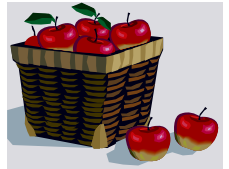


September Activities 2010



Monday		Tuesday		Wednesday		Thurs		Friday	
				1		2		3	
				10:00 Dance for Health 11:00 Blood Pressure 1:00 Writing for Generations		PANCAKE BREAKFAST FUNDRAISER 7-9:30! Administrative Day		9:00 Geezers 10:00 Stitchin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk	
	6	7	8	9	10	11	12	13	14
	Closed	10:00 Yoga 12:30 Gym Walk 12:45 Informational Tea 1:00 Meditation for Healing	10:00 Dance for Health September Nutrition Education	Administrative Day	9:00 Geezers 10:00 Stitchin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk 1:00 ASI BOARD Meeting				
	13	14	15	16	17	18	19	20	21
	12:30 Gym Walk 1:00 Scrabble with Kay Pace 1:00 Canasta	10:00 Yoga 10:00 * <u>Chair Massage</u> 11:00 Blood Pressure 12:30 Gym Walk 1:00 RAC Four Year Meeting In the Lounge	10:00 Dance for Health 1:00 Healthier Living <u>1:00 Sky Ute Casino</u>	Administrative Day	9:00 Geezers 10:00 Stitchin' in the Kitchen 11:00 Tai Chi 12:30 Gym Walk				
	20	21	22	23	24	25	26	27	28
	12:30 Gym Walk 1:00 Canasta 1:00 Scrabble	10:00 Yoga 12:30 Gym Walk 1:00 Meditation for Healing 1:00 Box Making with Jodi	10:00 Dance for Health 1:00 Healthier Living	Administrative Day	9:00 Geezers 10:00 Stitchin' in the Kitchen 10:30 Book Club 11:00 Tai Chi 12:30 Gym Walk				
	27	28	29	30	* asterisk indicates by appointment <i>Underlining Indicate s registration re-quired</i>				
	12:30 Gym Walk 1:00 Canasta 1:00 Scrabble	10:00 Yoga 12:30 Gym Walk 1:00 Meditation for Healing 1:00 Poker and Root Beer Floats	10:00 Dance for Health 11:00 Blood Pressure 1:00 Healthier Living 1:00 Alzheimers	Administrative Day					