

R=RSVP required

\$=fee

SEPTEMBER 2023

Hours: 8:30AM-5PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 5:00 Foot Care Clinic (R)(\$) 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:00 – 2:00 Diabetic Support Grp By appt: Tech Support</p>
<p>Closed for Labor Day holiday</p>	<p>5</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Meditation 9:00 – 2:00 Sea Mar Community 9:30 – 10:30 Get Moving! 9:30 – 10:30 ESL Class 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming</p>	<p>6</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Grp 1:00 – 3:00 Mahjong 3:00 – 5:00 Readers Theatre</p>	<p>7</p> <p>9:00 – 10:30 Healing Touch (R) 10:00 – 11:00 Spanish Class 10:00 – 11:30 Tai Chi 11:00 – 12:00 Medicare Presentation 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:30 Current Events Grp 3:30 – 5:00 Legal Assistance (R) 7:00 – 10:00 Piano Bar (R)(\$) By appt: Tech Support</p>	<p>8</p> <p>9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:30 – 2:30 Book Club 2:00 – 4:00 Kitten Playdate! By appt: Tech Support</p>
<p>11</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Gentle Chair Yoga 11:00 – 1:00 Line Dancing 12:30 – 3:00 Movies 1:00 – 2:30 UKES Sing-Along 1:00 – 2:00 Aging Well Grp</p>	<p>12</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Meditation 9:00 – 2:00 Sea Mar Community 9:30 – 10:30 Get Moving! 9:30 – 10:30 ESL Class 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 11:00 – 12:00 Coffee w/ Vets 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:00 – 3:00 Low Vision Group 2:30 – 4:00 Hand Drumming</p>	<p>13</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 1:00 – 3:00 Mahjong 1:30 – 2:30 Virtual Caregivers Support Grp (R) 3:00 – 5:00 Readers Theatre</p>	<p>14</p> <p>9:00 – 10:30 Healing Touch (R) 10:00 – 11:00 Spanish Class 9:00 – 10:30 Tai Chi 11:00 – 12:30 History Hour: Hispanic Month 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:00 Conversation & Friendship Corner By appt: Tech Support</p>	<p>15</p> <p>9:00 – 10:00 Enhance Fitness 9:00 – 5:00 Foot Care (R)(\$) 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appt: Tech Support</p>
<p>18</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Gentle Chair Yoga 11:00 – 1:00 Line Dancing 1:00 – 2:30 UKES Sing-Along 12:30 – 3:00 Movies 1:00 – 2:00 Aging Well Grp 2:00 – 4:00 CPR/AED Training 6:30 – 9:00 Quilters Grp</p>	<p>19</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Meditation 9:00 – 2:00 Sea Mar Community 9:30 – 10:30 Get Moving! 9:30 – 10:30 ESL Class 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming</p>	<p>20</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Writing Grp 1:00 – 2:30 Financial Beginnings Workshop (\$) 1:00 – 3:00 Mahjong 3:00 – 5:00 Readers Theatre 5:00 – 6:30 Jam with Chef Hayla & Anne Weglin (\$) (R)</p>	<p>21</p> <p>9:00 – 10:30 Healing Touch (R) 10:00 – 11:00 Spanish Class 10:00 – 11:30 Tai Chi 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:30 Current Events Grp 3:30 – 5:00 Legal Assistance (R) By appt: Tech Support</p>	<p>22</p> <p>9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club 1:00 – 2:30 SPL Intro to Artificial Intelligence (AI) By appt: Tech Support</p>
<p>25</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Gentle Chair Yoga 11:00 – 1:00 Line Dancing 12:30 – 3:00 Movies 1:00 – 2:30 UKES Sing-Along 1:00 – 2:00 Aging Well Grp</p>	<p>26</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Meditation 9:00 – 1:00 Sea Mar Community 9:30 – 10:30 Get Moving! 9:30 – 10:30 ESL Class 10:00 – 11:00 Conversational German 10:30 – 12:00 Exploring Art Class 11:30 – 12:30 Birthday Lunch (R) 12:30 – 3:00 Cribbage 1:30 – 3:00 Chess Club 2:30 – 4:00 Hand Drumming 2:30 – 4:00 Legal Assistance w/ Heather DeVrieze (R)</p>	<p>27</p> <p>8:30 – 5:00 Computer Lab 9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 10:00 – 12:00 Party Bridge 11:00 – 12:30 Journaling for Mindfulness 1:00 – 2:30 Fall Prevention Workshop 1:00 – 3:00 Mahjong 3:00 – 5:00 Readers Theatre</p>	<p>28</p> <p>9:00 – 10:30 Healing Touch (R) 10:00 – 11:00 Spanish Class 10:00 – 11:30 Tai Chi 12:00 – 3:00 Pinochle 12:00 – 4:00 Arts & Crafts Grp 1:00 – 2:00 Conversation & Friendship Corner By appt: Tech Support</p>	<p>29</p> <p>9:00 – 10:00 Enhance Fitness 10:00 – 11:00 Balance & Strength 11:30 – 12:30 Hatha Yoga 12:30 – 1:30 Scrabble Club By appt: Tech Support</p>