

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed for Labor Day	9 Balance & Mobility – E 9 Beginner Ukelele 10 Beginning Chair Exercise – E 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch- RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 Balance & Mobility – E 9 Wire Wrapping Class – E 10 Beginning Chair Exercise – E 10 Android help - RR 10 Create & Color – RR \$5 11:30 Lunch- RR – Jim Woods on piano 12:30 Caregiver Support Group 2 Grief Share Support Group	9 Balance & Mobility – E 9:30 DMV Test Prep – RR 10 Beginning Chair Exercise – E 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch- RR 12:30 Poker 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility – E 10 Beginning Chair Exercise – E 10 TOPS Meeting 11:30 Lunch – RR – Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day
	9	10	11 Patriot Day	12
9 Balance & Mobility – E 9:30 Tremble Clefs Practice 10 Balance & Mobility – E 10 DMV Test Prep – RR 10 Legal Aid - RR 11:30 Lunch – RR 2:30 Tai Chi	9 Balance & Mobility – E 9 Beginner Ukelele 10 Beginning Chair Exercise/E 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch- RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 Balance & Mobility – E 9 Wire Wrapping Class/E 10 Beginning Chair Exercise – E 10 Android help – RR 10 Financial Consults - RR 11:30 Lunch- RR – Jim Woods on piano 12:30 Caregiver Support Group 2 Grief Share Support Group	9 Balance & Mobility – E 10 Beginning Chair Exercise/E 11 Chair Yoga - \$2 11:30 Lunch- RR 12:30 Poker 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility – E 10 Beginning Chair Exercise – E 10 TOPS Meeting 11:30 Lunch – RR – Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day

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Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19	20
9 HICAP – RR 9:30 Tremble Clefs Practice 10 DMV Test Prep - RR 11:30 Lunch – RR 1 Om Chanting 2:30 Tai Chi	9 Balance & Mobility – E 9 Beginner Ukelele 10 Beginning Chair Exercise/E 10 Advance Ukulele 11 Chair Yoga - \$2 11:30 Lunch- RR-- Tony Rogers Performance 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 Balance & Mobility – E 9 Wire Wrapping Class – E 10 Beginning Chair Exercise/E 10 Medication Review - RR 10 Zentangles – RR - \$5 11:30 Lunch- RR – Mr. Fields singing & piano 12:30 Caregiver Support Gr. 1 Intermediate Knitting – E 1 Tai Chi – E 2 Grief Share Support Group	9:30 DMV Test Prep – RR 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch- RR – Doyal Fowler on piano 12:30 Mental Health Support Group 12:30 Poker 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility – E 10 Beginning Chair Exercise – E 10 TOPS Meeting 11:30 Lunch – RR – Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day
23	24	25	26	27
9 Balance & Mobility - E 9 HICAP – RR 9:30 Tremble Clefss Practice 10 Balance & Mobility - E 11:30 Lunch – RR – Tremble Clef performance 1 Om Chanting 2:30 Tai Chi	9 Balance & Mobility – E 10 Beginning Chair Exercise/E 11 Chair Yoga - \$2 11:30 Lunch – RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 Balance & Mobility - E 9 Wire Wrapping Class – E 10 Balance & Mobility – E 10 Android help- RR 11:30 Lunch- RR – Harmonaires Performance 12:30 Art4Healing - RR 12:30 Caregiver Support Gr. 1 Intermediate Knitting – E 1 Tai Chi – E 2 Grief Share Support Group	9 Balance & Mobility – E 10 Beginning Chair Exercise/E 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch – RR 12:30 Mental Health Support Group 12:30 Poker 2 Pumpkin Painting - RR 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility - E 10 Balance & Mobility - E 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCioccio on piano and BirthDay Celebrations! 12:30 - Cribbage 12:45 Movie Day
30	October 1	October 2	October 3	October 4
9 Balance & Mobility – E 9 HICAP – RR 9:30 Tremble Clef Practice 10 Balance & Mobility - E 10 DMV Test Prep - RR 11:30 Lunch – RR 1 Om Chanting 2:30 Tai Chi	9 Balance & Mobility – E 10 Beginning Chair Exercise/E 11 Chair Yoga - \$2 11:30 Lunch – RR 12 Knit and Crochet 12:30 Poker 1:30 Bingo	9 Balance & Mobility - E 9 Wire Wrapping Class – E 10 Balance & Mobility – E 10 10 Create & Color – RR \$5 11:30 Lunch- RR – Jim Woods 12:30 Caregiver Support Gr. 1 Intermediate Knitting – E 1 Tai Chi – E 2 Grief Share Support Group	9 Balance & Mobility – E 9:30 DMV test prep - RR 10 Beginning Chair Exercise/E 10 Yoga for Parkinson’s 11 Chair Yoga - \$2 11:30 Lunch – RR 12:30 Mental Health Support Gr. 12:30 Poker 1 Yoga – E 1 Inter. Oil/Acrylic painting - E 2 & 3 Apple help – RR	9 Balance & Mobility - E 10 Balance & Mobility - E 10 TOPS Meeting 11:30 Lunch - RR - Arnie DiCioccio on piano 12:30 - Cribbage 12:45 Movie Day