


# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please Note:</b></p> <p><b>All Schedules and Activities are Subject to Change</b></p>		<p>***  <b>See Reverse Side of Calendar!</b>                      ***</p>	<p><u>1</u>                          8:30-Weights 1                          9:45-Weights 2 w/Steve                          10:30-FB Live Exercise w/Keisa                          11:00-Thurs. Games</p>	<p><u>2</u>                          9:00: Easy Yoga w/Howard                          10:30- Aerobics (Senior Ctr)                          1:00: Gentle Exercise w/Hasmig</p>
<p><u>5</u>  <b>Labor Day Holiday</b></p> <p><b>No Scheduled Activities</b></p> <p><b>Facebook Exercise Videos on Demand</b></p>	<p><u>6</u>                          8:30- Mat Yoga                          10:00-Chair Yoga                          11:00-Coffee Chat                          12:30: Table Games                          1:00-Movie Matinee</p>	<p><u>7</u>  <b>TRIP TO RESORTS ATLANTIC CITY</b></p> <p>10:00- Tai Chi w/ Hasmig (Sr. Center)                          11:30: BINGO                          1:00- Table Games</p>	<p><u>8</u>                          8:30: Weights 1                          9:45: Weights 2 w/ Steve                          10:30- FB Live Exercise w/Keisa                          11:00- Thurs.Games</p>	<p><u>9</u>                          9:00- Easy Yoga w/ Howard                          10:30-Aerobics (Senior Ctr)                          1:00: Gentle Exercise w/ Hasmig</p>
<p><u>12</u>                          9:00-Exercise w/Sheri                          10:30-Social Circle                          12:00-FB Live Tai Chi                          1:30: Zumba Gold                          2:00: Brain Games                          ZOOM</p>	<p><u>13</u>  <b>SENIOR CITIZENS FESTIVAL VAN SAUN PARK</b></p> <p>10:00: Chair Yoga                          12:30: Table Games                          1:00-Movie Matinee</p>	<p><u>14</u>                          10:00: Tai Chi w/ Hasmig ( Sr. Ctr.)</p> <p>11:30: BINGO</p> <p>1:00: Chair Yoga DVD                          1:00- Table Games</p>	<p><u>15</u>                          8:30: Weights 1                          9:45: Weights 2 w/ Steve                          10:30- FB Live Exercise w/Keisa                          11:00-Thurs. Games                          1:00-ART CLASS</p>	<p><u>16</u>                          9:00: Easy Yoga w/ Howard                          10:30-Aerobics (Senior Ctr)                          1:00: Gentle Exercise w/ Hasmig</p>
<p><u>19</u>  <b>FIELD DAY AT KENNEDY FIELD</b></p> <p>12:00: FB Live Tai Chi                          1:30: Zumba Gold                          2:00: Brain Games                          ZOOM</p>	<p><u>20</u>                          8:30-Mat Yoga                          10:00-Chair Yoga                          11:00-Right Sizing <b>your Lifestyle</b>                          12:30-Table Games                          1:00: Movie_Matinee</p>	<p><u>21</u>                          9:00-Walking w/Lynn Kennedy Field                          10:00: Tai Chi w/ Hasmig Kennedy Field                          11:30: BINGO                          1:00: Chair Yoga                          1:00- Table Games</p>	<p><u>22</u>                          8:30: Weights 1                          9:45: Weights 2 w/ Steve                          10:30-FB Live Exercise w/Keisa                          11:00- Thurs Games                          1:00-ART CLASS</p>	<p><u>23</u>                          9:00: Easy Yoga w/ Howard                          10:30-Aerobics (Senior Ctr)                          1:00: Gentle Exercise w/ Hasmig</p>
<p><u>26</u>                          9:00-Exercise w/Sheri                          10:30-Social Circle                          12:00-FB Live Tai Chi                          1:30- Zumba Gold                          2:00- Brain Games                          ZOOM</p>	<p><u>27</u>                          8:30- Mat Yoga                          10:00: Chair Yoga                          11:00-Brighter Side to Life                          12:30-Table Games                          1:00: Movie Matinee</p>	<p><u>28</u>                          9:00- Walking w/Lynn Kennedy Field                          10:00-Tai Chi w/ Hasmig Kennedy Field                          11:30- BINGO                          1:00- Chair Yoga                          1:00- Table Games</p>	<p><u>29</u>                          8:30-Weights 1                          9:45-Weights 2 w/ Steve                          10:30-FB Live Exercise w/Keisa                          11:00-Thurs Games                          1:00-ART CLASS</p>	<p><u>30</u>                          9:00-Easy Yoga w/Howard                          10:30- Aerobics (Senior Center)                          1:00-Gentle Exercise w/Hasmig</p>

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