

SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10:30 to 11:30AM - Zumba w/ Carmencita	2 10:00 to 11:00AM - App Support 11:00 to 12:00PM - Health wellness w/ Charlie	3
4	5 11:00 to 12:00PM- Chair Yoga w/ Natalie	6 11:00 to 12:00PM - App Support 01:00 to 02:00PM - Crocheting	7 10:00 to 11:00AM - Arts 11:00 to 12:00PM - Arts & Crafts 01:00 to 02:00PM- Chair Yoga PANTRY	8 10:30 to 11:30AM - Zumba w/ Carmencita	9 10:00 to 11:00AM - App Support 11:00 to 12:00PM - Health wellness w/ Charlie 9:30 to 10:30PM - Grandparents Day Breakfast	10
11	12 11:00 to 12:00PM- Chair Yoga w/ Natalie	13 11:00 to 12:00PM - App Support 01:00 to 02:00PM - Crocheting	14 10:00 to 11:00AM - Arts 11:00 to 12:00PM - Arts & Crafts 01:00 to 02:00PM- Chair Yoga	15 10:30 to 11:30AM - Zumba w/ Carmencita	16 10:00 to 11:00AM - App Support 11:00 to 12:00PM - Health wellness w/ Charlie	17
18	19 11:00 to 12:00PM- Chair Yoga w/ Natalie	20 11:00 to 12:00PM - App Support 01:00 to 02:00PM - Crocheting	21 10:00 to 11:00AM - Arts 11:00 to 12:00PM - Arts & Crafts 01:00 to 02:00PM- Chair Yoga PANTRY	22 10:30 to 11:30AM - Zumba w/ Carmencita	23 09:00 to 09:30AM - Breakfast chat club 10:00 to 11:00PM - App Support	24
25	26 11:00 to 12:00PM- Chair Yoga w/ Natalie	27 11:00 to 12:00PM - App Support 01:00 to 02:00PM - Crocheting	28 10:00 to 11:00AM - Arts 11:00 to 12:00PM - Arts & Crafts 01:00 to 02:00PM- Chair Yoga	29 10:30 to 11:30AM - Zumba w/ Carmencita	30 10:00 to 11:00AM - App Support 11:00 to 12:00PM - Health wellness w/ Charlie	



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