

## SEPTEMBER ACTIVITIES

	TUE	WED	THU	FRI
				<b>1</b> 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
<b>4</b>  <b>CLOSED LABOR DAY</b>	<b>5</b> 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOS	<b>6</b> 9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI	<b>7</b> 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	<b>8</b> 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
<b>11</b> 9:00 A.M. YOGA 12:30 P.M. SENATOR HUGHES 1:00 P.M. PITCH 2:30 P.M. TAI CHI	<b>12</b> 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. <b>BINGO</b>	<b>13</b> 9:00 A.M. QI GONG 11:30 A.M. <b>BLOOD PRESSURE</b> 1:00 P.M. HEIDI BERAN	<b>14</b> 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	<b>15</b> 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
<b>18</b> 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	<b>19</b> 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 2:00 P.M. DOMINOS  <b>FOOT CLINIC</b>	<b>20</b> 9:00 A.M. QI GONG 1:00 P.M. PITCH 2:30 P.M. TAI CHI	<b>BREAKFAST 21</b> 9:00 A.M. RESISTANCE BANDS 9:30 A.M. <b>BREAKFAST-BINGO</b> 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	<b>22</b> 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI
<b>25</b> 9:00 A.M. YOGA 1:00 P.M. PITCH 2:30 P.M. TAI CHI	<b>26</b> 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	<b>27</b> 9:00 A.M. QI GONG 1:00 P.M. PINOCHE 2:30 P.M. TAI CHI	<b>28</b> 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00-1:00 <b>POTATO BAKE</b>	<b>29</b> 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS-COFFEE 1:00 P.M. HAND & FOOT 2:30 P.M. TAI CHI