




September 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi 6:00 Ukulele	2 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	3
4 7:30 AA	5 CLOSED LABOR DAY HOLIDAY	6 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	7 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 SVCOA SNAP & FUEL ASSISTANCE	8 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi 6:00 Ukulele	9 9:00-11 Coffee Hour 10:30 Better Balance  Golf Outing <i>Send your walking miles</i>	10
11 7:30 AA	12 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	13 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	14 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner	15 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:00 Matter of Balance 1:15 SUN 73 Tai Chi 6:00 Ukulele	16 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	17
18 7:30 AA	19 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge 3:00 Book Club	20 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	21 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Fall Prevention Awareness Day Event	22 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi	23 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	24
25 7:30 AA	26 10:30 Better Balance 11:30 SASH Blood Pressure Screening 12:00 BIRTHDAY DINNER 1:00 Line Dance 1:00 Bridge	27 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	28 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner	29 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	30 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	

Refer to the program descriptions for details