

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1 8:00- MORNING COFFEE 10:00- COFFEE WITH LISA 10:00- BP CHECK 1:00- HAPPY STITCHERS 1:00- MOVIE MATINEE: STANLEY AND LIVINGSTON 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM)	2 8:00- MORNING COFFEE 9:30- SIT AND BE FIT 10:00- WATER AEROBICS 10:30- VIRTUAL TOUR: "EGYPT YESTERDAY & TODAY" 1:00- HAND AND FOOT 3:00- WEDNESDAY BIBLE STUDY	3 8:00- MORNING COFFEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 2:00-TAI CHI 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM)	4 8:00- MORNING COFFEE 11:00- LUNCH BUNCH: COCK OF THE WALK 9:30- MORNING STRETCH 10:00- WATER AEROBICS 2:30- DARTS (CYBER) 6:00- BINGO	5 4:00 WATER WALKING
6 10:30 PROTESTANT SERVICE	7 8:00- MORNING COFFEE 9:30- MORNING STRETCH 10:00- TAI CHI 10:00- WATER AEROBICS LABOR DAY HOLIDAY	8 8:00- MORNING COFFEE 8:30- YOGA W/LEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 1:00- MOVIE MATINEE: STANLEY AND LIVINGSTON 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM)	9 8:00- MORNING COFFEE 9:30- SIT AND BE FIT 10:00- WATER AEROBICS 10:00- ORIGIN BANK 10:30- MIKE PATTON PERFORMS 1:00- HAND AND FOOT 3:00- WEDNESDAY BIBLE STUDY	10 8:00- MORNING COFFEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 1:00- HISTORY CLUB W/ GEORGE KIRKPATRICK 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM)	11 8:00- MORNING COFFEE 9:30- MORNING STRETCH 10:00- WATER AEROBICS 2:30- DARTS (CYBER) 6:00- BINGO	12 4:00 WATER WALKING
13 10:30 PROTESTANT SERVICE	14 8:00- MORNING COFFEE 9:30- MORNING STRETCH 10:00- TAI CHI 10:00- WATER AEROBICS 10:30- ACTIVITY COMMITTEE MEETING 3:00- CHOIR STARTS	15 8:00- MORNING COFFEE 8:30- YOGA W/LEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 2:00- THE URGENCY IS REAL MEDTRONIC'S REFRESH AND LEARN 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM) 5:00- DINNER OUT: KATHRYN'S STEAK HOUSE	16 8:00- MORNING COFFEE 9:30- SIT AND BE FIT 10:00- WATER AEROBICS 1:00- HAND AND FOOT 3:00- WEDNESDAY BIBLE STUDY	17 8:00- MORNING COFFEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 2:00- VIRTUAL BEHIND THE SCENES AMAZON GUIDED TOUR 2:00- BOOK MOBILE 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM)	18 8:00- MORNING COFFEE 9:30- MORNING STRETCH 10:00- WATER AEROBICS 200- PING PONG 2:30- DARTS (CYBER) 6:00- BINGO	19 4:00 WATER WALKING
20 10:30 PROTESTANT SERVICE	21 8:00- MORNING COFFEE 9:30- MORNING STRETCH 10:00- TAI CHI 10:00- WATER AEROBICS 3:00- CHOIR	22 8:00- MORNING COFFEE 8:30- YOGA W/LEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 2:30- "DON'T FALL FOR IT! TIPS FOR STAYING ON YOUR FEET" PRESENTED BY ST. DOMINIC THERAPY 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM)	23 8:00- MORNING COFFEE 9:30- SIT AND BE FIT 10:00- WATER AEROBICS 1:00- HAND AND FOOT 3:00- WEDNESDAY BIBLE STUDY	24 8:00- MORNING COFFEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM) 4:00- CURRENT EVENTZ	25 8:00- MORNING COFFEE 9:30- MORNING STRETCH 10:00- WATER AEROBICS 10:30- SHIELD YOUR IDENTITY WITH SENIOR MEDICARE PATROL 1:00- \$1 BRIDGE GAME 4:00- HAPPY HOUR (CYBER) 6:30- BINGO	26 4:00 WATER WALKING
27 10:30 PROTESTANT SERVICE	28 8:00- MORNING COFFEE 9:30- MORNING STRETCH 10:00- TAI CHI 10:00- WATER AEROBICS 3:00- CHOIR	29 8:00- MORNING COFFEE 8:30- YOGA W/LEE 9:30- LOW IMPACT CARDIO 10:00- BP CHECK 1:00- HAPPY STITCHERS 1:00- MOVIE MATINEE: THE MALTES FALCON 3:00- MEN'S BIBLE STUDY (DOGWOOD ROOM)	30 8:00- MORNING COFFEE 9:30- SIT AND BE FIT 10:00- WATER AEROBICS 10:00- ORIGIN BANK 10:30- VIRTUAL TOUR: "BEST OF THE ALPS" 1:00- HAND AND FOOT 3:00- WEDNESDAY BIBLE STUDY			