

# Events

| MON  | TUES  | WED   | THURS  | FRI  |
|--|---|---|--|--|
| <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>   |
| <b>CLOSED<br/>LABOR DAY</b>  | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>1 PM</b><br>Hand & Foot                           | <b>9 AM</b><br>QI Gong<br><b>1 PM</b><br>Pitch<br><b>2:30 PM</b><br>Tai Chi   | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>1 PM</b><br>Liverpool Rummy  | <b>8:30 or 9:30 AM</b><br>Tai Chi<br><b>9 AM</b><br>Donuts - Coffee<br><b>1 PM</b><br>Hand & Foot<br><b>2:30 PM</b><br>Tai Chi   |
| <b>9</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>  | <b>13</b>  |
| <b>9 AM</b><br>Yoga<br><b>1 PM</b><br>Pitch<br><b>2:30 PM</b><br>Tai Chi | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>1 PM</b><br>Dominos                               | <b>BIRTHDAY/ANNIV</b><br><b>9 AM</b><br>QI Gong<br><b>11:30 AM</b><br>Blood Pressure<br><b>1 PM</b><br><i>Dan Reynolds</i><br><b>2:30 PM</b><br>Tai Chi | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>1 PM</b><br>Liverpool Rummy  | <b>8:30 or 9:30 AM</b><br>Tai Chi<br><b>9 AM</b><br>Donuts - Coffee<br><b>1 PM</b><br>Hand & Foot<br><b>2:30 PM</b><br>Tai Chi   |
| <b>16</b>  | <b>17</b>   | <b>18</b>   | <b>19</b>  | <b>20</b>  |
| <b>9 AM</b><br>Yoga<br><b>1 PM</b><br>Pitch<br><b>2:30 PM</b><br>Tai Chi | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>1 PM</b><br>Hand & Foot<br><br><i>Foot Clinic</i> | <b>9 AM</b><br>QI Gong<br><b>1 PM</b><br>Pitch<br><b>2:30 PM</b><br>Tai Chi   | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>1 PM</b><br><i>Seward County Tourism</i><br><b>2 PM</b><br>Liverpool Rummy | <b>8:30 or 9:30 AM</b><br>Tai Chi<br><b>9 AM</b><br>Donuts - Coffee<br><b>10 AM</b><br><i>Flower Workshop</i><br><b>1 PM</b><br>Hand & Foot<br><b>2:30 PM</b><br>Tai Chi<br><b>5 PM</b><br>Bingo & Pitch |
| <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>  | <b>27</b>  |
| <b>9 AM</b><br>Yoga<br><b>1 PM</b><br>Pitch<br><b>2:30 PM</b><br>Tai Chi | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>1 PM</b><br>Dominos                               | <b>9 AM</b><br>QI Gong<br><b>1 PM</b><br>Pitch<br><b>2:30 PM</b><br>Tai Chi   | <b>9 AM</b><br>Resistance Bands<br><b>10 AM</b><br>Body Basic<br><b>11 AM - 1 PM</b><br><b>POTATO BAKE</b>                                     | <b>8:30 or 9:30 AM</b><br>Tai Chi<br><b>9 AM</b><br>Donuts - Coffee<br><b>1 PM</b><br>Hand & Foot<br><b>2:30 PM</b><br>Tai Chi   |
| <b>30</b>  |   |   |  |  |
| <b>9 AM</b><br>Yoga<br><b>1 PM</b><br>Pitch<br><b>2:30 PM</b><br>Tai Chi |   |   |  |  |