

Monday	Tuesday	Wednesday	Thursday	Friday
No Chair Yoga Month Of September Lynn on Vacation	1 8:30 – Healthy Lifestyle 1:00 – Cribbage Open Billiards 9am - 4pm	2 9:30 – Exercise Class Noon – BBQ Baby Back Ribs 12:30 – Euchre 1:00 – Ping Pong Open Billiards 9am-4pm	3 12:30 -3:00 – Mahjong 1:00 – Bingo - Sponsor Arcadia / Dessert Open Billiards 9am - Noon	4 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
7  CLOSED HAPPY LABOR DAY SEE YOU ON TUESDAY!!	8 8:30 – Healthy Lifestyle 1:00 – Cribbage Open Billiards 9am - 4pm	9 9:00 – Foot Clinic 9:30 – Exercise Class Noon – Tomato Basil Bisque Soup & Salad 12:30 – Euchre 1:00 – Ping Pong Open Billiards 9am-4pm	10 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong Sponsor: Park Vista /Dessert 1:00 – Bingo - Sponsor Heritage Woods / Dessert Open Billiards 9am - Noon	11 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
14 9:00 – Foot Clinic 9:30 – Exercise Class 10:30 – Line Dancing 12:30 – Mahjong 1:00 – Ping Pong 1:00 - Hand & Foot Open Billiards 9am - 4pm	15 8:30 – Healthy Lifestyle 9am-10am – Fit & Strong 1:00 – Cribbage Open Billiards 9am - 4pm	16 9:30 – Exercise Class Noon – Chicken, Stuffing & Green Bean Casserole 12:30 – Euchre 1:00 – Ping Pong Open Billiards 9am - 4pm	17 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong Sponsor Crosstown Square Senior Living / Dessert 1:00 – Bingo - Sponsor Overlook Village / Dessert Open Billiards 9am - Noon	18 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
21 9:30 – Exercise Class 10:30 – Line Dancing 12:30 - Mahjong 1:00 – Ping Pong 1:00 - Hand & Foot	22 8:30 – Healthy Lifestyles 9am-10am – Fit & Strong 1:00 – Cribbage Open Billiards 9am - 4pm	23 9:30 – Exercise Class Noon – Meat Loaf 12:30 – Euchre 1:00 – Ping Pong Open Billiards 9am - 4pm	24 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong 1:00 – Bingo Sponsor Allure / Dessert Open Billiards 9am - Noon	25 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
28 9:30 – Exercise Class 10:30 – Line Dancing 12:30 - Mahjong 1:00 – Ping Pong 1:00 - Hand & Foot Open Billiards 9am - 4pm	29 8:30 – Healthy Lifestyle 9am-10am – Fit & Strong 1:00 – Cribbage Open Billiards 9am - 4pm	30 9:30 – Exercise Class Noon – Fettuccine Alfredo W/ Steamed Broccoli 12:30 – Euchre 1:00 – Ping Pong Open Billiards 9am - 4pm	 WALK TO END ALZHEIMER'S	Team MAC's 3rd year Goal \$1,000 Please see Roxann if you would like to walk on September 19th or donate!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong 1:00-1:30 – Chair Yoga 1:00 – Bingo Sponsor Arcadia / Dessert	2 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
5 9:30 – Exercise Class 10:30 – Line Dancing 12:30 – Mahjong 1:00 – Ping Pong 1:00 - Hand & Foot Open Billiards 9am - 4pm	6 8:30 – Healthy Lifestyle 9am-10am – Fit & Strong 1:00 – Cribbage Open Billiards 9am - 4pm	7 9:30 – Exercise Class Noon – Pork Chop Rice Bake 12:30 – Euchre 1:00 - Ping Pong Open Billiards 9am - 4pm	8 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong 1:00-1:30 – Chair Yoga 2:00-3:00 – Chair Massage (sign up required) 1:00 – Bingo Sponsor Heritage Woods / Dessert Open Billiards 9am - Noon	9 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
12 	13 8:30 – Healthy Lifestyle 9am-10am – Fit & Strong 1:00 – Cribbage Open Billiards 9am - 4pm	14 9:30 – Exercise Class Noon – Chicken Salad on Croissant 12:30 – Euchre 1:00 - Ping Pong Open Billiards 9am - 4pm	15 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong Sponsor Park Vista /Dessert 1:00-1:30 – Chair Yoga 1:00 – Bingo - Sponsor Overlook Village / Dessert Open Billiards 9am - Noon	16 9:30 – Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
19 9:30 – Exercise Class 10:30 – Line Dancing 12:30 – Mahjong 1:00 – Ping Pong 1:00 - Hand & Foot Open Billiards 9am - 4pm	20 8:30 – Healthy Lifestyle 9am-10am – Fit & Strong 1:00 – Cribbage Open Billiards 9am - 4pm	21 9:30 – Exercise Class Noon – French Dip Sandwich 12:30 – Euchre 1:00 - Ping Pong Open Billiards 9am - 4pm	22 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong 1:00 – Bingo Sponsor Allure / Dessert 1:00-1:30 – Chair Yoga Open Billiards 9am - Noon	23 9:30 - Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm
26 9:30 – Exercise Class 10:30 – Line Dancing 12:30 – Mahjong 1:00 – Ping Pong 1:00 - Hand & Foot Open Billiards 9am - 4pm	27 9am-10am – Fit & Strong 8:30 – Healthy Lifestyle 1:00 – Cribbage Open Billiards 9am - 4pm	28 9:30 – Exercise Class Noon – Goulash 12:30 – Euchre 1:00 - Ping Pong Open Billiards 9am - 4pm	29 9am-10am – Fit & Strong 12:30 -3:00 – Mahjong 1:00 – Bingo Sponsor Crosstown Square Senior Living / Prizes 1:00-1:30 – Chair Yoga Open Billiards 9am - Noon	30 9:30 - Exercise Class 12:30 – Pinochle 1:00 - Ping Pong Open Billiards 9am - 4pm