

# September Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED</b> 	<b>3</b> <b>9:30am:</b> Cardio <b>10:30am:</b> Jewelry Class <b>11:00am:</b> Welcome Home Vietnam War Era Presentation <b>1:00pm:</b> Zumba Gold	<b>4</b> <b>9:30am:</b> Cardio <b>10:00am:</b> Shopping at dd's DISCOUNTS <b>11:00am:</b> Not All Carbohydrates are Created Equal <b>1:00pm:</b> Flexibility and Stretching	<b>5</b> <b>9:30am:</b> Cardio <b>10:30am:</b> Drawing Class <b>11:30am:</b> Trivia Time <b>1:00pm:</b> Strength Training	<b>6</b> <b>9:30am:</b> Cardio <b>9:30am:</b> Water Exercise* <b>10:30am:</b> Grocery Shopping at Walmart* <b>11:00am:</b> Grandparents Day Celebration
<b>9</b> <b>9:45am:</b> Drumming <b>10:00am:</b> Line Dancing <b>11:00am:</b> Chair Yoga <b>1:00pm:</b> Strength Training <b>1:00pm:</b> Free Movie Monday Field Trip	<b>10</b> <b>9:30am:</b> Cardio <b>10:30am:</b> Grandma Moses-Inspired Painting <b>11:00am:</b> Bingo <b>1:00pm:</b> Zumba Gold	<b>11</b> <b>9:30am:</b> Cardio <b>9:30am:</b> Chick-fil-A Backstage Tour Field Trip <b>9:30am:</b> Living Well** <b>10:30am:</b> Game Time <b>1:00pm:</b> Flexibility and Stretching	<b>12</b> <b>9:30am:</b> Cardio <b>10:00am:</b> Games and Pickleball at Lucky Shoals Park <b>11:00am:</b> Healthy Eating Presentation <b>1:00pm:</b> Strength Training	<b>13</b> <b>9:30am:</b> Cardio <b>9:30am:</b> Water Exercise* <b>10:30am:</b> Grocery Shopping at Food Depot* <b>11:00am:</b> "The Price is Right" Day
<b>16</b> <b>9:45am:</b> Rummikub <b>10:00am:</b> Line Dancing <b>11:00am:</b> Chair Yoga <b>1:00pm:</b> Strength Training	<b>17</b> <b>9:30am:</b> Cardio <b>10:30am:</b> Jewelry Class <b>11:00am:</b> Bingo <b>1:00pm:</b> Zumba Gold	<b>18</b> <b>9:30am:</b> Cardio <b>9:30am:</b> Living Well** <b>9:30am:</b> Water Exercise* <b>11:00am:</b> Mind Benders <b>1:00pm:</b> Flexibility and Stretching	<b>19</b> <b>9:30am:</b> Tai Chi <b>10:30am:</b> Drawing Class <b>10:30am:</b> Grocery Shopping at Kroger* <b>11:00am:</b> Healthy Aging Activity <b>1:00pm:</b> Strength Training	<b>20</b> <b>9:00am – 1:00pm:</b> Senior Prom at Lucky Shoals Park Community Recreation Center
<b>23</b> <b>9:45am:</b> Drumming <b>10:00am:</b> Line Dancing <b>11:00am:</b> Chair Yoga <b>1:00pm:</b> Free Movie Monday Field Trip <b>1:00pm:</b> Strength Training	<b>24</b> <b>9:30am – 1:30pm:</b> Engage in Aging Field Trip <b>9:30am:</b> Cardio <b>10:30am:</b> Game Time <b>1:00pm:</b> Zumba Gold	<b>25</b> <b>9:30am:</b> Cardio <b>9:30am:</b> Living Well** <b>9:30am:</b> Water Exercise* <b>11:00am:</b> Bingo <b>1:00pm:</b> Flexibility and Stretching	<b>26</b> <b>9:30am:</b> Tai Chi <b>10:30am:</b> Drawing Class <b>10:30am:</b> Grocery Shopping at Food Depot* <b>11:00am:</b> Music and Shenanigans with DJ John Cox <b>1:00pm:</b> Strength Training	<b>27</b> <b>9:30am:</b> Cardio <b>9:30am:</b> Falls Prevention Awareness Day Field Trip <b>10:30am:</b> Friday Funday
<b>30</b> <b>9:45am:</b> Game Time <b>10:00am:</b> Line Dancing <b>11:00am:</b> Chair Yoga <b>11:15am:</b> Lunch Outing* <b>1:00pm:</b> Strength Training				<b>Disclaimer</b> Activities are free and optional unless indicated (*self-pay). <b>Note</b> **Evidence-Based Program