

MON	TUE	WED	THU	FRI
			<b>1</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Golden Growers	<b>2</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness  Trip to Big BearPopeyes
<b>5</b> Center Closed Labor Day	<b>6</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness Trip Goodwill/ Arby's	<b>7</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Chair Exercise/Regina 10:30 Sewing	<b>8</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Golden Growers 11:00 Site council meeting w/ officers 11:30 Music Therapy	<b>9</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Grandparent Day w/ Atena
<b>12</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Site Council Meeting	<b>13</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 11:00 Lunch w/ TEAMS	<b>14</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Chair Exercise/Regina 10:30 Sewing 11:00 In House Birthday celebration	<b>15</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Golden Growers	<b>16</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness Trip Pop Shelf/Chill's
<b>19</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Crochet Class	<b>20</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Sensitivity Training w/ lunch	<b>21</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Chair Exercise/Regina 10:30 Sewing 11:00 Tea Party w/ Westside senior on arise	<b>22</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Golden Growers Direct Drop Dogwood Health Fair	<b>23</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness Birthday celebration O'Chareys
<b>26</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Crochet Class Fall Festival 2022	<b>27</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness	<b>28</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Chair Exercise/Regina 10:30 Sewing	<b>29</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness 10:00 Golden Growers	<b>30</b> 9:00 Inspirational Vitamin 9:30 Daily Dose of Fitness