

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7 Monday Night Yoga	3 12:30 Lunch/Sing 2 SNAP Assistance 3 Spanish 7 Great Decisions	4 10 Summer Stretch & Tone 11 Chinese 6:30 Tai Chi	5 2 Reading History	6 8 Breath Awareness	7 9 DanceFit Early 10 DanceFit Later 2 Movie: A Summer at Grandpas 4-6 Cream Puffs and Magic
8 11 <i>A Walk Through Time</i>	9 7 Monday Night Yoga	10 12:30 Lunch/Sing 3 Spanish 7 Circle of Hands	11 9 Hypertension 10 Stretch & Tone 11 Chinese 2:30 Writing Class 6:30 Tai Chi	12 3 Later Life 7 MRHS Board	13 2 Qi Gong Exercise 8 Breath Awareness	14 9 DanceFit Early 10 DanceFit Later 2 Movie: Twenty-Four Eyes
15	16 7 Monday Night Yoga	17 12:30 Birthday Party 3 Spanish 7 Circle of Hands	18 10 Stretch & Tone 11 Chinese 6:30 Tai Chi	19 2 Reading History	20 9:30-12 Memory Tree 2 Qi Gong Exercise 8 Breath Awareness	21 9 DanceFit Early 10 DanceFit Later 2 Movie: Quartet
22	23 7 Monday Night Yoga	24 10-6 MRHS Trip 12:30 Lunch/Sing 2 SNAP Assistance 3 Spanish 7 Circle of Hands	25 9 Hypertension 10 Stretch & Tone 11 Chinese 2:30 Writing Class 6:30 Tai Chi	26 2:30 Take Charge of Your Health	27 9:30-12 Memory Tree 2 Qi Gong Exercise 8 Breath Awareness	28 9 DanceFit Early 10 DanceFit Later 2 Movie: The Namesake
29	30 7 Monday Night Yoga					