Calendar of Activities - September 2024				
Monday - September 2	Tuesday - September 3	Wednesday - September 4	Thursday - September 5	Friday - September 6
	6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
I 🗻 📥	7:00-8:00a Zumba Chair	8:00-10:00a Drop-in Art	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
√~ <b>≍</b> ≺~	8:30-11:30a Pinochle	9:00-10:00a Gentle Stretch Exercise	8:00-8:45a Walking Workout	10:15-11:15a Traditional Exercise
	9:00-10:00a Book Club	9:00-10:00a Zumba Gold	9:00-10:00a Dance Aerobics	10:15a-12:15p Knitting / Crochet Group
	9:00-10:00a Blood Pressure Check	9:00-11:00a Drop-in Ping Pong (on patio)	9:30-11:30a Memoir Writing Class	10:30-11:45a DeLeon Music
	9:00-11:00a Native American Food As Medicine 10:00-11:00a Peer Support	10:00a-12:00n Drop-In Crafters 10:00a-12:00n Morning Ceramics	10:00-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training 12:00n-4:00p Bridge
	10:00-11:00a Peer Support	10:15-11:15a Traditional Exercise	11:30a-12:30p Advanced Watercolor	12:30-4:00p Interm./Advanced Hand&Foot
	10:00a-12:00n American Mah-jongg	10:30-11:45a Top Dollar Music	12:00n-1:00p Circuit/Equipment Training	1:30-3:00p Beg. Western Line Dance
	11:30a-1:30p Make & Take 1	12:00-4:00p Bridge	12:30-4:00p Mexican Train	3:00-5:00p Pre-Beginning Line Dance
	12:30-4:00p Interm./Advanced Hand&Foot	1:00-2:00p Medicare 101	1:00-3:00p Beg. Western Line Dance	5:00-7:00p Beg.Couples Western Dance
Labor Day	1:00-3:00p Beg. Western Line Dance	1:00-2:00p Senior Scam Awareness	1:30-2:30p Traditional Exercise	5:30-6:30p Spanish for Beginners
	1:30-2:30p Traditional Exercise 2:00-4:00p Decoupage Art	1:00-3:00p Frugal Living 1:00-4:00p PM Ceramics	1:30-2:30p Mixed Media Art 2:30-3:30p Yoga	7:00-7:30p Western Dance Lesson 7:30-10:00p Western Dance
CENTER IS CLOSED	2:30-3:30p Yoga	1:00-4:30p Fix Ceramics 1:00-4:30p Beginning Hand & Foot	3:00-6:00p Make & Take 2	7.50-10.00p Western Dance
	3:30-4:30p Beginning Karate	4:00-5:00p Tai Chi Beyond Basics	3:15-5:15p Drop-in Ping Pong	
	5:00-7:00p Posh Decorating	5:00-8:00p Karaoke Night	6:00-7:00p Senior Tabata	
	6:00-7:00p Senior Tabata			
Monday - September 9	Tuesday - September 10	Wednesday - September 11	Thursday - September 12	Friday - September 13
8:00-8:45a Walking Workout (at Rec. Center)	6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics	7:00-8:00a Zumba Chair	8:00-10:00a Drop-in Art	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Book Club	8:30-11:30a Pinochle 9:00-10:00a Book Club	9:00-10:00a Gentle Stretch Exercise 9:00-10:00a Zumba Gold	8:00-8:45a Walking Workout 9:00-10:00a Dance Aerobics	10:15-11:15a Traditional Exercise 10:15a-12:15p Knitting / Crochet Group
9-10:00& 10-11:00a Dance Aerobics (RecCtr)	9:00-10:00a Blood Pressure Check	9:00-11:00a Drop-in Ping Pong (on patio)	9:30-11:30a Memoir Writing Class	10:30-11:45a DeLeon Music
