



# SEPTEMBER 2011

## DATES TO REMEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Exercise 9:30	2 Walk 9:00 & 1:00 Silver Needles 1:00	3
4	5 <b>Old Home Day Senior Center Closed</b>	6 Sew-What 9:00 Exercise 9:30	7 COA mtg. 9:00 Walk 9:00 & 1:00 T'ai Chi 4:00	8 Exercise 9:30	9 Walk 9:00 & 1:00 Silver Needles 1:00	10
11	12 Yoga 8:30 Walk 9:00 & 1:00 Fit for Life 9:30 <b>Estate Planning 12:45</b>	13 Sew-What 9:00 Exercise 9:30 GAC mtg. 11:00 <b>Raffle - after lunch</b>	14 Walk 9:00 & 1:00 <b>Life Care - OT / PT 11:00</b> T'ai Chi 4:00	15 Exercise 9:30 <b>Fallon 10:00 B.P. Clinic 10:30</b>	16 Walk 9:00 & 1:00 Silver Needles 1:00	17
18	19 Yoga 8:30 Walk 9:00 & 1:00 Fit for Life 9:30 <b>Ask the Pharmacist 11:00</b>	20 Sew-What 9:00 Exercise 9:30 <b>Birthday Party</b>	21 Walk 9:00 & 1:00 <b>Rep. Peter Durant Office hrs. 10:00</b> T'ai Chi 4:00	22 Exercise 9:30 <b>GAC - Afternoon Delight - Live Entertainment! 4:00</b>	23 Walk 9:00 & 1:00 Silver Needles 1:00 	24
25	26 Yoga 8:30 Walk 9:00 & 1:00 Fit for Life 9:30	27 Sew-What 9:00 Exercise 9:30	28 Walk 9:00 & 1:00 T'ai Chi 4:00	29 Exercise 9:30	30 Walk 9:00 & 1:00 Silver Needles 1:00	* <b>Programs subject to change</b> 