

# September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;"><b>3</b></p> <p>9:30 Exercise</p> <p>10:30 Entertainer</p> <p>1:00 Bingo Dance</p> <p>2:00 Afternoon Stretch</p> <p>2:45 Coffee &amp; Snack</p> <p>3:00 Art/ Discussion</p>	<p style="text-align: right;"><b>4</b></p> <p>9:30 Exercise &amp; Karaoke</p> <p>10:30 Trivia</p> <p>1:00 Teri's Yoga</p> <p>2:00 Currencies of the World</p> <p>2:45 Coffee Klatch</p> <p>3:00 Nory's Escapades</p>	<p style="text-align: right;"><b>5</b></p> <p>9:30 Exercise and Guided Meditation</p> <p>10:45 Luis's Class</p> <p>1:00 Sports Day</p> <p>2:00 Vivian's Class</p> <p>2:45 Coffee &amp; Snack</p> <p>3:00 Sam's Stretch &amp; Escapades</p>	<p style="text-align: right;"><b>6</b></p> <p>9:30 Exercise &amp; Yoga Breath</p> <p>10:30 Shabbat Entertainment</p> <p><b>11:30 Shabbat</b></p> <p>1:00 Autumn Poems Movie</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Movie/ Games</p>
<p>9:30 Exercise &amp; Meditation <b>9</b></p> <p>10:30 Parts of a House Eng. &amp; Spanish</p> <p>1:00 Word Scramble</p> <p>2:00 PM Stretch</p> <p>2:45 Café</p> <p>3:00 Art/Discussion</p>	<p style="text-align: right;"><b>10</b></p> <p>9:30 Exercise</p> <p>10:30 Entertainer</p> <p>1:00 Bingo</p> <p>2:00 Stretch and Balance</p> <p>2:45 Coffee &amp; Snack</p> <p>3:00 Art or Discussion</p>	<p style="text-align: right;"><b>11</b></p> <p>9:30 Chair Boxing</p> <p>10:30 Let's Reminisce</p> <p>1:00 Art Collage</p> <p>2:00 Chair Yoga</p> <p>2:45 Coffee Klatch</p> <p>3:00 Nory's Escapades</p>	<p style="text-align: right;"><b>12</b></p> <p>9:30 Exercise &amp; Meditation</p> <p>10:45 Luis's Class</p> <p>1:00 Sport's Day</p> <p>2:00 Vivian's Class</p> <p>2:45 Coffee and Snack</p> <p>3:00 Sam's Stretch &amp; Escapades</p>	<p style="text-align: right;"><b>13</b></p> <p>9:30 Exercise &amp; Positive Affirmation</p> <p>10:30 Shabbat Entertainment</p> <p><b>11:30 Shabbat</b></p> <p>1:00 Shel Silverstein Movie</p> <p>2:00 PM Stretch</p> <p>2:45 Coffee Klatch</p> <p>3:00 Movie/ Games</p>
<p>9:30 Exercise &amp; Meditation <b>16</b></p> <p>10:30 What We Eat Eng/ Spanish</p> <p>1:00 Boggle</p> <p>2:00 Yoga Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Art/Discussion</p>	<p style="text-align: right;"><b>17</b></p> <p>9:30 Exercise</p> <p>10:30 Entertainer</p> <p>1:00 Bingo</p> <p>2:00 PM Stretch Class</p> <p>2:45 Coffee &amp; Snack</p> <p>3:00 Art/Discussion</p>	<p style="text-align: right;"><b>18</b></p> <p>9:30 Exercise &amp; Karaoke</p> <p>10:30 Sing Along- Eng. &amp; Spanish</p> <p>1:00 Teri's Yoga</p> <p>2:00 Trivia</p> <p>2:45 Coffee Klatch</p> <p>3:00 Nory's Escapades</p>	<p style="text-align: right;"><b>19</b></p> <p>9:30 Exercise &amp; Guided Meditation</p> <p>10:45 Luis's Class</p> <p>1:00 Sport's Day</p> <p>2:00 Vivian's Class</p> <p>2:45 Coffee &amp; Snack</p> <p>3:00 Sam's Stretch &amp; Escapades</p>	<p style="text-align: right;"><b>20</b></p> <p>9:30 Exercise &amp; Positive Thoughts</p> <p>10:30 Shabbat Entertainment</p> <p><b>11:30 Shabbat</b></p> <p>1:00 Famous Event Movie</p> <p>2:00 Afternoon Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Movie/Games</p>
<p>9:30 Exercise &amp; Meditation <b>23</b></p> <p>10:30 Newspaper Art</p> <p>1:00 Word Jumble</p> <p>2:00 PM Stretch Class</p> <p>2:45 Coffee Klatch</p> <p>3:00 Art/Discussion</p>	<p style="text-align: right;"><b>24</b></p> <p>9:30 Exercise</p> <p>10:30 Entertainer</p> <p>1:00 Bingo</p> <p>2:00 Stretch and Balance</p> <p>2:45 Coffee &amp; Snack</p> <p>3:00 Art/Discussion</p>	<p style="text-align: right;"><b>25</b></p> <p>9:30 Chair Boxing</p> <p>10:30 Categories</p> <p>1:00 Review</p> <p>2:00 Opposites</p> <p>2:45 Afternoon Stretch</p> <p>2:45 Coffee Social</p> <p>3:00 Nory's Escapades</p>	<p style="text-align: right;"><b>26</b></p> <p>9:30 Exercise and Meditation</p> <p>10:45 Luis's Class</p> <p>1:00 Sport's Day</p> <p>2:00 Vivian's Class</p> <p>2:45 Coffee Klatch</p> <p>3:00 Sam's Stretch &amp; Escapades</p>	<p style="text-align: right;"><b>27</b></p> <p>9:30 Exercise &amp; Positivity</p> <p>10:30 Shabbat Entertainment</p> <p><b>11:30 Shabbat</b></p> <p>1:00 Some Like it Hot Movie</p> <p>2:00 PM Exercise</p> <p>2:45 Coffee &amp; Snack</p> <p>3:00 Movie/ Games</p>
<p>9:30 Exercise &amp; Meditation <b>30</b></p> <p>10:30 Math Fun- Eng. and Spanish</p> <p>1:00 Word Categories</p> <p>2:00 Stretch class</p> <p>2:45 Coffee Social</p> <p>3:00 Art/Discussion</p>		<p><b>Caregivers Support Group</b> 9/10 &amp; 9/24</p> 		<p><i><b>Therapy Dog visits &amp; daily garden time.</b></i></p> 



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