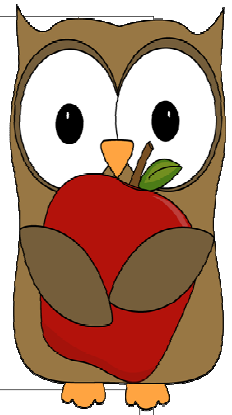
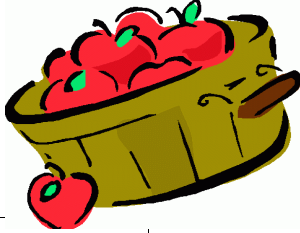






September



2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
The van goes on shopping expeditions to Stop and Shop every Tuesday at 9:45 and to Wild Oats by appointment as well.	Our van also goes to Walmart by appointment with the driver.				1 10:00 Book Discussion- Milne Library 10:30 Exercise 1:00 WHM	2
3	4 Labor Day Harper Center Closed 	5 9:00 Oil Painting 11:30 Lunch	6 9:00 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bridge	7 9:00 Walking 9:30 Tai Chi 1:00 MOB	8 10:30 Exercise 1:00 Bingo	9
10	11 9:00 Yoga 10:30 Exercise 11:30 Lunch 1:00 Intro Tai Chi 2:30 Balance Class resumes	12 9:00 Oil Painting 11:30 Lunch 1:00 Bingo	13 9:00 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bridge	14 9:00 Walking 9:30 Tai Chi 11:15 Balance 11:30 Lunch 1:00 MOB	15 10:30 Exercise 1:00 (pending)	16
17 	18 9:00 Yoga 10:30 Exercise 11:30 Lunch 1:00 Intro Tai Chi 2:30 Balance Class	19 8:30 Foot care 9:00 Oil Painting 11:30 Lunch 9:00-11:00 Flu Shot Clinic	20 9:00 Yoga 10:30 Exercise 10:30 SHINE 11:30 Lunch 1:00 Bridge	21 9:00 Walking 9:30 Tai Chi 11:15 Balance 11:30 Lunch 1:00 MOB	22 10:30 Exercise 12:00 Welcome Fall Cookout 1:00 Champagne Jam Brown Bag	23 
24 	25 9:00 Yoga 10:30 Exercise 11:30 Lunch 1:00 Intro Tai Chi 2:30 Balance Class	26 9:00 Oil Painting 11:30 Lunch 1:00 Bingo 2:00 BP Clinic	27 9:00 Yoga 10:30 Exercise 11:30 Lunch 1:00 Bridge	28 9:00 Walkers 9:30 Tai Chi 11:15 Balance 11:30 Lunch 1:00 MOB	29 10:30 Exercise 12:00 Spaghetti and Meatballs	30 