

Calendar of Activities - September 2023

				<p align="center">Friday - September 1</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:00a-12:00n Drop-in Art - all types 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - September 4</p> 	<p align="center">Tuesday - September 5</p> <p>8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance</p>	<p align="center">Wednesday - September 6</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-4:30p Beginning Hand & Foot 1:30-3:30p Ceramics w/Vickie 4:00-5:00p Tai Chi with Bill 6:00-8:00p Open Mic Night</p>	<p align="center">Thursday - September 7</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 10:00-11:00a Dance Aerobics (Rec Center) 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance</p>	<p align="center">Friday - September 8</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:00a-12:00n Drop-in Art - all types 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - September 11</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 12:30-3:30p Mah-Jongg 1:15-2:30p 2500 Card Game 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Inter. Couples Western Dance</p>	<p align="center">Tuesday - September 12</p> <p>8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance</p>	<p align="center">Wednesday - September 13</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-4:30p Beginning Hand & Foot 1:30-3:30p Ceramics w/Vickie 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night</p>	<p align="center">Thursday - September 14</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 10:00-11:00a Dance Aerobics (Rec Center) 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance</p>	<p align="center">Friday - September 15</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-12:00n Technology Help 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - September 18</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 12:30-3:30p Mah-Jongg 1:15-2:30p 2500 Card Game 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Inter. Couples Western Dance</p>	<p align="center">Tuesday - September 19</p> <p>8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Veterans Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance</p>	<p align="center">Wednesday - September 20</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-2:30p Frugal Living 1:00-4:30p Beginning Hand & Foot 1:30-4:30p Ceramics w/Vickie 4:00-5:00p Tai Chi with Bill 6:00-8:00p Open Mic Night</p>	<p align="center">Thursday - September 21</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 9:00-12:00n JOLLY TIMES 10:00-11:00a Dance Aerobics (Rec Center) 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance</p>	<p align="center">Friday - September 22</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-12:00n Technology Help 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>
<p align="center">Monday - September 25</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club 10:00a-12:00n Watercolor w/Deborah 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-1:00p Bunco 1:00-3:00p Beg. Western Line Dance 1:00-3:00p Beginning Drawing w/Deborah 12:30-3:30p Mah-Jongg 1:15-2:30p 2500 Card Game 3:00-5:00p Pre-Beginning Line Dance 7:00-9:00p Inter. Couples Western Dance</p>	<p align="center">Tuesday - September 26</p> <p>8:30-11:30a Pinochle 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Native American Dreamcatcher 10:00-11:00a Dance Aerobics (Rec Center) 10:00-11:00a Peer Support Group 10:00-11:00a Bingo 10:30a-12:30p Native American History 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 1:30-2:30p Trad'l Exer. with Don (Rec Ctr) 2:00-4:00p Magical Inks w/Maxine 2:30-3:30p Yoga with Don (Rec Center) 3:00-5:00p Inter. Western Line Dance</p>	<p align="center">Wednesday - September 27</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-11:30a Drop-in Crafters 9:30-11:30a Memoir Writing Class 10:00-11:15a Top Dollar Music 10:00a-1:00p Tribute Celebration & lunch 10:15-11:15a Traditional Exercise 11:00a-12:00n Technology Help 12:00-3:00p Vocal Lessons with Skyla 1:00-4:30p Beginning Hand & Foot 1:30-4:30p Ceramics w/Vickie 4:00-5:00p Tai Chi with Bill 6:00-8:00p Karaoke Night</p>	<p align="center">Thursday - September 28</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-9:45a Walking Workout (Rec Center) 9:00-10:00a Yoga with Don 10:00-11:00a Dance Aerobics (Rec Center) 10:00a-12:00n Advanced Watercolor 10:15-11:15a Trad'l Exer. with Don 12:00-3:00p Vocal Lessons with Skyla 12:30-3:30p Mexican Train 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Inter. Western Line Dance 3:00-6:00p Make & Take with April 6:00-8:00p Beg. Couples Western Dance</p>	<p align="center">Friday - September 29</p> <p>6-7:00a Fast Fitness w/Beth (Rec Center) 9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba (Rec Center) 10:00-11:15a DeLeon Music 10:15-11:15a Traditional Exercise 10:15a-12:15p Crochet / Knitting Group 11:00a-12:00n Technology Help 12:00-3:30p Bridge / Hand&Foot 1:00-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance 7:00-7:30p Free Line Dance Lesson 7:30-10:00p Western Dance</p>