SEPTEMBER Calendar

240-314-8800

Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
3 **Building Closed** LABOR DAY	4 10-10:50 Tai Chi* 10-12p Microsoft Word* 10-2:30 Walking Sereis- 1-2:30 Coping With Change* 1-3p Laptops Windows 7* 5-7p Supper Club*	5 10-12p Windows PC Backup* 1-2p Table Tennis Int.* 1-3p PC Infections* 1:30-3 Birthday Party* *8 Week Challenge Meeting Rescehduled to 9/17 @ 2pm*	6 10-12p Microsoft Word* 1-2:30 Women Living Alone* 1-3p Laptops Windows 7*	7 10-12p Wii Play* PC New Users* **SATURDAY** 8 **Building Closed**
10 10-12p Using Thumb Drives* Eng. Basics* Eng. 1* Eng. 4* 12-1p Memory Café* 1-2p Stress Reduction* 1-3p Windows Laptop 8* 1:30-3 Senior Fit	11 9-9:45 Strength Training* 10-10:50 Tai Chi* Forever Fit* 10-12p Microsoft Word* Eng. 2* Eng. 3* Watercolor Beg.* 11-12p Aerobic Workout* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 1-2:30 Brain Games* 1-3p Android Tablet Basic* Watercolor Int.* 2:15-3 Hot Zumba Moves* 3:15-4:15 Afternoon Yoga Flow* 5-5:45 Abs and Back* 6:30-7:30 Soul Line Dance*	12 8:45-9:30 Yoga-lates on the ball* 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-11:30 Transportation 101* 10-12p Eng. Basics* Eng. 1* Eng. 4* Microsoft Powerpoint* 11-12p Chair Exercise* 12:10-12:50 Balance Matters* 1-3p Windows Laptop 8* 1:15-2 On Your Feet* 1:30-3 Senior Fit 2:15-3:15 Aerobic Workout* 5-6p Triple Challenge* 6:30-7:30 Yoga Flow*	13 9-9:45 Strength Training* 10-10:50 Tai Chi* PC Voice Commands* 10-12p Eng. 2* Eng. 3* Watercolor Adv.* 11-11:45 Pilates Basics* 11-12p Aerobic Workout* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 1-3p Android Tablet Basic* Movie: Adrift Watercolor Int. 2:15-3 Pilates Int.* 3:15-4:15 Afternoon Yoga Flow* 6:30-7:30 Soul Line Dance* Bloomery Sweetshine Distillery Trip*	**FRIDAY** 14 9-9:45 Total Conditioning* 10-10:45 Belly Dance Basic* 10-11a Yoga for You* 10-12p Wii Play* 11:15-12 Easy Feet* Chi Gong* 12:15-1 On Your Feet* Chi Gong* 1-3p Movie: Adrift 1:15-2:15 Arthritis Foundation* 2:30-3:15 Zumba Toning* **SATURDAY** 15 10-11a Functional Training* 11:15-12 Stretch With Ease* Knights of Columbus Dinner & Dance*
17 9-9:45 Total Conditioning* 10-10:50 Easy Zumba* 10-12p Microsoft Powerpoint* Eng. Basics* Eng. 1* Eng. 4* 10:15-11:15 Footnotes in Amercian History* 11-12p Chair Exercise* Caribbean Dance Basic* 12-1p Memory Café* 12:10-12:50 Forever Fit* 12:45-2:45 Piecemakers Club* 1-1:45 Yo-Chi & Balance* 1-2p Stress Reduction* 1-3p Windows 10 Laptop* 1:30-3 Senior Fit 2p 8 Week Challenge Meeting* 2-2:45 Drums Alive* 3:15-4:30 Rogue Tennis* 5-6p Zumba Gold* 6:30-7:30 Yoga Flow*	18 9-9:45 Strength Training* 10-10:50 Tai Chi* Forever Fit* 10-12p Computer Troubleshoot* Watercolor Beg.* Eng. 2* Eng. 3* 11-12p Aerobic Workout* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 1-2:30 Coping with Change* Eng Conversation* Basic of Pers.Investing* 1-3p Using Right/Left Click* Watercolor Int.* 2p RSI Mtg. 2:15-3 Hot Zumba Moves* 3:15-4:15 Afternoon Yoga Flow* 5-5:45 Abs and Back* 6:30-7:30 Soul Line Dance*	19 10-12p Microsoft Powerpoint* 1-2:30 Fall Risk Assessment* 1-3p Windows 10 Laptop* 1:30-3 Senior Fit	20 9-9:45 Strength Training* 10-10:50 Forever Fit* Computer 10-12p Eng. 2* Eng. 3* Watercolor Adv.* 10:30-11:30 La Salud Mental 11-11:45 Pilates Basics* 11-12p Aerobic Workout* 11-1p YIH Mtg.* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 1-2:30 English Conversation* 1-2:30 Women Living Alone* Fun with Pictures* 1-3p Sr. Commission Mtg Watercolor Int. 2:15-3 Pilates Int.* 3:15-4:15 Afternoon Yoga Flow* 6:30-7:30 Soul Line Dance*	**FRIDAY** 21 9-9:45 Total Conditioning* 10-10:45 Belly Dance Basic* 10-11a Yoga for You* 10-12p Wii Play* 11:15-12 Easy Feet* Chi Gong* 12:15-1 On Your Feet* Chi Gong* 1-2p John Phillip Sousa* 1:15-2:15 Arthritis Foundation* 2:30-3:15 Zumba Toning* **SATURDAY** 22 10-11a Functional Training* 11:15-12 Stretch With Ease*
24 9-9:45 Total Conditioning* 10-10:50 Easy Zumba* 10-12p Using Function Keys* Eng. Basics* Eng. 1* Eng. 4* 10:30-12 It's A Gem Adv* 11-12p Chair Exercise* Caribbean Dance Basic* 12-1p Memory Café* 12:10-12:50 Forever Fit* 1-1:45 Yo-Chi & Balance* 1-2p Stress Reduction* 1-2:30 Music Enrichment* 1-3p Android Phone Basic* 1:30-3 Senior Fit 2-2:45 Drums Alive* 3:15-4:30 Rogue Tennis* 5-6p Zumba Gold* 6:30-7:30 Yoga Flow*	25 9-9:45 Strength Training* 10-10:50 Forever Fit* Tai Chi* 10-11:30 Social Media &* Apps* 10-12p Maintain Your Computer* Eng. 2* Eng. 3* Watercolor Beg.* 10:30-11:20 Piano Beg. & Cont.* 11-12p Aerobic Workout* 11:30-12:20 Piano Adv.* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 1-2:30 Brain Games* Eng Conversation* 1-3p Email Basics* Bridge Intro* Watercolor Int.* 2-2:50 Handbells Beg & Cont.* 2:15-3 Hot Zumba Live* 3-4p Carnation Players* 3:15-4:15 Afternoon Yoga Flow* 4:30-6 Wine and Cheese* 5-5:45 Abs and Back* 6:30-7:30 Soul Line Dance*	26 8:45-9:30 Yoga-lates on the ball* 9:50-10:50 Yoga for You* 10-10:50 Easy Zumba* 10-12p Using Function Keys* Eng. Basics* Eng. 1* Eng. 4* 11-12p Chair Exercise* 12-2p Red Hat Luncheon* 12:10-12:50 Balance Matters* 12:30-1:20 Ukulele Beg.* 1:30-2:20 Music Theory* 1:15-2 On Your Feet* 1-2p Catch Your Z's With Ease* 1-3p Android Phone Basic* 1:30-3 Senior Fit 2:15-3:15 Aerobic Workout* 5-6p Triple Challenge* 6:30-7:30 Yoga Flow*	27 9-9:45 Strength Training* 10-10:50 Forever Fit* 10-10:50 Tai Chi* Maintain Your Computer* 10-12p Eng. 2* Eng. 3* Watercolor Adv.* Living Wills & Adv. Dir.* 11-11:45 Pilates Basics* 11-12p Aerobic Workout* 12:15-12:45 Walking Strong* 1-2p Arthritis Foundation* 1-2:30 English Conversation* Watercolor Int. 1-3p Save & Find Documents* Movie: Won't You Be My Neighbor? 2:15-3 Pilates Int.* 3:15-4:15 Afternoon Yoga Flow* 6:30-7:30 Soul Line Dance* Rainbow Comedy Playhouse Trip*	**FRIDAY** 28 9-9:45 Total Conditioning* 10-10:45 Belly Dance Basic* 10-11a Yoga for You* 10-12p Wii Play* 11:15-12 Easy Feet* Chi Gong* 12:15-1 On Your Feet* Chi Gong* 1-3p Movie: Won't You Be My Neighbor? 1:15-2:15 Arthritis Foundation* 2:30-3:15 Zumba Toning* **SATURDAY** 29 10-11a Functional Training* 11:15-12 Stretch With Ease*

Ongoing Programs

TUESDAYS:	MONDAY-FRIDAY:
· Helping Hands Knitting: 1-3p	Fitness Club:
· Pinochle Pursuit: 1-3:30p	M-Th: 7a-8p & Fri. 7a-7p
	*Hispanic Activities:10-12
WEDNESDAYS:	· Blood Pressure:10-12
· Gift Shop Crafts 10a-12p	· Bocce Ball: T,TH, Sat., 10-11a
· Drop in Bridge: 1p	*Lunch Served Daily: Noon
· Bingo 7p	Call 240-314-8810
FRIDAYS:	
· Chinese Lunch: 10-2	
· Drop in Chess: 10-12	
· Practice Lab for Beg: 10:30-12	
· Drop in Knockout Poker: 1-3	
· Drop in Bridge: 1:30	