


Senior Programs — September 2024

Mon	Tue	Wed	Thu	Fri
Sep 2	3	4	5	6
CLOSED for Labor Day	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Baked Potato Bar</i> Tidbit Tuesday with Jill Miesner, Dementia Legal Planning	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <i>"September shows us how beautiful it is to let things go"</i> </div>
9	10 Birthday Lunch 10	11	12	
10:00am Seated SAIL 11:15am Garden Club 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Tuna Salad Croissants</i> Entertainment by Dakota Bob	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Brain Games with Multicare 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
16	17	18	19	20
10:00am Seated SAIL 11:15am Garden Club 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>15 Bean Soup</i> Music Therapy with Ivan Dominoes	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
23	24	25	26	
10:00am Seated SAIL 11:15am Garden Club 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group 6:00pm Square Dance Class	11:00am SAIL Aerobics 12:15pm Senior Café Lunch <i>Burrito Bowls</i> Bingo	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Brain Games with Multicare 11:15am Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	
30	Oct 1	2	3	4
10:00am Seated SAIL 11:15am Garden Club 11:40am NEW Seated SAIL with Jan 12:45pm NEW Writers Support Group	11:00am SAIL Aerobics 12:15pm Senior Café Lunch	10:00am Seated SAIL Music & Memories 12:00-1:00pm Opening Minds Thru Art 1:00-2:00pm	10:00am SAIL Aerobics Krafty Krafter's Open House 11:30am-2:00pm Seeds of Change Dinner 5:30-6:30pm	