

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>Closed in Observation of</p> 	<p>3</p> <p>3:30pm-6:00pm-Bihl Haus-Watercolor Painting</p> <p>4:30pm-Dance Mix w/ Christina</p> <p>4:30pm-Movie: Diary of A Mad Black Woman</p> <p>5:00pm-Boom Muscle Strength and Toning</p>	<p>4</p> <p>4:00pm-Pickleball</p> <p>4:00pm-6:00pm-Karolina's and Chris Madrid's</p> <p>5:00pm-Zumba w/ Maria</p>	<p>5</p> <p>4:00PM-Bingo</p> <p>4:30pm-Dance Energizing Mix w/Christina</p> <p>5:00pm-6:00pm OATS: Virtual Reality @ a Glance</p> <p>5:30pm-Boom Muscle-Strength and Toning</p>
<p>9</p> <p>4:00pm-Pickleball</p> <p>4:00pm-YOGA Class w/Natalie</p> <p>5:00pm-Dance mix w/Maria</p>	<p>10</p> <p>3:30pm-6:00pm-Bihl Haus-Watercolor Painting</p> <p>4:00pm-6:00-Talent Show Practice</p> <p>4:30pm Dance-Mix w/ Christina</p> <p>4:30pm-Movie: Against All Odds</p> <p>5:30pm-Boom Muscle-Strength and Toning</p>	<p>11</p> <p>4:00pm-Pickleball</p> <p>4:00pm-6:00pm PM Walkers at Crossroads Mall</p> <p>5:00pm-Zumba w/ Maria</p> <p>FOOD BANK TOMORROW 1pm-MUST be Registered</p>	<p>12</p> <p>4:00pm-Bingo</p> <p>4:30pm-Dance Mix w/ Christina</p> <p>5:00pm-6:00pm-OATS:Understanding Internet Plans</p> <p>5:00pm-Boom Muscle-Strength and Toning</p>
<p>16</p> <p>4:00pm-Pickleball</p> <p>4:00pm-YOGA Class w/Natalie</p> <p>5:00pm-Dance Mix w/Maria</p>	<p>17</p> <p>3:30pm-6:00pm-Bihl Haus-New Class</p> <p>4:00pm- Arts and Crafts w/Lydia</p> <p>4:30pm Dance-Mix w/ Christina</p> <p>4:30pm-Movie: Philomena</p>	<p>18</p> <p>4:00pm-Pickleball</p> <p>4:00pm-Umberto's Italian Grill</p> <p>5:00pm-Zumba w/ Maria</p>	<p>19</p>  <p>ZUMBAthon</p> <p>4:30pm-6:00pm-Zumbathon</p> <p>4:30pm-Dance-Mix w/ Christina</p> <p>5:00pm-6:00pm OATS: Intro to Photo Editing Tools</p> <p>5:00pm-Boom Muscle-Strength and Toning</p>
<p>23</p>   <p>Crazy Sock and Hat Day</p> <p>4:00pm-Pickleball</p> <p>4:00pm-Yoga Class w/ Natalie</p> <p>5:00pm-Dance Mix w/ Maria</p>	<p>24</p>  <p>Looney Toons Day</p> <p>3:30pm-6:00pm-Bihl Haus-New Class</p> <p>4:00pm-Natalie-Demo</p> <p>4:30pm-Dance-Mix w/ Christina</p> <p>5:30pm-Boom Muscle-Strength and Toning</p>	<p>25</p>  <p>SPORTS DAY</p> <p>Sports Team Day</p> <p>4:00pm-Pickleball</p> <p>4:00pm-6:00pm-Diary Queen</p> <p>5:00pm-Zumba w/ Maria</p>	<p>26</p>  <p>SUPERHERO DAY</p> <p>Friends of Doris Day Super Hero Day- Open House</p> <p>4:30pm-Dance-Mix w/ Christina</p> <p>5:00pm-6:00pm OATS: Smartphone Camera uses beyond Photography</p> <p>5:00pm-Boom Muscle-Strength and Toning</p>
<p>30</p> <p>4:00pm Pickleball</p> <p>4:00pm-Yoga Class w/Natalie</p> <p>5:00pm-Dance Mix w/Maria</p>	 <p>Hallo SEPTEMBER</p>	<p><u>Coming up Trips:</u></p> <p>Karolina's and Chris Madrid's</p> <p>PM Walkers @ Crossroads Mall</p> <p>Umberto's Italian Grill</p> <p>Dairy Queen</p>	 <p>Hello September</p>

Evening Sessions:

- ZUMBATHON EXTRAVAGANZA-Thursday, Septmber 19, 2024 @ 4:30 pm. NO Registration required
- Boom Muscle-Using Dumbbells and Body Weights, Strengthen, Shape and Define all your Muscles with Christina.
- FOREVER WELL - DANCE-Designed to increase muscle strength, range of movement, and improves activities for daily living with Christina.
- Arts and Crafts w/Lydia -Painting Flower Pots (Must Sign Up!) Tuesday, September 17th @ 4 pm
- Spirit Week0 9/23-9/26- Crazy Sock and Hat, Looney Toons, Sports Day, and Friends of Doris /Super Heroes Day.

