




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Drop in Activities: Fitness Room, Game Room, Puzzling, Board/Card Games, Outdoor Sports (pickleball, cornhole, ping pong, horseshoes, croquet, bocce) Open Art Studio (8:30am-3pm, Daily) SHIIP volunteers are onsite to answer Medicare questions by appointment. Available: Smart Television, Communal Computer, WiFi Coffee, Tea, and Water is available at 9:30am, most days.</p>					<p>1 9:30- YouTube seated workout 10:30-Creative Play w/Abbie:Pour Painting 2:00-Qi Gong No Get Movin' Today</p>	<p>2</p>
<p>3</p>	<p>4 Labor Day </p>	<p>5 9:30- Indoor Cycling for Beginners (30 min Class) 10:00- Devotions 1:00- Games 6:30-Bible Study and potluck No REFIT® Today</p>	<p>6 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 10:30-Trivia 11:15-Share thy Bread 2:00-Qi Gong</p>	<p>7 9:30- Intermediate cycling (45 min Class) 10:30-Fiber Arts Group 1:30- Table Tennis 3:00-Reach Out and Play (Registration Required) No REFIT® Today</p>	<p>8 9:30- Get Movin' 10:00-Bowling @Autumn Lanes 2:00-Qi Gong</p>	<p>9 9/22- Paint it Up- Blue Tuscan Door</p>
<p>10</p>	<p>11 9:30-Vaya Health class 10:30-Coffee & Updates w/Julie and Shelby 1:00- Fall Decorating 1:30-Tai Chi </p>	<p>12 9:30- Indoor Cycling for Beginners (30 min Class) 10:00- Devotions 10:30- Pumpkin Door Hanger Craft 1:00-Learn Mah Jongg 6:30-Bible Study and potluck</p>	<p>13 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 10:30-Trivia 2:00-Qi Gong</p>	<p>14 9:30- Intermediate cycling (45 min Class)- Country Music Theme 10:30-Senior Life Solutions: Friendship & Mental Health 1:30- Table Tennis No REFIT® Today </p>	<p>15 9:30- Get Movin' 10:30-Creative Play w/Abbie 10:30-Local History w/James 2:00-Qi Gong</p>	<p>16 </p>
<p>17 Fall Prevention Week</p>	<p>18 9:30- Get Movin' 10:30-Fall Prevention Bingo w/Shelby 1:30-Tai Chi</p>	<p>19 9:30- Indoor Cycling for Beginners (30 min Class) 10:00- Coffee and Conversation: Fall Prevention 10:30-REFIT® 1:00- Games 6:30-Bible Study and potluck</p>	<p>20 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 11:00-Fall Prevention Expo 11:15-Share thy Bread 2:00-Qi Gong</p>	<p>21 9:30- Intermediate cycling (45 min Class) 10:00-Hamrick's Shopping Trip 10:30-Fiber Arts Group 10:30-REFIT® 1:30- Table Tennis</p>	<p>22 9:30- Get Movin' 10:30- Paint it Up- Blue Tuscan Door 2:00- Qi Gong</p>	<p>23 Welcome Fall! </p>
<p>24 September 27- 2:30-Dementia/Alzheimers Caregiver's Support Group</p>	<p>25 9:30- Get Movin' 10:30-Bingo w/BCBS 1:30-Tai Chi </p>	<p>26 9:30- Indoor Cycling for Beginners (30 min Class) 10:00- Devotions 10:30-REFIT® 1:00- Learn Mah Jongg 6:30-Bible Study and potluck</p>	<p>27 9:30-Balance & Flow: Advanced Yoga 10:30-Balance & Breathe: beginners Yoga 10:30-Polymer Bead Making 2:00-Qi Gong</p>	<p>28 9:30- Intermediate cycling (45 min Class) 10:30-Fiber Arts Group 10:30-REFIT® 1:30- Table Tennis</p>	<p>29 9:30- Get Movin' 11:00-Cardio Drumming 2:00-Qi Gong</p>	<p>30</p>