

Monday	Tuesday	Wednesday	Thursday	Friday
			 <p>* class full</p>	<p>1 8:15 Tai Chi 8:15-9:00 Strength Tr.* 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 B/P Screening 12:30 Lunch 1:00 Bingo</p>
<p>4 Senior Center Closed</p> <p>Labor Day</p> 	<p>5 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p>6 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>7 8:15-9:00 Strength Tr 9:15-10:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 Tech Help 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>8 8:15 Tai Chi 8:15-9:00 Strength Tr.* 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Delay the Disease 12:30 Lunch 1:00 Opera</p>
<p>11 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 9:30 Planning Committee 10:00 Carotid Screening 10:30 Art Watercolor 11:00 Adv. Balance Class 12:30 Lunch 1:00 <i>Movie-Patriots Day</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p>12 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p>13 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:30 10:45 & 12:00 S.H.I.P Counselor 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>14 8:15-9:00 Strength Tr 9:15-10:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>15 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 BBQ</p> 
<p>18 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 9:30 Planning Committee 10:30 Art Watercolor 11:00 Adv. Balance Class 12:30 Lunch 1:00 <i>Movie- About Time</i> 1:00 H.O.P.E 1:00 Thrive 1:30 Line Dancing</p>	<p>19 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge</p>	<p>20 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jong Rosh Hashanah begins At sundown</p>	<p>21 8:15-9:00 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 Tech Help 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class (last Session) 3:00-3:45 Zumba</p>	<p>22 8:15 Tai Chi 8:15-9:00 Strength Tr. * 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo</p>
<p>25</p>  <p>Senior Center Resource Fair 11:00-1:00</p> <p>All Class Activities Cancelled</p>	<p>26 8:30-9:15 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30-10:15 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 11:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 2:00 Talking About Books</p>	<p>27 8:30 Walking (3 mile) 8:30 Body Form & Fitness 9:30 Yoga 9:45 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jong</p>	<p>28 8:15-9:00 Strength Tr 9:15-10:15 Yoga 9:30 Walking (3 mile) 10:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Intl Ballroom 12:30 Lunch 12:30 Qigong 1:00 Investment Group 2:00 Balance Class (new session) 3:00-3:45 Zumba (last session)</p>	<p>29 8:15 Tai Chi 8:15-9:00 Strength Tr.* 9:15-10:00 Yoga 9:15 Chinese Hour 9-12 Billiards 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease Yom Kippur</p>