9:00a-12:00n Mexican Train	9:00-11:00a Native American Food As Medicine	9:00a-12:00n Drop-In Crafters	10:00-11:00a Dance Aerobics	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:00a-12:00n Beg./Intermediate Watercolor	10:00-11:00a Peer Support	10:00a-12:00n Morning Ceramics	10:00-11:00a Support Group for Dementia	12:00n-4:00p Bridge
10:00a-12:00n Drop-in Ping Pong	10:00-11:00a Bingo	10:15-11:15a Traditional Exercise	10:00a-1:00p Advanced Watercolor	12:30-4:00p Interm./Advanced Hand&Foot
10:15-11:15a Traditional Exercise	10:00a-12:00n American Mah-jongg	10:30-11:45a Top Dollar Music 12:00-4:00p Bridge	11:30a-12:30p Aerobic Kickboxing	1:30-3:00p Beg. Western Line Dance 3:00-5:00p Pre-Beginning Line Dance
11:00a-1:00p Bunco 12:00-1:00& 1:00-2:00p Circuit/Equip Training	11:30a-1:30p Make & Take 1 12:30-4:00p Interm /Advanced Hand&Foot	12:00-4:00p Bridge  1:00-3:00p Frugal Living	12:00n-1:00p Circuit/Equipment Training 12:30-4:00p Mexican Train	5:00-5:00p Pre-Beginning Line Dance 5:00-7:00p Beg.Couples Western Dance
1:00-3:00p Beginning Drawing	1:00-3:00p Beg. Western Line Dance	1:00-3:00p Prugai Living 1:00-4:00p PM Ceramics	1:00-3:00p Beg. Western Line Dance	5:30-6:30p Spanish for Beginners
1:00-3:00p 2500 Card Game	1:30-2:30p Traditional Exercise	1:00-4:30p Beginning Hand & Foot	1:30-2:30p Traditional Exercise	7:00-7:30p Western Dance Lesson
1:30-3:00p Beg. Western Line Dance	2:00-4:00p Decoupage Art	4:00-5:00p Tai Chi Beyond Basics	1:30-2:30p Mixed Media Art	7:30-10:00p Western Dance
2:00-3:00p Navigating Grief	2:30-3:30p Yoga	5:00-8:00p Karaoke Night	2:30-3:30p Yoga	
3:00-5:00p Pre-Beginning Line Dance	3:30-4:30p Beginning Karate		3:00-6:00p Make & Take 2	
3:15-4:15p Meditation 3:30-5:00p Gelli Plate Printing	5:00-7:00p Posh Decorating 6:00-7:00p Senior Tabata		3:15-5:15p Drop-in Ping Pong 6:00-7:00p Senior Tabata	
Monday - September 16	Tuesday - September 17	Wednesday - September 18	Thursday - September 19	Friday - September 20
8:00-8:45a Walking Workout (at Rec. Center)	7:00-8:00a Zumba Chair	6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics	8:00-10:00a Newsletter Folding	8:00-10:00a Drop-in Art	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
9:00-10:00a Gentle Stretch Exercise	8:30-11:30a Pinochle	9:00-10:00a Gentle Stretch Exercise	8:00-8:45a Walking Workout	10:15-11:15a Traditional Exercise
9:00-10:00a Book Club	9:00-10:00a Book Club	9:00-10:00a Zumba Gold	9:00-10:00a Dance Aerobics	10:15a-12:15p Knitting / Crochet Group
9-10:00& 10-11:00a Dance Aerobics (RecCtr)		9:00-11:00a Drop-in Ping Pong (on patio)	9:00-12:00p <b>JOLLY TIMES</b>	10:30-11:45a DeLeon Music
