



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>LABOR DAY CENTER CLOSED</b>	3 10 a.m.: Bunco 10:30 a.m.: Blood Pressure 1 p.m.: Reminisce	4 12:15 p.m.: Trip to Peg Leg Porker	5 10 a.m.: Dementia Support Group 1 p.m.: Loose Caboose	6 10 a.m.: Wisdom Writers	7
8	9 9 a.m.: Second Sight 10:30 a.m.: Red Hats 1:30 p.m.: Rowing 101	10 9:30 a.m.: Thrifty Spenders Shopping Trip	11 9:30 a.m.: Advisory Council	12 10 a.m.: Coloring with Sara Jo 12:30 p.m.: Karaoke 1 p.m.: Loose Caboose <b>ELECTION DAY</b>	13 1 p.m.: Music Jam 12:45 p.m.: Trip to Bordeaux Fish Fry <i>Deadline for Tasty Tuesday Tickets</i>	14
15	16 7a.m.: Fishing Trip with Tom 10 a.m.: Grief Support 10:30 a.m.: Cigna Healthier Together/Blood Pressure	17 10:30 a.m.: Cigna Medicare card laminations 11:30 a.m.: TASTY TUESDAY 1 p.m.: Travelous Trippers	18 9 a.m.: Legal Aid 10:15 a.m.: Trip to Green Door Gourmet	19 <b>T<sup>3</sup>- Trippin' Third Thursday!</b> 10 a.m.: Deloitte Tech Help 1 p.m.: Loose Caboose	20 10 a.m.: Wisdom Writers	21
22	23 9 a.m.: Second Sight 9:30 a.m.: Trip to the Frist	24 11 a.m.: Audiology Appts. 1 p.m.: Bingo	25 10 a.m.: Trip to Columbia 10:45 a.m.: Trip to Member Mixer at Martin Center	26 10 a.m.: All of Us Enrollment 10 a.m.: Walgreens Health Talk 11:30 a.m.: Skyline Lunch & Learn 1 p.m.: Loose Caboose	27 1 p.m.: Music Jam	28
29	30 9:30 a.m.: Hiking Trip to Two Rivers	<b>Mondays:</b> 9 a.m.: Traditional Yoga Noon: Quilting 12:30 p.m.: SS Circuit 1:45 p.m.: SS Stress Reduction & Breathing	<b>Tuesdays:</b> 9 a.m.: Tai Chi 10 a.m.: SS Classic 1 p.m.: Music Jam	<b>Wednesdays:</b> 9 a.m.: Traditional Yoga 10 a.m.: SS Yoga Stretch Noon: Crochet 12:30 p.m.: SS Classic	<b>Thursdays:</b> Noon: Knitting 12:30 p.m.: SS Classic 1:45 p.m.: Gentle Yoga <b>Fridays:</b> 9 a.m.: Traditional Yoga 11 a.m.: Qigong 12:30 p.m.: SS Classic	