

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00-10:15 – Get up and move with Stilly 10:00-11:00 – Yoga 10:00 – Mexican Train 11:00-12:00 – Line Dance 11:30 – Writing Group 12:30 – Diamond Dot 12:30-1:30 – Chair Dance 1:00 – Cribbage	2 10:00 – Canasta/Samba 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago*	3 9:00 – Food Room 9:00 – Happy Hookers 10:00-10:15 – Get up and move with Stilly 10:00 – Mexican Train 11:00-12:00 – Line Dance 12:30-1:30 – Chair Dance 1:00 – Cribbage	4 10:45-11:45 – Music: Rick Cooper
7 Labor Day — Center is Closed	8 10:00-10:15 – Get up and move with Stilly 10:00-11:00 – Yoga 10:00 – Mexican Train 11:00-12:00 – Line Dance 11:30 – Writing Group 12:30 – Diamond Dot 12:30-1:30 – Chair Dance 1:00 – Cribbage	9 8:00 – Sew Daze* 10:00 – Card Making 10:00 – Canasta/Samba 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago* 6:00 – Zumba	10 9:00 – Food Room 9:00 – Happy Hookers 10:00-10:15 – Get up and move with Stilly 10:00 – Mexican Train 11:00-12:00 – Line Dance 12:30-1:30 – Chair Dance 1:00 – Cribbage	11 10:45-11:45 – Music: Esquires
14 10-11:30 – TOPS 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*	15 8:00 – Homefront Heros* 10:00-10:15 – Get up and move with Stilly 10:00-11:00 – Yoga 10:00 – Mexican Train 11:00-12:00 – Line Dance 11:30 – Writing Group 12:30 – Diamond Dot 12:30-1:30 – Chair Dance	16 10:00 – Canasta/Samba 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago* 3:00-4:00 – Otago Assessment 6:00 – Zumba	17 9:00 – Food Room 9:00 – Happy Hookers 10:00-10:15 – Get up and move with Stilly 10:00 – Mexican Train 11:00-12:00 – Line Dance 12:45 – Ice Cream Social 12:30-1:30 – Chair Dance 1:00 – Cribbage	18 10:45-11:45 – Music: Guitars & Gratitude 12:30 – Fraud & Scam Training (Coastal Bank)
21 10-11:30 – TOPS 12:30 – Free Movie: American Graffiti (Main Hall) 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*	22 10:00-10:15 – Get up and move with Stilly 10:00-11:00 – Yoga 10:00 – Mexican Train 11:00-12:00 – Line Dance 11:30 – Writing Group 12:30 – Diamond Dot 12:30-1:30 – Chair Dance 1:00 – Cribbage	23 8:00 – Sew Daze* 10:00 – Card Making 10:00 – Canasta/Samba 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago* 6:00 – Zumba	24 9:00 – Food Room 9:00 – Happy Hookers 10:00-10:15 – Get up and move with Stilly 10:00 – Mexican Train 11:00-12:00 – Line Dance 12:30-1:30 – Chair Dance 1:00 – Cribbage	25 9:00-10:30 – Introduction to Medicare 10:45-11:45 – Music: Tom & Jill Hudon/Oyster Bay
28 10-11:30 – TOPS 1:00-3:00 – Free CDSMP: Chronic Disease Self-Management (Front Lounge) * 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*	29 10:00-10:15 – Get up and move with Stilly 10:00-11:00 – Yoga 10:00 – Mexican Train 11:00-12:00 – Line Dance 11:30 – Writing Group 12:30 – Diamond Dot 12:30-1:30 – Chair Dance	30 10:00 – Canasta/Samba 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago* 6:00 – Zumba		