


Monday	Tuesday	Wednesday	Thursday
			1 8:00-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo/Yoga
LABOR DAY	6 8am-3:45 Exercise/Fitness Room 10am Knitting Hearts Dinner Music w/Jerry Ivory 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers	7 8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo 2:30-3:30 Crafts	8 8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo/Yoga
12 8am-3:45 Exercise/Fitness room 8:45 Strong Bones 10am Silver Sneakers 6pm Horseshoes w/Janet 6:30pm Pinochle  Mafia Party! Spaghetti Dinner	13 8am-3:45 Exercise/Fitness Room 10am Knitting Hearts 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers	14 8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo	15 8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo/Yoga
19 8am-3:45 Exercise/Fitness room 8:45 Strong Bones 10am Silver Sneakers 11am Dine and Chatter with the Chatterbug Society 1pm Women Of the Bible w/ Beth Ann 6pm Horseshoes w/Janet 6:30pm Pinochle	20 8am-3:45 Exercise/Fitness Room 10am Knitting Hearts Dinner Music w/Jerry Ivory 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers	21 8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo 2:30-3:30 Snack Attack	22 8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo/Yoga REMINDER-LAST CHANCE TO PURCHASE A TICKET FOR OUR GUIDED PAINTING PARTY ON SATURDAY
26 8am-3:45 Exercise/Fitness room 8:45 Strong Bones 10am Silver Sneakers 11am Family Feud/ Apple Trip 12pm Pizza with Tina and Amy Devotions w/Beth Ann 6pm Horseshoes w/Janet 6:30pm Pinochle	27 8am-3:45 Exercise/Fitness Room 10am Knitting Hearts 12pm Lunch 1pm Bingo/Silver Sneakers 2:15 Silver Sneakers	28 8am-3:45 Exercise/Fitness Room 9-12pm Line Dancing/Wii Bowling 12pm Lunch 1pm Bingo	28 8am-3:45 Exercise/Fitness Room 8:45 Strong Bones 10am Silver Sneakers 12pm Lunch 1pm Bingo/Yoga

EXERCISE AND FITNESS ROOM OPEN EVERY MON. WED. & FRI. 6PM TO 8PM!
SATURDAY SEPTEMBER 24TH Guided Painting Party - Advance Tickets Only (See Amy)