9:00a-12:00n Mexican Train	9:00-11:00a Native American Food As Medicine	9:00a-12:00n Drop-In Crafters	9:30-11:30a Memoir Writing Class 10:00-11:00a Dance Aerobics	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:00a-12:00n Beg./Intermediate Watercolor 10:00a-12:00n Drop-in Ping Pong	10:00-11:00a Peer Support 10:00-11:00a <b>VETERANS BINGO</b>	10:00-11:00a Grief Support 10:00a-12:00n Morning Ceramics	10:00a-11:00a Dance Aerobics 10:00a-1:00p Advanced Watercolor	12:00n-4:00p Bridge 12:30-4:00p Interm./Advanced Hand&Foot
10:15-11:15a Traditional Exercise	10:00a-12:00n American Mah-jongg	10:15-11:15a Traditional Exercise	11:30a-12:30p Advanced Watercolor	1:30-3:00p Beg. Western Line Dance
11:00a-1:00p Bunco	11:30a-1:30p Make & Take 1	10:30-11:45a Top Dollar Music	12:00n-1:00p Circuit/Equipment Training	3:00-5:00p Pre-Beginning Line Dance
12:00-1:00& 1:00-2:00p Circuit/Equip Training	12:30-4:00p Interm./Advanced Hand&Foot	12:00-4:00p Bridge	12:30-4:00p Mexican Train	5:00-6:00p Meditation
1:00-3:00p Beginning Drawing	1:00-3:00p Beg. Western Line Dance	1:00-3:00p Frugal Living	1:00-3:00p Beg. Western Line Dance	5:00-7:00p Beg.Couples Western Dance
1:00-3:00p 2500 Card Game	1:30-2:30p Traditional Exercise	1:00-4:00p PM Ceramics	1:30-2:30p Traditional Exercise	5:30-6:30p Spanish for Beginners
1:30-3:00p Beq. Western Line Dance 2:00-3:00p Navigating Grief	2:00-4:00p Decoupage Art 2:30-3:30p Yoga	1:00-4:30p Beginning Hand & Foot 4:00-5:00p Tai Chi Beyond Basics	1:30-2:30p Mixed Media Art 2:30-3:30p Yoga	6:30-7:30p Beginning Karate 7:00-7:30p Western Dance Lesson
3:00-5:00p Pre-Beginning Line Dance	3:30-4:30p Beginning Karate	5:00-8:00p Karaoke Night	3:00-6:00p Make & Take 2	7:30-10:00p Western Dance
3:15-4:15p Meditation	5:00-7:00p Posh Decorating	o.oo o.oop naraono raqii	3:15-5:15p Drop-in Ping Pong	1.00 Toloop Woolom Balloo
3:30-5:00p Gelli Plate Printing	6:00-7:00p Senior Tabata		6:00-7:00p Senior Tabata	
Monday - September 23	Tuesday - September 24	Wednesday - September 25	Thursday - September 26	Friday - September 27
8:00-8:45a Walking Workout (at Rec. Center)		6:00-6:45a Fast Fitness	6:00-6:45a Fast Fitness	9:00-10:00a Gentle Stretch Exercise
8:30-9:30a Tai Chi Beginning Basics	7:00-8:00a Zumba Chair	8:00-10:00a Drop-in Art	7:00-8:00a Zumba Chair	9:00-10:00a Zumba Gold
9:00-10:00a Gentle Stretch Exercise	8:30-11:30a Pinochle	9:00-10:00a Gentle Stretch Exercise	8:00-8:45a Walking Workout	10:15-11:15a Traditional Exercise
9:00-10:00a Book Club 9-10:00& 10-11:00a Dance Aerobics (RecCtr)	9:00-10:00a Book Club	9:00-10:00a Zumba Gold 9:00a-12:00n Drop-In Crafters	9:00-10:00a Dance Aerobics 9:30-11:30a Memoir Writing Class	10:15a-12:15p Knitting / Crochet Group 10:30-11:45a DeLeon Music
9:00a-12:00n Mexican Train	9:00-10:00a Blood Pressure Check 9:00-11:00a Native American Food As Medicine	10:00-11:00a Grief Support	10:00-11:00a Memoir Writing Class	12:00n-1:00p& 1:00-2:00p Circuit/Equip Training
