

September 2020



<p>1</p> <p><u>TUESDAY</u></p> <p>SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00</p>	<p>2</p> <p><u>WEDNESDAY</u></p> <p>Boot Camp 8:30am Ping Pong 9-12 pm Pickleball 9-12 pm Senior Spin 4:00 Woodcarving 6:00 pm Lunch Pick-up 10:00</p>	<p>3</p> <p><u>THURSDAY</u></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00</p>	<p>4</p> <p><u>FRIDAY</u></p> <p>Senior Fit Mix 8:30 Judy & Sharon's Cardio Class 10:00 Ping pong 9 -12 pm Pickleball 9-12 pm</p> <p>Senior Spin 4:00</p>
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<p>7</p> <p><u>MONDAY</u></p> 	<p>8</p> <p><u>TUESDAY</u></p> <p>SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 9:00-12:00</p>	<p>9</p> <p><u>WEDNESDAY</u></p> <p>Boot Camp 8:30am Ping Pong 9-12 pm Pickleball 9-12 pm Senior Spin 4:00</p> <p>Lunch Pick-up 10:00 Woodcarving 6:00 pm</p>	<p>10</p> <p><u>THURSDAY</u></p> <p>SilverSneakers Classic 10:00 Pickleball 9:00-12:00</p>	<p>11</p> <p><u>FRIDAY</u></p> <p>Senior Fit Mix 8:30 Judy & Sharon's Cardio Class 10:00 Ping pong 9 -12 pm Pickleball 9-12 pm</p> <p>Senior Spin 4:00</p>
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September 14th-30th 

14

MONDAY

Strength& Flex 8:30
Ping pong 9 -12 pm
Pickleball 9-12 pm

15

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am
Pickleball 9:00-12:00

16

WEDNESDAY

Boot Camp 8:30am
Pickleball/ 9-12 pm
PingPong 9-12 pm
Senior Spin 4:00
Woodcarving 6:00 pm

Craft Club 1:00

17

THURSDAY

SilverSneakers
Classic 10:00
Pickleball 9:00-12:00
Card Club 1:00

18

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

Senior Spin 4:00

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MONDAY

Strength& Flex 8:30
Ping pong 9 -12 pm
Pickleball 9:30-12 pm

22

TUESDAY

SilverSneakers
Classic 10:00
Woodcarving 10 am
Knitting 10 am

23

WEDNESDAY

Boot Camp 8:30am
Ping Pong 9-12 pm
Pickleball 9:30-12 pm
Senior Spin 4:00

Lunch Pick-up 10:00
Woodcarving 6:00 pm

24

THURSDAY

SilverSneakers
Classic 10:00
Senior Spin 3:30

25

FRIDAY

Senior Fit Mix 8:30
Judy & Sharon's
Cardio class 10
Ping pong 9 -12 pm
Pickleball 9-12 pm

Senior Spin 4:00

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MONDAY

Strength& Flex 8:30
Sarah's Class 10:00
Ping pong 9 -12 pm
Pickleball 9:30-12 pm