

SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
8-9:30 Breakfast Basics 8-9 Silver Sneakers 8:30-4 Card Playing 9-10 SilverSneakers 9-4:30 Billiards 9-10 Sing A Long 10-12 As the Center Turns 10-11:30 Brain Games 12:30-1:30 Stretch 4 Life 12:45-2:15 Line Dancing 1:15-3:15 Bridge 1:30-3:00 Line Dancing 3:00-4:00 Beginners Line Dance	9-4:30 Billiards 9-10 Enhance Fitness 10-11:30 Brain Games 10:30-12 Bible Study 9:00-12:00 Piano Lessons 1-2:00 The Next Chapter 1-2:30 BDOMLSF 2-4:00 Member Computer Time	8-9:30 Breakfast Basics 8-9 SilverSneakers 8:30-4 Card Playing 8:30 Massage Therapy 9-10 SilverSneakers 9-4:30 Billiards 10-11 Jewelry Making 10-11:30 Brain Games 10-12 Songsters Unlimited 12:30-2:30 APPRISE 1:00 & 5:30 Pottery Class 1-32:30 Sewing Class 12:15-2:15 Knit & Crochet 1-2:30 French Class 2:30-4:30 Rubberstamping Club	8:30-4 Card Playing 9-10 Enhance Fitness 9-4:30 Billiards 9:30-11 Computer Club 9-12 Piano Lessons 10-11:30 Brain Health Workshop 10-11:30 Brain Games 10-12 Knit & Crochet 10:15-11:15 Stretch4Life 10:45-12 Poetry & Discussion 1-2:30 Spanish Class 1-2:30: Line Dance 1-3 Senior Environment 2:00-3:30 Spanish 2:30-3:30 Adult Coloring 2-4:00 Member Computer Time	8-9:30 Breakfast Basics 8-9 SilverSneakers 8:30-4 Card Playing 8:30-4:30 Massage Therapy 9-10 SilverSneakers 9-12 Painting w/ Jim 9-4:30 Billiards 10-11:30 BrainGames 9:30-11:30 Men's Gathering 10:15-11:30 Yoga 1-2:30 Sewing Class
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4 CIP CLOSED LABOR DAY	5	6	7	8
11	12 10:00—12:00 Fraud Prevention	13	14	15 CIP's Annual Open House
18	19	20	21	22 Fall Prevention Awareness Day
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25 1:00 African American Journeys	26	27	28	29
September 10th National Grandparent's Day				
September-October 2017		www.centerinthepark.org		12