

MON	TUE	WED	THU	FRI
		1 9:00 Check-in & visit 9:15 Announcements 9:30 Walking Club 10:30 Bingo w/ Bob September B'day Celebration	2 9:00 Check-in, Visit, Walk 9:15 Announcements 9:30 Senior Stretch 10:30 Bingo	3 Via Teleconference 11:00 Chair Aerobics with Heidi
6 LABOR DAY HOLIDAY CLOSED	7 9:00 Check-in, Visit, Walk 9:30 Word Puzzles, Color 10:00 Chair Yoga 11:00 Inspirations	8 9:00 Check-in & visit 9:15 Health Minute 9:30 Walking Club 10:30 Bingo	9 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Senior Strength 10:30 Bingo	10 Via Teleconference 11:00 Chair Aerobics with Heidi
13 9:00 Check-in, Visit, Walk 9:00 Puzzle Pairs 9:30 Senior Stretch 10:30 Jeopardy	14 9:00 Check-in, Visit, Walk 9:00 Puzzle Pairs 10:00 Chair Yoga 11:00 Inspirations	15 9:00 Check-in & visit 9:15 Word Puzzles 9:30 Senior Strength 11:00 Nutrition w/Michelle Open Hand	16 9:00 Check-in, Visit, Walk 9:15 Nutrition Talk 9:30 Senior Stretch 10:30 Jeopardy	17 Via Teleconference 11:00 Chair Aerobics with Mary Louise
20 9:00 Check-in, Visit, Walk 9:30 Word Puzzles, Color and Brain Games 10:45 Tai Chi	21 9:00 Check-in, Visit, Walk 9:30 Word Puzzles, Color and Brain Games 10:00 Chair Yoga 11:00 Inspirations	22 9:00 Check-in & visit 9:15 Health Minute 9:30 Walking Club 10:30 Craft Creations	23 9:00 Check-in, Visit, Walk 9:00 Health Minute 9:30 Senior Strength 10:30 Bingo w/ Bob	24 Via Teleconference 11:00 Chair Aerobics with Heidi
27 9:00 Check-in, Visit, Walk 9:15 S.N.A.P Information 9:30 Senior Strength 10:30 Trivia	28 9:00 Check-in, Visit, Walk 9:15 S.N.A.P. Information 9:30 Trivia 10:00 Chair Yoga 11:00 Inspirations	29 9:00 Check-in & visit 9:15 Health Minute 9:30 Walking Club 10:30 Bingo w/ Bob	30 9:00 Check-in, Visit, Walk 9:15 Health Minute 9:30 Senior Stretch 10:30 Craft Creations	Remote Programming: Via Teleconference From Your Phone Dial: 701-802-5184 Access code:

