



SEPTEMBER CLASSES

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 TAI CHI 12PM PILATES 1:30PM	3	4 BUILDING STRONG BONES 12:15PM	5
6	7 LABOR DAY, CENTER CLOSED	8	9 TAI CHI 12PM PILATES 1:30PM	10	11 BUILDING STRONG BONES 12:15PM	12
13	14 YOGA 10:30AM TAI CHI 12PM	15 TALK: FALL PREVENTION 12PM	16 CAREGIVER EDUCATION 12PM TAI CHI 12PM PILATES 1:30PM	17	18 BUILDING STRONG BONES 12:15PM	19
20	21 YOGA 10:30AM TAI CHI 12PM	22	23 CAREGIVER EDUCATION 12PM TAI CHI 12PM PILATES 1:30PM	24	25 BUILDING STRONG BONES 12:15PM	26
27	28 YOGA 10:30AM TAI CHI 12PM	29	30 CAREGIVER EDUCATION 12PM TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM CAREGIVER STRESS 6PM			

OCTOBER CLASSES

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2 BUILDING STRONG BONES 12:15PM	3
4	5 YOGA 10:30AM TAI CHI 12PM	6 TALK: DIABETES 12:30	7 CAREGIVER EDUCATION 12PM TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM CAREGIVER STRESS 6PM	8	9 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	10
11	12 YOGA 10:30AM TAI CHI 12PM	13 CRAFTS 10AM	14 TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM MEMORY TALK 2PM MEMORY SCREENING 3PM CAREGIVER STRESS 6PM	15	16 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	17
18	19 YOGA 10:30AM TAI CHI 12PM	20 TALK: AMAZING GRAYS 12PM	21 TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM CAREGIVER STRESS 6PM	22	23 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	24
25	26 YOGA 10:30AM TAI CHI 12PM	27	28 CRAFTS 10AM TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM CAREGIVER STRESS 6PM	29	30 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	31



NOVEMBER CLASSES

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 YOGA 10:30AM TAI CHI 12PM	3 TALK: RHEUMATOID ARTHRITIS 12PM	4 CRAFTS 10AM TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM CAREGIVER STRESS 6PM	5	6 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	7 MEDITATION 2PM CAREGIVER STRESS 10AM
8	9 YOGA 10:30AM TAI CHI 12PM WOMEN & AGING 1PM	10 CRAFTS 10AM	11 TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM CAREGIVER STRESS 6PM	12	13 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	14
15	16 YOGA 10:30AM TAI CHI 12PM WOMEN & AGING 1PM	17 TALK: YOU & YOUR PHYSICIAN 12PM	18 TAI CHI 12PM PILATES 1:30PM MEDITATION 2PM CAREGIVER STRESS 6PM	19	20 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	21
22	23 YOGA 10:30AM TAI CHI 12PM WOMEN & AGING 1PM	24	25 TAI CHI 12PM PILATES 1:30PM CAREGIVER STRESS 6PM	26 THANKSGIVING, CLOSED	27 BUILDING STRONG BONES 12:15PM	28
29	30 YOGA 10:30AM TAI CHI 12PM WOMEN & AGING 1PM					

DECEMBER CLASSES

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 TALK: INTEGRATIVE MEDICINE 12PM TAI CHI 12PM PILATES 1:30PM	3	4 FALL PREVENTION 10:30AM BUILDING STRONG BONES 12:15PM	5
6	7 YOGA 10:30AM TAI CHI 12PM	8 CRAFTS 10AM	9 CRAFTS 10AM TAI CHI 12PM PILATES 1:30PM	10	11 BUILDING STRONG BONES 12:15PM	12
13	14 YOGA 10:30AM TAI CHI 12PM	15 TALK: ORGANIZING YOUR LIFE 12PM	16 CRAFTS 10AM TAI CHI 12PM PILATES 1:30PM	17	18 BUILDING STRONG BONES 12:15PM	19
20	21 YOGA 10:30AM TAI CHI 12PM	22	23 TAI CHI 12PM PILATES 1:30PM	24	25 CHRISTMAS DAY	26
27	28 YOGA 10:30AM TAI CHI 12PM	29	30 TAI CHI 12PM PILATES 1:30PM	31		