



**September 2019 ACTIVITIES**

| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|--|---|---|--|--|
| <p><b>2</b></p> <p><b>CENTER CLOSED</b></p>  | <p><b>3</b></p> <p><b>10:00 Dance Aerobics</b><br/> <b>11:00 Painting Class – A&amp;C Rm</b><br/>                     1:00 Computer Practice</p>  | <p><b>4</b></p> <p>9:00 Health Motivation<br/>                     9:00 BCHN: Blood Pressure<br/> <b>10:00 SALSA</b><br/> <b>11:00 Zumba</b><br/>                     1:00 Computer Practice</p>  | <p><b>5</b></p> <p><b>10:00 Chair Aerobics</b><br/>                     10:00 Open Discussion<br/>                     11:00 Current Events<br/>                     1:00 Computer Practice</p>  | <p><b>6</b></p> <p>10:00 Leisure Games/ Dominoes<br/> <b>10:00 Phones &amp; Tablets w. Joseph</b><br/>                     1:15 Meditation</p>   |
| <p><b>9</b></p> <p><b>10:00 Garden Club Meeting</b><br/>                     10:00 Leisure Billiard<br/> <b>11:00 Zumba</b><br/>                     1:00 Computer Practice</p>  | <p><b>10</b></p> <p><b>10:00 Dance Aerobics</b><br/> <b>10:00 Blood Pressure – M Rm</b><br/> <b>11:00 Painting Class – A&amp;C Rm</b><br/>                     1:00 Computer Practice</p> | <p><b>11</b></p> <p>9:00 Health Motivation<br/>                     9:00 BCHN: Blood Pressure<br/> <b>10:00 Red Cross Presentation</b><br/> <b>Emergency Management</b><br/> <b>10:00 SALSA</b><br/> <b>11:00 Zumba</b><br/>                     1:00 Computer Practice</p> | <p><b>12</b></p> <p><b>10:00 Chair Aerobics</b><br/> <b>10:00 Advisory Board Mtg – A&amp;C Rm</b><br/>                     10:00 Open Discussion<br/>                     11:00 Current Events<br/> <b>1:00 International Club Mtg</b><br/>                     1:00 Computer Practice</p>       | <p><b>13</b></p> <p><b>8:00 Trip : Apple Picking</b><br/>                     10:00 Leisure Games/ Dominoes<br/> <b>10:00 Phones &amp; Tablets w. Joseph</b><br/>                     1:15 Meditation</p>                            |
| <p><b>16</b></p> <p><b>10:00 Arts &amp; Crafts w. Evelyn AC</b><br/>                     10:00 Leisure Billiard<br/> <b>11:00 Zumba</b><br/>                     1:00 Computer Practice</p>                            | <p><b>17</b></p> <p><b>10:00 Dance Aerobics</b><br/> <b>11:15 Nutrition Education</b><br/> <b>11:00 Painting Class – A&amp;C Rm</b><br/>                     1:00 Computer Practice</p>   | <p><b>18</b></p> <p>9:00 Health Motivation<br/>                     9:00 BCHN: Blood Pressure<br/> <b>10:00 General Membership</b><br/> <b>10:00 SALSA</b><br/> <b>11:00 Zumba</b><br/>                     1:00 Computer Practice</p>                                      | <p><b>19</b></p> <p><b>10:00 Chair Aerobics</b><br/>                     10:00 Open Discussion<br/>                     11:00 Current Events<br/>                     1:00 Computer Practice</p>   | <p><b>20</b></p> <p>10:00 Leisure Games/ Dominoes<br/> <b>10:00 Arts &amp; Crafts w. Evelyn AC</b><br/> <b>10:00 Phones &amp; Tablets W. Joseph</b><br/>                     1:15 Meditation</p>                                     |
| <p><b>23</b></p> <p><b>10:00 Arts &amp; Crafts w. Evelyn AC</b><br/> <b>10:00 Metrobus</b><br/>                     10:00 Leisure Billiard<br/> <b>11:00 Zumba</b><br/>                     1:00 Computer Practice</p> | <p><b>24</b></p> <p><b>10:00 Dance Aerobics</b><br/> <b>10:00 Blood Pressure – M Rm</b><br/> <b>11:00 Painting Class – A&amp;C Rm</b><br/>                     1:00 Computer Practice</p> | <p><b>25</b></p> <p>9:00 Health Motivation<br/>                     9:00 BCHN: Blood Pressure<br/> <b>10:00 SALSA</b><br/> <b>11:00 Zumba</b><br/> <b>12:00 Birthday Party</b></p>  | <p><b>26</b></p> <p><b>10:00 Chair Aerobics</b><br/>                     10:00 Open Discussion<br/>                     11:00 <b>DOHMH Presentation: Fall</b><br/> <b>Prevention Awareness</b><br/>                     11:00 Current Events<br/>                     1:00 Computer Practice</p> | <p><b>27</b></p> <p><b>8:00 Trip: Casino</b><br/>                     10:00 Leisure Games/ Dominoes<br/> <b>10:00 Phones &amp; Tablets W. Joseph</b><br/> <b>10:00 Red Hatter's Mtg</b><br/>                     1:15 Meditation</p> |
| <p><b>30</b></p> <p><b>CENTER CLOSED</b></p>   | <p><b>TRIP:</b><br/> <b>APPLE PICKING 09/13/19</b></p> <p><b>CASINO 09/27/19</b></p>  | <p><b>Arts &amp; Crafts Workshop w. Evelyn</b><br/> <b>MONDAY'S @10:00am</b></p>  | <p><b>PAINTING WORKSHOP w. Ms. Ray</b><br/> <b>EVERY TUESDAY</b><br/> <b>11:00am</b></p>   | <p><b>SALSA w. Juan</b><br/> <b>Every WEDNESDAY @10:00 am</b></p>  |



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