

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

				1		2		3		4			
				10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics		10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance (\$5)		9:30am-Bible Discussion Group 11am-Cooking Club 12:30pm-Healthy You 1pm-Movie- "Mountain Top"					
5		6		7		8		9		10		11	
10am-Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact		11am-O'Neill Program 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party 6pm-Nickel Bingo		10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics		10am-BP/BS Screening 11am-OSHIP/Medicare Program 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance (\$5)		9:30am-Bible Discussion Group 11am-Journaling 12:30pm-Healthy You 1pm-Movie "Big"		Tinia McPeek's Line-Dance Workshop 9am-4pm			
12		13		14		15		16		17		18	
10am-Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 1pm-Alzheimer's Support Group 5:30pm-Low Impact Aerobics		10am-BP Screening 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 3pm-Dance Party		10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics		11am-Know Your Emergency Room 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance (\$5) 6pm-Nickel Bingo		9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "A League of Their Own"					
19		20		21		22		23		24		25	
10am-Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics		10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party		10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics		11am-Women's Club Presentation 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance (\$5)		9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "The Secret Garden"					
26		27		28		29		30		31			
10am-Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1pm-Chair Volleyball 5:30pm-Low Impact Aerobics		10:30-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Dance Party		10am-Chair Volleyball 12pm-Matter of Balance 1pm-Chair Exercise 5:30pm-Low Impact Aerobics		10am-Country Store 11am-Labor Day Celebration 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)		9:30am-Bible Discussion Group 1pm-Movie "The Help"					