SEPTEMBER 2024 NEVER FORGET SEPTEMBER 11, 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **CENTER CLOSED** 	3 9 **-3** WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	4 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM **12:00 TECH HELP** 12:30 CANASTA 12:30 LINE DANCING	5 9-3 WALK THE TRACK **10:00 BOARD MEETING** 10:15 BINGO 11:45 FUN & FITNESS **12:45 TOTAL PERFORAMNCE PT PRESENTATION ON SHOULDER/WRIST PAIN**	6 9-3 WALK THE TRACK **9:15 CHAIR YOGA** **10:30 CORNHOLE (NOTE NEW TIME)** 10:30 SING-A-LONG 1:00-2:30 TRIVIA	7
8 	9 9-3 WALK THE TRACK **10:00 TICKETS GO ON SALE FOR DUTCH APPLE TRIP** 11:00 CURRENT EVENTS(ALSO ZOOM) **11:30 MOVIE** "A LEAGUE OF THEIR OWN" 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	10 9 **-3** WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	11 **11:30 GENERAL MEETING** **DIABETES PRESENTATION OVERVIEW FOR 2025** **HOT DOG & CHILI LUNCH TO FOLLOW FOR MEETING ATTENDEES ONLY** **ALL ACTIVITIES CANCELLED** **PATRIOT DAY**	12 9-3 WALK THE TRACK **9:45-12 NURSE** 10:15 BINGO 11:30 FUN & FITNESS	13 9-3 WALK THE TRACK **9:15 CHAIR YOGA** **10:30 COFFEE WITH A BOARD MEMBER** 10:30 CORNHOLE 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	14
15	16 9-3 WALK THE TRACK 11:00 CURRENT EVENTS ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN **1:00 BOOK TALK**	17 9 **-3** WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45PINOCHLE 12:45 BAND PRACTICE	18 9-3 WALK THE TRACK **9:45 MEDITATION ($2.00 PER CLASS)** 12:00 NEIGHBORS ON ZOOM **12:00 TECH HELP** 12:30 CANASTA 12:30 LINE DANCING	19 **9:30 WEST LAUREL HILL EXCURSION** 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS	20 **ALL ACTIVITIES CANCELLED**	21 **UMSSC CRAFT & BAKE SALE 9-2**
22 **FIRST DAY OF AUTUMN**	23 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	24 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45PINOCHLE 12:45 BAND PRACTICE	25 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	26 9-3 WALK THE TRACK **10:00-12:00 FLU SHOTS** 10:15 BINGO 11:45 FUN & FITNESS **12:45 VERTIGO PRESENTATION** **1:00 QUILTING**	27 9-3 WALK THE TRACK **9:15 CHAIR YOGA** 10:30 CORNHOLE 10:30 SING-A-LONG 1:00-2:30 TRIVIA	28
29 	30 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN					