

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2018

Belpre Senior Center

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2	Closed for the Holiday <small>Labor Day</small>	3	4 10am-BP Screening 10:30am-Line Dance Show 11:45am-Lunch(\$4) 1pm-Cards/Games	5 10am-Chair Volleyball 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics	6 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5)	7 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Grace Unplugged"	8
9 <small>Grandparents Day</small>	10am-Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 1pm-Alz Support Group 5:30pm-Low Impact Aerob <small>Rosh Hashanah</small>	10	11 11am-Club Meeting 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Craft 6pm-Nickel Bingo	12 10am-Chair Volleyball 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	13 10am-BP/BS Screen 11am-Breathing Prog 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	14 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "The Great Gilly Hopkins"	15
16	10am- Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics	17	18 10am-BP Screening 11am-Birthday Party 11:45am-Lunch(\$4) 1pm-Cards/Games	19 10am-Chair Volleyball 1pm-Chair Exercise 2pm-Book Club 5:30pm-Low Impact Aerobics <small>Yom Kippur</small>	20 11am-Funeral Pre-Planning 11:45am-Lunch(\$4) 1pm-Cards/Games 3pm-Line Dance(\$5) 6pm-Nickel Bingo	21 9:30am-Bible Discussion Group 11am-Journaling 1pm-Movie "Heart of the Country"	22 Walk to End Alzheimer's® Registration 9am Walk Begins 10:30am <small>Autumn Begins Oktoberfest Begins</small>
23	10am- Intermediate Tai Chi 11am-Tai Chi 11:45am-Stretch and Strength 1:30pm-Chair Volleyball 5:30pm-Low Impact Aerobics <small>Sukkot</small>	24	25 10:30am-Nickel Bingo 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Diabetes Support Group	26 9am-Chair Volleyball 11:30-Lunch & Learn with Dr. Rugel-Aizprua 1pm-Chair Exercise 5:30pm-Low Impact Aerobics	27 11am-"Price is Right" 11:45am-Lunch(\$4) 1pm-Cards/Games 1pm-Bunco 3pm-Line Dance(\$5)	28 9:30am-Bible Discussion Group 11am-Cooking Club 1pm-Movie "Love Comes Softly"	29
30	<h1 style="font-family: cursive;">Activities Calendar</h1>						