

# September 2020 CALENDAR

Join us on Zoom and our FiftyForward Facebook pages for innovative virtual classes and new online experiences!  
 Programs on **ZOOM** are denoted in **GREEN** on the calendar!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 a.m. Gentle Yoga with Jan 10 a.m. <b>Tabata with Lisa</b>	2 10 a.m. Low-Impact Aerobics with Janice 2 p.m. Cooking Vegan with Vickee	3 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly	4 10 a.m. Low-Impact Aerobics with Janice	5
6	7 FIFTYFORWARD OFFICES CLOSED FOR LABOR DAY	8 9 a.m. Gentle Yoga with Jan 9:30 a.m. <b>Turner Beep-and-Greet</b> 10 a.m. <b>Tabata with Lisa</b>	9 10 a.m. Low-Impact Aerobics with Janice 1 p.m. RV Adventures with the Rigbys	10 9 a.m. Gentle Yoga with Jan 9:30 a.m. <b>Bordeaux Beep-and-Greet</b> 10 a.m. Meditation with Kelly 1 p.m. NPL and <i>All of Us</i> Be Well Café	11 10 a.m. Low-Impact Aerobics with Janice 1 p.m. Crafting with Beth	12
13	14 10:30 a.m. Music with Dian Buckley 1 p.m. <i>All of Us</i> Online Café	15 9 a.m. Gentle Yoga with Jan 9:30 a.m. <b>Madison Station Beep-and-Greet</b> 10 a.m. <b>Tabata with Lisa</b>	16 10 a.m. Low-Impact Aerobics with Janice 10 a.m. <b>College Grove Beep-and-Greet</b> 2 p.m. <b>The Price is Right</b>	17 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 1 p.m. <b>Reminisce</b>	18 10 a.m. Low-Impact Aerobics with Janice	19
20	21 10 a.m. <b>Knowles/ADS Beep-and-Greet</b> 11:30 a.m. <b>Trivia with Lorie</b> 1 p.m. <b>Writer's Group</b>	22 9 a.m. Gentle Yoga with Jan 9:30 a.m. <b>Martin Center Beep-and-Greet</b> 10 a.m. <b>Tabata with Lisa</b>	23 10 a.m. Low-Impact Aerobics with Janice	24 9 a.m. Gentle Yoga with Jan 10 a.m. Meditation with Kelly 12 p.m. <b>Chat &amp; Chew</b>	25 9 a.m. <b>Donelson Beep-and-Greet</b> 10 a.m. Low-Impact Aerobics with Janice	26
27	28 10:30 a.m. Music with Beth 1 p.m. <i>All of Us</i> Online Café	29 9 a.m. Gentle Yoga with Jan 10 a.m. <b>Tabata with Lisa</b>	30 10 a.m. Low-Impact Aerobics with Janice 3 p.m. <b>Community Conversations with Kelly</b>	<p><b>FiftyForward.org</b></p> <p><b>Connect with us!</b></p>   		