10:00a-12:00n Mexican Train	10:00-11:00a Peer Support	10:00a-12:00n END OF SUMMER BASH	11:30a-12:30p Aerobic Kickboxing	12:00n-4:00p Bridge
10:00a-12:00n Drop-in Ping Pong	10:00-11:00a Bingo	10:00a-12:00n Morning Ceramics	12:00n-1:00p Circuit/Equipment Training	12:30-4:00p Interm./Advanced Hand&Foot
10:15-11:15a Traditional Exercise	10:00a-12:00n American Mah-jongg	10:15-11:15a Traditional Exercise	12:30-4:00p Mexican Train	1:30-3:00p Beg. Western Line Dance
11:00a-1:00p Bunco	11:30a-1:30p Make & Take 1	12:00-4:00p Bridge	1:00-3:00p Beg. Western Line Dance	3:00-5:00p Pre-Beginning Line Dance
12:00-1:00& 1:00-2:00p Circuit/Equip Training	12:30-4:00p Interm./Advanced Hand&Foot	1:00-3:00p Frugal Living	1:30-2:30p Traditional Exercise	5:00-6:00p Meditation
1:00-3:00p Beginning Drawing 1:00-3:00p 2500 Card Game	1:00-3:00p Beg. Western Line Dance 1:30-2:30p Traditional Exercise	1:00-4:00p PM Ceramics 1:00-4:30p Beginning Hand & Foot	1:30-2:30p Mixed Media Art 2:30-3:30p Yoga	5:00-7:00p Beg.Couples Western Dance 5:30-6:30p Spanish for Beginners
1:30-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance	2:00-4:00p Decoupage Art	4:00-5:00p Tai Chi Beyond Basics	2:30-3:30p Yoga 3:00-6:00p Make & Take 2	6:00p - CLOVIS LIONS SPAGHETTI DINNER
2:00-3:00p Deg: Western Line Dance	2:30-3:30p Yoga	5:00-8:00p Karaoke Night	3:15-5:15p Drop-in Ping Pong	6:30-7:30p Beginning Karate
3:00-5:00p Pre-Beginning Line Dance	3:30-4:30p Beginning Karate		6:00-7:00p Senior Tabata	7:00-7:30p Western Dance Lesson
3:15-4:15p Meditation	5:00-7:00p Posh Decorating			7:30-10:00p Western Dance
3:30-5:00p Gelli Plate Printing  Monday - September 30	6:00-7:00p Senior Tabata			
8:00-8:45a Walking Workout (at Rec. Center)				
8:30-9:30a Tai Chi Beginning Basics		THE SEPTEMBER LUNCH MENU		
9:00-10:00a Gentle Stretch Exercise		IS AVAILABLE FOR PICK UP		
9:00-10:00a Book Club		AT THE FRONT COUNTER	NOTE: THIS CALENDAR DOES NOT	
9-10:00& 10-11:00a Dance Aerobics (RecCtr)				
9:00a-12:00n Mexican Train 10:00a-12:00n Drop-in Ping Pong		A A 1111	INCLUDE ALL ACTIVITIES AND EVENTS	
10:15-11:15a Traditional Exercise			HISTORI ALL ACTIVITED AND LATING	
11:00a-1:00p Bunco			OFFERED AT THE SENIOR CENTER.	
12:00-1:00& 1:00-2:00p Circuit/Equip Training		W Phyllip	OFFERED AT THE SENIOR CENTER.	
1:00-3:00p 2500 Card Game 1:30-3:00p Beg. Western Line Dance		menu	CEE THE NEWCLETTED	
1:30-3:00p Beg. Western Line Dance 2:00-3:00p Navigating Grief		monu	SEE THE NEWSLETTER	
3:00-5:00p Pre-Beginning Line Dance				
3:15-4:15p Meditation			FOR ADDITIONA	AL INFORMATION.
3:30-5:00p Gelli Plate Printing		/		
5:30-7:30p Easy Creative Garden Painting 7:00-9:00p Intermediate Couples Dance				
1.00 J.00p intermediate Couples Dance	l .	l .	1	