


September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LIB - Library FL - Front Lobby TR - Theater Room BR- Brunswick Dining Room BP- Back Parking	WC - Wellness Center WCCR - Wellness Center Conference Room GAL-Gallery JT- Jacob's Tavern FP- Front Parking				1 9:15 Strength & Stretch-WC 3:30 Music Performance: Me & Martha-GAL	2 6:15 Heartland -TR
3 3:30 Vespers-Chapel	4 10:00 UNO- FL 6:15 Movie Night: "Harvey"-TR <i>Labor Day</i>	5 9:15 Let's Get Moving -WC 10:30 Bible Study-Chapel 1:00 UNO- FL 2:00 Kroger Trip 6:00 Thirteen- FL	6 9:15 Strength & Stretch -WC 10:30 Chair Yoga-WC	7 9:15 Let's Get Moving-WC 10:30 Better Balance-WC 1:00 C&C - TR 2:00 Shopping Trip 2:00 Line Dancing- WC 6:00 Thirteen- FL	8 9:15 Strength & Stretch-WC 12:00 Day in Dayton Lunch-(bus leaves at 11:00am)	9 6:15 Heartland-TR
10 3:30 Good Time Gospel Quartet-Gallery	11 9:15 Strength & Stretch - WC 10:00 UNO- FL 10:30 Discovering Wellness: "Headaches/ Migraines"-TR 11:00 Red, White, and Blue Cardio Drumming- WC 4:30 First Responders Dinner-GAL <i>Patriot Day</i>	12 9:15 Let's Get Moving -WC 10:30 Bible Study-Chapel 1:00 UNO- FL 2:00 Martin's 3:30 Second Tuesday Meeting-GAL 6:00 Thirteen- FL	13 9:15 Strength & Stretch -WC 10:00 Hearing At Home-TR 10:30 Chair Yoga- WC 1:45 Sunnyside Tech Fair (bus leaves at 1:00pm)	14 9:15 Let's Get Moving-WC 10:30 Better Balance-WC 1:00 C&C - TR 2:00 Shopping Trip 2:00 Line Dancing- WC 3:30 Happy Hour-JT 6:00 Thirteen- FL	15 9:15 Strength & Stretch - WC 10:30 Baking Homemade Cookies for Environmental Service Week-GAL 3:00 Music Performance: Susan Edelman-GAL	16 12:00 Food Truck: Backyard Gourmet-FP 6:15 Heartland-TR
17 3:30 Vespers—Chapel	18 9:15 Strength & Stretch - WC 10:00 UNO- FL 11:00 Cardio Drumming-WC 3:30 Tales & Travel—TR 6:15 Movie Night: "Beach House"-TR	19 9:15 Let's Get Moving -WC 10:30 Bible Study-Chapel 1:00 UNO- FL 2:00 Kroger Trip 3:00 Volunteer Fair- WC 6:00 Thirteen- FL	20 9:15 Strength & Stretch-WC 10:30 Chair Yoga- WC 3:00 Music Performance: Barbara Martin-GAL Massage Day Schedule Appointment w/ Savannah x3119	21 9:15 Let's Get Moving- WC 10:30 Better Balance- WC 1:00 C&C - TR 2:00 Shopping Trip 2:30 Line Dancing- WC 6:00 Open Mic Night -GAL 6:00 Thirteen- FL	22 9:15 Strength & Stretch-WC <i>Fall Shelf Decorating Contest Begins</i>	23 6:15 Heartland-TR
24 3:30 Vespers- Chapel	25 9:15 Strength & Stretch - WC 10:00 UNO- FL 11:00 Cardio Drumming-WC 3:00 Birthday Social-GAL 6:00 Bingo Night-GAL	26 9:15 Let's Get Moving -WC 10:30 Bible Study - Chapel 12:00 Mystery Lunch Outing w/ Emilie (bus leaves at 11:30am) 1:00 UNO- FL 2:00 Martin's 6:00 Thirteen-FL	27 9:15 Wacky Wednesday Workout-WC 10:30 Chair Yoga- WC 2:30 Documentary Series "Criminal History: Ancient Rome"-TR	28 9:15 Let's Get Moving- WC 10:30 Better Balance- WC 1:00 C&C - TR 2:00 Shopping Trip 2:30 Line Dancing- WC 6:00 Thirteen- FL	29 9:15 Strength & Stretch-WC 1:00 Fall Shelf Decoration Judging Celebration-GAL	30 10:00 Walk to End Alzheimer's- (bus leaves at 9:00am) 6:15 Heartland-TR