

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Van shopping trips to Stop and Shop on Tuesdays. Walmart trips by request 		1 8:00 Walking 9:00 Painting 2:00 Scrabble 4:00 Weight Training	2 9:00 Foot Care 9:30 Chair Yoga 10:00 Cribbage 11:00 Exercise Dementia Care Partners Group at Milne 1:00 Bridge	3 9:30 Tai Chi 11:00 Exercise 2:00 Dance Free	4 9:00 Coffee 11:00 Exercise 1:00 Bingo	5 
6	7  LABOR DAY	8 8:00 Walking 9:00 Painting 2:00 Scrabble 4:00 Weight Training	9 10:00 Cribbage 11:00 Exercise Dementia Care Partners Group at Milne 1:00 Bridge	10 9:30 Tai Chi 10:00 - 12:00 Flu Vaccine 11:00 Exercise 1:30 Diabetes 1:30 Stamps	11 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 1:45 Blood Pressure	
13	14 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny 3:00 Tai Chi	15 9:00 Painting 2:00 Scrabble	16 9:30 Chair Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge	17 9:30 Tai Chi 11:00 Memory Cafe @ Sweetwood 11:00 Chef's Hat 1:30 Diabetes 2:00 Dance Free	18 9:00 Coffee 9:30 Yoga 1:00 Bingo	19 1:00 Saturday Art Group
20	21 9:00 Haircuts 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips w/Destiny 3:00 Tai Chi	22 9:00 Painting 2:00 Scrabble	23 9:30 Chair Yoga 10:00 Cribbage 1:00 Bridge	24 9:30 Tai Chi 11:00 Exercise 1:30 Stamps	25 9:00 Coffee 11:00 Exercise 1:00 Bingo BROWN BAG	26
27	28 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny 3:00 Tai Chi	29 8:00 Walking 9:00 Painting 1:00 Women of '76 2:00 Scrabble 4:00 Weight Training	30 9:30 Chair Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge	SEPTEMBER 		