

# September 2019 (sign up for programs/activities begins Monday, August 26)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Center Closed for Labor Day</b></p>	<p>3</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch <b>1:00 Crocheting Caps w/ Friends</b> 1:45 Yoga</p>	<p>4</p> <p>11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/ Canasta 1:00 Line Dancing 1:00 Lifestory <b>1:00 Tour Discovery CTR</b></p>	<p>5</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Bunco/Pinochle</p>	<p>6 <b>TED TALKS</b></p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers <b>1:45 Yoga</b></p>
<p>9</p> <p>9:15 Adv. Strength Training <b>9:30 Tech-Assistance</b> 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Movie: Brooklyn</b> 1:00 Duplicate Bridge <b>1:00 Art Studio</b></p>	<p>10</p> <p>8:45 Oldies Sweatin' <b>9:00 Grief Group</b> 9:30 Council on Aging 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch <b>1:00 Churches of Northern Riley County</b> 1:45 Yoga</p>	<p>11</p> <p>8:30 Foot Care <b>9:30 Coffee Talk w/ Mathis PT</b> 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/ Canasta 1:00 NO Line Dancing <b>1:00 The 1 Hour Dress</b></p>	<p>12</p> <p>8:45 Oldies Sweatin' 9:00 AARP Board 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga 11:00 Eyeglass Clean &amp; Adjust 11:30 Hearing Aid Cleanings 1:00 Bunco/Pinochle</p>	<p>13 <b>TED TALKS</b></p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers <b>1:00 Sewing Angel</b> 1:00 Texas Hold 'Em <b>1:45 Yoga</b></p>
<p>16</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training <b>11:00 CSFP Food Box</b> 12:30 Bridge <b>12:45 Movie: Date Night</b> 1:00 Duplicate Bridge <b>1:00 Art Studio</b> <b>1:30 Alzheimer's Support Group</b></p>	<p>17</p> <p>8:45 Oldies Sweatin' 10:00 Gentle Yoga 11:00 Chair Yoga 11:30 Blood Pressure Checks 1:00 Pitch <b>1:00 Crocheting Caps w/ Friends</b> <b>1:00 Artful Making</b> 1:45 Yoga</p>	<p>18</p> <p>8:30 Foot Care 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/ Canasta 1:00 Line Dancing</p>	<p>19</p> <p>8:45 Oldies Sweatin' 9:00 AARP 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga <b>11:30 ATA New Bus Routes</b> 1:00 Pinochle/Bunco</p>	<p>20 <b>TED TALKS</b></p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training <b>12:30 Center Board Mtg</b> 12:30 Bridge 12:45 Center Singers <b>1:45 Yoga</b></p>
<p>23</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Monday Movie</b> 1:00 Duplicate Bridge <b>1:00 Art Studio</b></p>	<p>24</p> <p>8:45 Oldies Sweatin' <b>9:00 Grief Group</b> 10:00 Gentle Yoga 11:00 Chair Yoga 1:00 Pitch <b>1:00 The Bag Lady</b> 1:45 Yoga</p>	<p>25</p> <p>8:30 Foot Care <b>9:30 Coffee Talk w/ Mathis PT</b> 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 1:00 Hand &amp; Foot/ Canasta 1:00 Line Dancing</p>	<p>26</p> <p>8:45 Oldies Sweatin' 9:00 Stitch Therapy 10:00 Gentle Yoga 11:00 Chair Yoga <b>11:45 Lunch Bunch: Vikings Grille</b> 1:00 Pinochle/Bunco</p>	<p>27 <b>TED TALKS</b></p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge 12:45 Center Singers <b>1:00 Sewing Angel</b> 1:00 Texas Hold 'Em <b>1:45 Yoga</b></p>
<p>30</p> <p>9:15 Adv. Strength Training 10:15 Strength Training 11:00 Strength Training 12:30 Bridge <b>12:45 Monday Movie</b> 1:00 Duplicate Bridge</p>	<p>September is <b>National Sewing Month!</b> Themed Special Events are <i>"The 1 Hr. Dress"</i> &amp; <i>"The Bag Lady"</i></p>			<p><b>TED TALKS</b> are shown in the <b>Sertoma Room</b> Fridays after every exercise class</p>