



Activities

Thu

Fri

	1 830 Coffee Social 10 Bingo 11 Caring Hearts mtg 12 Walking Group	2 9 Quilting 1030 Beach ball Volleyball 11:30 Dominos	3 9 Music Lessons 1030 Outdoor Games Picnic/Party 12 Walking Group	4 830 Coffee Social 10 Bingo 11 Wood Art 11 Bp Checks
7 Closed For Labor Day	8 830 Coffee Social 8:30 Walking 10 Bingo 11 Word Search 12 Walking Group	9 9 Quilting 930 Bible Study 10 Fall Craft (Chic Fil A Bingo)	10 9 Music Lessons 1030 Catholic Harvest 11 Ziplining 12 Walking Group	11 830 Coffee Social 10 Bingo 11 Scrabble
14 9:30 Bible Study 9 Music Lessons 10 Chorus 10 Speaker 11 Line Dancing 11 Chair Activity Bingo	15 Open House 830 Coffee Social 10 Bingo 11 Sip N Paint 12 Walking Group	16 9 Quilting 10 Price is Right 11 NYH/NYD	17 9 Music Lessons 10 Nina Kenney Speaker 11 Calendar Planning 12 Walking Group	18 830 Coffee Social 10 No Bake Class 11 Word Search
21 9 Haircuts w Missy 9 Music Lessons 930 Fall Craft 10 Chorus 11 Uzzle	22 830 Coffee Social 10 Bingo 12 Walking Class-SS	23 9 Quilting 930 Bible Study/communion 10 Nutritional info-Choosing Healthy Carbs	24 9 Music Lessons 10 Book Club 11 Birthday Party & Raffle 12 Walking Class-SS	25 830 Coffee Social 11 Pizza & Ice Cream Party
28 9 Music Lessons 10 Chorus 1030 Sing a Long 11 Line Dancing	29 830 Coffee Social 10 Bingo 11 Nat'l Coffee Day 12 Walking Class-SS	30 9 Quilting 1030 Seated Dance w/Ami 11 Caring Hearts Mtg 11 Scrabble		SS = SilverSneakers®



Gym & Fitness

Mon

Tue

Wed

Thu

Fri

	1 8 Walking Group 830 Cardio Drum 9 Shuffleboard 945 Pickleball Half Court 12 Walking Group	2 8 Walking Group 830 Yoga 9 Pickleball	3 8 Walking Group 830 Fitness 9 Shuffleboard 945 Pickleball Half Court 12 Walking Group	4 8 Walking Group 9 Pickleball
7 Closed For Labor Day	8 8 Walking Group 9 Shuffleboard 945 Pickleball Half Court 12 Seated Fitness	9 8 Walking Group 830 Yoga 9 Pickleball	10 8 Walking Group 830 Fitness 9 Shuffleboard 945 Pickleball Half Court 12 Walking Group	11 8 Walking Group 9 Pickleball
14 8 Walking 9 Pickleball 11 Line Dancing	15 8 Walking Group 830 Cardio Drum 9 Shuffleboard 945 Pickleball Half Court 12 Walking Group	16 8 Walking Group 830 Yoga 9 Pickleball	17 8 Walking Group 830 Fitness 9 Shuffleboard 945 Pickleball Half Court 12 Walking Group	18 8 Walking Group 9 Pickleball
21 8 Walking Class-SS 9 Pickleball Class-SS	22 8 Walking Class-SS 830 Cardio Drum-SS 9 Shuffleboard 945 Pickleball Class-SS 12 Walking Class-SS	23 8 Walking Class-SS 830 Yoga-SS 9 Pickleball Class-SS	24 8 Walking Class-SS 830 Fitness-SS 9 Shuffleboard 945 Pickleball Class-SS 12 Walking Class-SS	25 8 Walking Class-SS 9 Pickleball Class-SS
28 8 Walking Class-SS 9 Pickleball Class-SS 11 Line Dancing	29 8 Walking Class-SS 830 Cardio Drum-SS 9 Shuffleboard 945 Pickleball Class-SS 12 Walking Class-SS	30 8 Walking Class-SS 830 Yoga-SS 9 Pickleball Class-SS		SS = SilverSneakers®