

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		9:00 SEATED ENERGIZE EXERCISE 1 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC	AM APPTS 2 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 THRIFT STORE NEXT TO ELSAS 2:30 HEARING AID CLINIC	9:00 SEATED ENERGIZE EXERCISE 3 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 4 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 2:00 JERRY PAKULAK MEMORIAL	9:00 SEATED ENERGIZE EXERCISE 5 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL	
	9:30 BETHESDA CHURCH 6 1:00 BINGO 2:30 SUNDAY MATINEE: BATAAN, NOT RATED, DVD 4:00 RESIDENT POTLUCK BBQ-SEE PAM FOR DETAILS 2:30 SHUFFLEBOARD UPSTAIRS	9:00 CHAIR YOGA 7 10:00 VIDEO EXERCISE 10:30 Wii BOWLING NO SHOPPING OR APPTS Labor Day	9:00 SEATED ENERGIZE EXERCISE 8 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES HAPPY BIRTHDAY JANICE MOORE!	AM APPTS 9 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BOARD GAMES ON YOUR OWN	9:00 SEATED ENERGIZE EXERCISE 10 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 11 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 HOBBY LOBBY 3:00 DING-A-LING PRACTICE HAPPY BIRTHDAY MYRNA! Rosh Hashanah Begins	9:00 SEATED ENERGIZE EXERCISE 12 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
	9:30 BETHESDA CHURCH 13 1:00 BINGO 2:30 SUNDAY MATINEE: BACK TO BATAAN, NOT RATED, DVD 2:30 SHUFFLEBOARD UPSTAIRS HAPPY BIRTHDAY STEVE B.! Grandparents Day	9:00 CHAIR YOGA 14 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 HOLLY'S JEWELRY TABLE PM APPTS 1:00 TOWN HALL/CHEF'S CORNER	9:00 SEATED ENERGIZE EXERCISE 15 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BRETT- HOW TO NAVIGATE MEDICAL APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC HAPPY BIRTHDAY DONALDA!	AM APPTS 16 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 12:30 LIL SPROUTS 2:00 JEOPARDY	9:00 SEATED ENERGIZE EXERCISE 17 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 18 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 DRIVE TO FISH HATCHERY 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 19 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 12:30 FIRST BAPTIST CHURCH CHIOR 2:30 BEAN BAG BASEBALL HAPPY BIRTHDAY CAROL! Oktoberfest Begins
	9:30 BETHESDA CHURCH 20 1:00 BINGO 2:30 SUNDAY MATINEE: DESTINATION TOKYO, NOT RATED, DVD 2:30 SHUFFLEBOARD UPSTAIRS Yom Kippur Begins	9:00 CHAIR YOGA 21 9:30 SHOPPING RIVER ROAD 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BEAD CRAFT HAPPY BIRTHDAY PAMELA!	9:00 SEATED ENERGIZE EXERCISE 22 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES Autumn Begins	AM APPTS 23 9:00 CHAIR YOGA 9:15 FOOT CLINIC 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 RANDOM TRIVIA HAPPY BIRTHDAY LAURA!	9:00 SEATED ENERGIZE EXERCISE 24 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 25 9:30 SHOPPING W 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 SOLVANG BOOK CLUB 12:00 OUT TO LUNCH BUNCH-LOK YAUN 3:00 DING-A-LING PRACTICE Sukkot Begins	9:00 SEATED ENERGIZE EXERCISE 26 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
	9:30 BETHESDA CHURCH 27 1:00 BINGO 2:30 SUNDAY MATINEE: THE GREEN BERETS, NOT RATED, DVD 2:30 SHUFFLEBOARD UPSTAIRS	9:00 CHAIR YOGA 28 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIRTHDAY BASH-JOSEPH BONNEVIE HAPPY BIRTHDAY CLARK!	9:00 SEATED ENERGIZE EXERCISE 29 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC	AM APPTS 30 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 TRADER JOES- BUS SCHEDULE ALLOWING HAPPY BIRTHDAY RICHIE!			

TIMES ARE SUBJECT TO CHANGE. PLEASE SEE LARGE CALENDAR IN LOBBY FOR MOST UP TO DATE INFORMATION.