

# SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4  <b>LABOR DAY</b>  <b>CENTER CLOSED</b>	5 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	6 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:45 Play Reading</b> 1:00 Nifty Knitters	7 10:00 Pickleball 10:00 Dup. Lite <b>10:30 Alzheimer's Care-giver Support Group</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	8 9:00 Low Impact Cardio-INT 10:00 Men's Bsktball 10:30 Men's Disc. Grp 10:00 Self Discovery 11:00 Writing Workshop 12:30 Table Tennis 12:30 Pickleball <b>1:00 Beginner Mah Jong Lessons</b>
11 10:00 Men's Bsktball 10:00 Canasta <b>10:00 Sandwich &amp; TKU Card Prep for Emergency Responders</b> <b>11:00 Chess Club</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>1:00 Red, White &amp; Blue Cupcake Decorating</b> 1:30 Line Dancing	12 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group <b>10:00 Playwriting, Acting, Directing &amp; Designing Workshop (PADD) - Block 2</b> 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	13 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:30 The Importance of Estate Planning</b> 1:00 Nifty Knitters	14 10:00 Pickleball <b>11:00 Sing-Along with Barbara</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	15 9:00 Low Impact Cardio-INT <b>9:30 Baking Club Drop-Offs</b> 10:00 Men's Bsktball 10:00 Self Discovery 11:00 Writing Wksp 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Pickleball <b>1:00 Beach Boys Story</b> <b>1:00 Beginner Mah Jong Lessons</b>
18 10:00 Men's Bsktball 10:00 Canasta <b>11:00 Chess Club</b> <b>11:30 Wellness Day</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>1:00 Diabetes: Don't Sugar Coat It</b> 1:30 Line Dancing	19 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group <b>10:00 Playwriting, Acting, Directing &amp; Designing Workshop (PADD) - Block 2</b> 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	20 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:45 Play Reading</b> 1:00 Nifty Knitters <b>1:00 Sam Pagano Book Reading</b>	21 10:00 Pickleball <b>11:00 Crafters Corner</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie <b>12:30 Welcome Back Party</b>	22 9:00 Low Impact Cardio-INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp <b>11:00 Fall Prevention Day</b> 12:30 Table Tennis 12:30 Pickleball <b>1:00 Beginner Mah Jong Lessons</b>
25 10:00 Men's Bsktball 10:00 Canasta 11:00 Bingo <b>11:00 Chess Club</b> <b>11:00 Beg. Italian</b> <b>12:00 Tech Support</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>1:00 Int. Italian</b> 1:30 Line Dancing	26 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group 10:00 Pickleball <b>10:00 Playwriting, Acting, Directing &amp; Designing Workshop (PADD) - Block 2</b> 10:30 Documentary <b>12:00 Sing-Along with Bill &amp; Laura</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:45 Fiction Book Grp 1:00 Women's Circle	27 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball <b>12:00 Living with Dementia—A Conversation</b> 12:30 Table Tennis 1:00 Nifty Knitters	28 10:00 Pickleball <b>10:00 Watercolor Class</b> <b>11:30 Pet Therapy</b> <b>11:45 BP Screening</b> <b>12:00 Sept. B-Days</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	29 9:00 Low Impact Cardio-INT 10:00 Men's Bsktball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball <b>1:00 NF Book Grp</b> <b>1:00 The Infinite Variety of Shakespeare's Women</b> <b>1:00 Beginner Mah Jong Lessons</b>
<b>PAPER SHRED, SATURDAY, OCT. 21</b>				