














<p><b>"Your Move to Better Health"</b></p> <p><b>Health and Wellness Workshops Tuesdays</b>  <b>September 5, 12, 19 and 26</b></p>		<p><b>BINGO &amp; TREATS!</b></p> <p><b>September 6, 15, 22 and 28</b></p>		<p><b>FRIDAY, 9/1 – GATSBY ROOM</b>        8:00 Early Bird Swim Last Day!        8:30 Exercise Video        9:30 <b>ZUMBA GOLD</b> Video        10:30 Drawing, Games and Cards</p>
<p><b>MONDAY, 9/4 - CENTER CLOSED</b></p> <p><b>HAPPY LABOR DAY!</b></p>	<p><b>TUESDAY, 9/5</b>        8:30 <b>Low Impact Exercise Video</b>        9:30 <b>Muscle Toning</b> with Patricia        10:30 Drawing, Games and Cards        12:15 <b>"Let's Move"</b>        1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 9/6</b>         10:30 Drawing, Games and Cards        12:00 <b>"Travel Presentation"</b> Andy from <b>Upper Class</b>        12:15 <b>BINGO &amp; TREATS!</b> Bring a Friend!        1:00 Mahjong/Bridge/Cards/Board Games</p>	<p><b>THURSDAY, 9/7 – GATSBY ROOM</b>         9:30 <b>Intermediate Line Dancing</b>        10:30 Drawing, Games and Cards        1:00 <b>Knitting</b> with Paula        1:00 Mahjong/Pokeno/Cards/Games        1:00 Canasta Club</p>	<p><b>FRIDAY, 9/8</b>         8:30 Exercise Video        9:30 <b>ZUMBA GOLD</b> Video        10:30 <b>Birthday Celebration</b>  <b>Music with Ralph Caruso</b>        10:30 Drawing, Games and Cards        12:30 <b>Chair Yoga</b> with Peggy</p>
<p><b>MONDAY, 9/11</b>         9:30 <b>Line Dancing</b> with Theresa        10:30 Drawing, Games and Cards        10:30 <b>Strength &amp; Balance</b> Video        10:30 <b>Council Meeting</b>        12:15 <b>Open Council Meeting</b>        12:30 <b>Crafts</b> with Julie        1:00 Canasta Club        1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY, 9/12</b>        8:30 <b>Low Impact Exercise Video</b>        9:30 <b>Muscle Toning</b> with Patricia        10:30 Drawing, Games and Cards        10:30 <b>Blood Pressure Screening</b> with <b>Barbara O'Hagen</b>        12:15 <b>"Let's Move"</b>        1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 9/13</b>         10:30 Drawing, Games and Cards        12:30 <b>Energizing Exercise</b>  <b>"Welcome Back Evey"</b>        1:00 Mahjong/Bridge/Cards/Board Games        1:00 <b>"See It-Draw It"</b>  <b>"Welcome Back Stephanie"</b></p>	<p><b>THURSDAY, 9/14</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>FRIDAY, 9/15</b>         8:30 Exercise Video        9:30 <b>ZUMBA GOLD</b> Video        10:30 Drawing, Games and Cards        12:15 <b>BINGO &amp; TREATS!</b> Bring a Friend!        1:00 <b>Chair Yoga</b> with Peggy        1:00 Mahjong/Pokeno/Cards/Games</p>
<p><b>MONDAY, 9/18</b>        9:30 <b>Line Dancing</b> with Theresa        9:30 <b>"Trip to Mohegan Sun"</b>  <b>(Reservations Required)</b>        10:30 Drawing, Games and Cards        10:30 <b>Strength &amp; Balance</b> with Sonya        1:00 Canasta Club        1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY, 9/19</b>        8:30 <b>Low Impact Exercise Video</b>        9:30 <b>Muscle Toning</b> with Patricia        10:30 Drawing, Games and Cards        12:15 <b>"Let's Move"</b>        1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 9/20</b>         10:30 Drawing, Games and Cards        12:30 <b>Energizing Exercise</b> with Evey        1:00 <b>"See It-Draw It"</b> with Stephanie        1:00 Mahjong/Bridge/Cards/Board Games</p>	<p><b>THURSDAY, 9/21</b>         9:30 <b>Intermediate Line Dancing</b>        1:00 <b>Knitting</b> with Paula        1:00 Mahjong/Pokeno/Cards/Games        1:00 Canasta Club</p>	<p><b>FRIDAY, 9/22</b>         8:30 Exercise Video        9:30 <b>ZUMBA GOLD</b> Video        10:30 Drawing, Games and Cards        10:30 <b>Book Club</b> with Tracy        12:15 <b>BINGO &amp; TREATS!</b> Bring a Friend!        1:00 Mahjong/Pokeno/Cards/Games</p>
<p><b>MONDAY, 9/25 – GATSBY ROOM</b>        9:30 <b>Line Dancing</b> with Theresa        10:30 Drawing, Games and Cards        10:30 <b>Strength &amp; Balance</b> Video        1:00 Canasta Club        1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY, 9/26</b>        8:30 <b>Low Impact Exercise Video</b>        9:30 <b>Muscle Toning</b> with Patricia        10:30 Drawing, Games and Cards        12:15 <b>"Eating for Optimal Aging"</b>        1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>WEDNESDAY, 9/27 – GATSBY ROOM</b>         10:30 Drawing, Games and Cards        12:15 <b>Medicare Update</b> with Micaela        12:30 <b>Energizing Exercise</b> with Evey        1:00 <b>"See It-Draw It"</b> with Stephanie        1:00 Mahjong/Bridge/Cards/Board Games</p>	<p><b>THURSDAY, 9/28 – GATSBY ROOM</b>         9:30 <b>Intermediate Line Dancing</b>        12:15 <b>BINGO &amp; TREATS!</b> Bring a Friend!        1:00 <b>Chair Yoga</b> with Peggy        1:00 <b>Knitting</b> with Paula        1:00 Mahjong/ Pokeno/Cards/Games        1:00 Canasta Club</p>	<p><b>FRIDAY, 9/29</b></p> <p><b>SENIOR CENTER CLOSED</b></p>