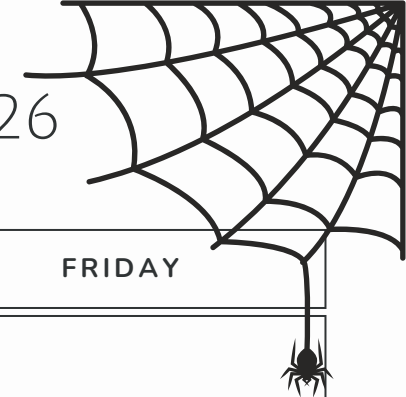
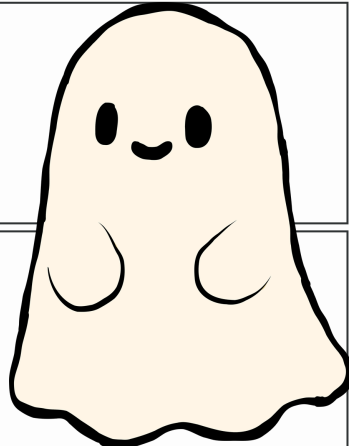




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Join our Senior Walking Group on Saturdays at 10am meeting at Edgewood Park			1 10am SAIL Aerobics 11:15am Brain Games 11:30 Krafty Krafters 5:30pm Seeds of Change Dinner	2 
5 10am Seated Enhance Fitness 11am Coffee and Tea Social Hour 11:15am Gardeners Group	6 9:30am Chair Yoga 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Tidbit Tuesday with Dina Sutherland	7 10:30am SAIL w/ Jan 11:45am Chair Yoga 12:45pm The Write Stuff Group 1:30 Card Games and Dominoes	8 10am SAIL Aerobics 11:00 Cooking Class* 11:30 Krafty Krafters 5:30pm Seeds of Change Dinner	9
12 10am Seated Enhance Fitness 11am Coffee and Tea Social Hour 11:15am Gardeners Group	13 9:30am Chair Yoga 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Music with Cameron Villanueva	14 10:30am SAIL w/ Jan 11:45am Chair Yoga 12:45pm The Write Stuff Group 1:30 Card Games and Dominoes	15 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	16
19 10am Seated Enhance Fitness 11am Coffee and Tea Social Hour 11:15am Gardeners Group	20 9:30am Chair Yoga 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Name That Tune Trivia	21 9:30 Balance Class 10:30am SAIL w/ Jan 11:45am Chair Yoga 12:45pm The Write Stuff Group 1:30 Card Games and Dominoes	22 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	23 
26 10am Seated Enhance Fitness 11am Coffee and Tea Social Hour 11:15am Gardeners Group	27 9:30am Chair Yoga 11am SAIL Aerobics 12:15pm Harvest Potluck Lunch Bingo	28 10:30am SAIL w/ Jan 11:45m Chair Yoga 12:45pm The Write Stuff Group 1:30 Card Games and Dominoes	29 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	