALLEY 1-800-286-6640</b></p> <p><i>Meals on Wheels Menu for October - TBA</i></p>	