



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Card Games and Social Hour	2 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	3 10am SAIL Aerobics 11:15am Brain Games 11:30 Krafty Krafters 5:30pm Seeds of Change Dinner	4
7 ALL CLASSES CANCELED CLOSED FOR LABOR DAY	8 9:45am Chair Yoga 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Birthday Music with Eric Payne	9 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	10 9:00am Balance & Fall Prevention Class 10am SAIL Aerobics 11:15am Brain Games 11:30 Krafty Krafters 5:30pm Seeds of Change Dinner	11
14 10am Seated Enhance Fitness 11am Coffee and Tea Social Hour 11:15am Gardeners Group 12-2pm OMA Dementia Class	15 9:45am Chair Yoga 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Q&A with Mayor Dave Olson	16 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	17 10am SAIL Aerobics 11:15am Brain Games 11:30am Krafty Krafters 12:00pm Monthly Potluck 5:30pm Seeds of Change Dinner	18
21 10am Seated Enhance Fitness 11am Coffee and Tea Social Hour 11:15am Gardeners Group 12-2pm OMA Dementia Class	22 9:45am Chair Yoga 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Bingo	23 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group	24 10am SAIL Aerobics 11:15am Brain Games 11:30 Paint and Sip* 11:30am Krafty Krafters 5:30pm Seeds of Change Dinner	25
28 10am Seated Enhance Fitness 11am Coffee and Tea Social Hour 11:15am Gardeners Group 12-2pm OMA Dementia Class	29 9:45am Chair Yoga 11am SAIL Aerobics 12:15pm Senior Cafe Lunch Trivia	30 10am Seated Enhance Fitness 11:30am Seated SAIL w/Jan 12:45pm The Write Stuff Group		

