

## September 2026 | Events

Monday - Friday • 8:30 am-4 pm

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                       |
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|                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>1</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo                                               | <b>2</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Parkinsons Coffee Chat<br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Caregiver Support Group<br>1:00 Beginning Knitting (E)<br>1:00 Tai Chi (E)<br>2:00 Grief Share                                                                                                                 | <b>3</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:30 Mental Health Support Group<br>1:00 Chair Dance for Wellness<br>2:00 Dance for Wellness                                                       | <b>4</b><br>10:00 TOPS<br><b>11:30 Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>Rudy</i> )<br><b>1:00 Friday Fun Series</b><br><b>Tony Rogers Live!</b>       |
| <b>7</b><br><br>HOLIDAY- CLOSED                                                                                                                                                                                                                                                                                                                                                                                     | <b>8</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo                                               | <b>9</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Tech Support (by appt.)<br>10:00 Estate Planning Seminar (RR)<br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Caregiver Support Group<br>1:00 FSSC Book Club<br>1:00 Beginning Knitting (E)<br>1:00 Tai Chi (E)<br>2:00 Grief Share                                                         | <b>10</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (Silver Singers) (RR)</b><br>12:30 Mental Health Support Group<br>1:00 Chair Dance for Wellness<br>2:00 Dance for Wellness<br>2:00 Golden Age of Television    | <b>11</b><br>9:00 Low Vision Resource Corner<br>10:00 TOPS<br><b>11:30 Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>Miracle</i> )<br>1:30 Crafting with Optum |
| <b>14</b><br>9:00 HICAP (by appt.)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Tremble Clefs Practice<br>10:00 CA DL Renewal Prep (RR)<br>10:00 Medicare Support w/ Carmen (Lobby)<br><b>11:30 Lunch Café (Sunshine Band) (RR)</b><br>1:00 Dance for Wellness<br>1:00 MemorialCare Social Worker Talk (RR)<br>2:30 Tai Chi                                            | <b>15</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo                                              | <b>16</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Parkinsons Coffee Chat<br>10:00 Tech Support (by appt.)<br>10:00 Financial Consultations (by appt.)<br><b>11:30 Lunch Café (Harmonaires) (RR)</b><br>12:30 Caregiver Support Group<br>1:00 Beginning Knitting (E)<br>1:00 Tai Chi (E)<br>1:30 Crafting with Carmen (RR)<br>2:00 Grief Share | <b>17</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:30 Mental Health Support Group<br>1:00 Chair Dance for Wellness<br>2:00 Dance for Wellness<br>2:00 Golden Age of Television                     | <b>18</b><br>10:00 TOPS<br><b>11:30 Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>A League of Their Own</i> )                                                  |
| <b>21</b><br>9:00 HICAP (by appt.)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Tremble Clefs Practice<br>10:00 Medicare Mingle with Michelle (Lobby)<br><b>11:30 Oktoberfest Lunch (RR)</b><br>1:00 Dance for Wellness<br>2:30 Tai Chi                                                                                                                                | <b>22</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (Silver Singers) (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo<br>1:30 Crafting with Optum | <b>23</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Tech Support (by appt.)<br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Caregiver Support Group<br>1:00 Beginning Knitting (E)<br>1:00 Tai Chi (E)<br>2:00 Grief Share                                                                                                                     | <b>24</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (Street Performers) (RR)</b><br>12:30 Mental Health Support Group<br>1:00 Chair Dance for Wellness<br>2:00 Dance for Wellness<br>2:00 Golden Age of Television | <b>25</b><br>9:00 Low Vision Resource Corner<br>10:00 TOPS<br><b>11:30 Birthday Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>Mrs. Harris Goes to Paris</i> )  |
| <b>28</b><br>9:00 HICAP (by appt.)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 CA DL Renewal Prep (RR)<br>10:00 Pep4u Tremble Clefs Practice<br>10:00 Medicare Support w/ Ken (Lobby)<br><b>11:30 Lunch Café (RR)</b><br><b>1:00 Featured Presentation of the Month (RR)</b><br><b>(Protect Yourself From Scams &amp; Fraud)</b><br>1:00 Dance for Wellness<br>2:30 Tai Chi | <b>29</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo                                              | <b>30</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Tech Support (by appt.)<br><b>10:00 Registrar of Voters Info Table (Lobby)</b><br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Art4Healing (RR)<br>12:30 Caregiver Support Group<br>1:00 Beginning Knitting (E)<br>1:00 Tai Chi (E)<br>2:00 Grief Share                                    |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                              |