



SEPTEMBER 2018

MONTHLY HEALTHY HABIT: **KICK IT UP A NOTCH! INCREASE THE TIME OR INTENSITY OF YOUR WORKOUTS.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 HAPPY LABOR DAY 	3 CENTER CLOSED FOR LABOR DAY HOLIDAY	4 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	5 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:30 CANASTA 1:00 TAI CHI (VIDEO) 1:00 LINE DANCING	6 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	7 9:30 PINOCHLE 10:00 SING-A-LONG	8
9	10 CENTER CLOSED FOR ROSH HASHANAH	11 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	12 9:30 WED CARD PLAYERS 9:30 GENERAL MEETING WITH MLH PRESENTATION 11:00 BREAD DAY 11:30 COMPUTER BASICS 12:30 CANASTA 1:00 TAI CHI (VIDEO) 1:00 LINE DANCING 1:00 GARDEN CLUB 1:30 RED HAT LADIES	13 9:30 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 FUN & FITNESS	14 9:30 PINOCHLE 10:00 SING-A-LONG	15
16	17 9:30 MAH-JONGG 10:00 CAR FIT 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	18 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	19 CENTER CLOSED FOR YOM KIPPUR 9:30 VALLEY FORGE CASINO	20 10:00 WHARTON ESHERICK STUDIO TRIP 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	21 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	22
23 AUTUMN ARRIVES 	24 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:00 NOSTALGIA DAY 1:30 YOGA (VIDEO)	25 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	26 9:30 WED CARD PLAYERS 9:30 QUILTING 11:00 FLU SHOTS 11:00 BREAD DAY 11:30 COMPUTER BASICS 12:30 CANASTA 1:00 TAI CHI (VIDEO) 1:00 LINE DANCING 1:00 GARDEN CLUB	27 CENTER CLOSED FOR FALL FLING	28 9:30 PINOCHLE 10:00 SING-A-LONG	29